

## 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

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*Essentials of Biology* Holt Rinehart & Winston,1998      **Oht Directry W/TN Holt Biosources** Holt Rinehart & Winston,1997-03-18      **Chapter Resource 38 Circulatory/Response Biology** Holt Rinehart & Winston,Holt, Rinehart and Winston Staff,2004      Modern Biology Towle,Albert Towle,1991      **Science Citation Index** ,1994 Vols for 1964 have guides and journal lists      **Te HS&T J** Holt Rinehart & Winston,Holt, Rinehart and Winston Staff,2004-02      **Homeostasis - An Integrated Vision** Sergio Dos Anjos Garnes,Fernanda Lasakosvitsch,2019 The human body is composed of several systems and organs consisting of millions of cells that need relatively stable conditions to function and contribute to the survival of the body as a whole The maintenance of stable conditions for the cells against the variations of the external environment is an essential function of the body and is called homeostasis As a consequence of the loss of homeostasis a disease is manifested This book aims to provide the reader with an up to date view of the self regulatory mechanisms that are activated to achieve homeostasis the pathways that are altered during the disease process and how medicine can intervene to restore balance in critical patients      **Holt Science and Technology** Holt, Rinehart and Winston Staff,2001-07

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