

## Homeostasis

- The process of maintaining a relatively constant internal physiological environment despite changing external conditions.

### Optimal body conditions for Homeostasis

The body works best when specific body constants are maintained such as:

- body temperature of  $37^{\circ}\text{C}$
- blood pH of 7.4
- blood pressure: 120/80 mmHg
- 0.1% blood sugar

These constants can vary among individuals:

- different metabolic rates of individuals affect body temperature
- different situations or demands on body (eg: exercise)
- blood pressure difference between adults and children

Cells in the human body must maintain a constant environment in order to survive. This is accomplished because interstitial fluid surrounds the cell.

### Interstitial Fluid

- A fluid that surrounds cells of the human body.
- The concentration and pH remains relatively constant in order for cells to remain healthy.

This maintenance of a constant internal environment (homeostasis) is an example of dynamic equilibrium.

## Dynamic Equilibrium

- A state of balance achieved within an environment as the result of internal control mechanisms that continuously oppose outside forces that tend to change that environment.

### Q: How do humans maintain homeostasis?

#### A. Feedback Mechanisms

Humans have two types of feedback mechanisms:

- a. Negative Feedback mechanism
- b. Positive Feedback mechanism

# Human Systems And Homeostasis Holt Macdougall Notes

**S Ashworth**



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