

# Contents

About the Authors xiii

Preface xv

Introduction xvii

## 1. Chemical Composition of Living Beings

Biogenic Elements	1
Biological Compounds	2
Summary	3
Bibliography	3

## 2. Water

The Water Molecule is Polar	5
Hydrogen Bond	5
Water as Solvent	7
Water as an Electrolyte	8
Equilibrium Constant	9
Equilibrium of Water Ionization	10
Acids and Bases	11
Acids and Bases Strength	12
pH	12
Buffers	13
Titration Curve of Acids and Bases	15
Appendix	16
Summary	18
Bibliography	19

## 3. Proteins

Proteins are Macromolecules Formed by Amino Acids	21
Amino Acids	22
Peptides	30
Proteins	33
Collagen	47
Keratins	49

Hemoglobin	49
Heme	50
Globin	51
Hemoglobin Derivatives	56
Abnormal Hemoglobins	56
Blood Plasma Proteins	58
Main Proteins in Blood Plasma	60
Muscle Proteins	64
Muscle Contraction	67
Summary	69
Bibliography	71

## 4. Carbohydrates

Monosaccharides	73
Disaccharides	83
Polysaccharides	84
Summary	95
Bibliography	97

## 5. Lipids

Classification	99
Fatty Acids	99
Essential Fatty Acids	104
Simple Lipids	104
Complex Lipids	108
Substances Associated with Lipids	114
Summary	117
Bibliography	119

## 6. Nucleic Acids

Nucleotides	121
Nucleic Acids	123
Virus	136
Free Nucleotides	137
Summary	139
Bibliography	140

## 7. Elements of Thermodynamics and Biochemical Kinetics

- Thermodynamics 141
- Chemical Kinetics 148
- Summary 151
- Bibliography 152

## 8. Enzymes

- Enzymes are Biological Catalysts 153
- Nomenclature and Classification of Enzymes 153
- Chemical Nature of Enzymes 156
- Metalloenzymes 157
- Enzymatic Catalysis 157
- Active Site 158
- Zymogens 160
- Genetic Alterations that Affect Enzyme Function 160
- Enzyme Distribution Within the Cell 160
- Multienzyme Systems 161
- Determination of Enzyme Activity 161
- Factors that Modify Enzyme Activity 161
- Enzyme Inhibitors 165
- Regulation of Enzyme Activity 168
- Constitutive and Inducible Enzymes 170
- Enzymatic Processes in Cascade 171
- Isozymes 172
- Determination of Enzymes in the Clinical Laboratory 173
- Summary 174
- Bibliography 175

## 9. Biological Oxidations: Bioenergetics

- The Energy-Rich Intermediate ATP 177
- Oxidation–Reduction 178
- Biological Oxidations 181
- Respiratory Chain 184
- Oxidative Phosphorylation 190
- Phosphorylation at Substrate Level 201
- Other Electron Transport Systems 202
- Summary 202
- Bibliography 203

## 10. Antioxidants

- Reactive Species 205
- Summary 213
- Bibliography 213

## 11. Membranes

- Structure 215
- Transport Across Membranes 224
- Passive Transport or Facilitated Diffusion 226
- Active Transport 233
- Summary 249
- Bibliography 250

## 12. Digestion - Absorption

- Saliva 251
- Gastric Juice 254
- Pancreatic Juice 258
- Intestinal Mucosa 260
- Bile 261
- Summary of the Digestive Process 264
- Absorption 267
- Summary 272
- Bibliography 273

## 13. Metabolism

- Metabolic Pathways 275
- Metabolic Studies 277
- Regulation of Metabolism 279
- Summary 281
- Bibliography 281

## 14. Carbohydrate Metabolism

- Glucose Uptake Into Cells 284
- Glucose Phosphorylation 285
- Metabolic Pathways for Glucose 287
- Metabolism of Other Hexoses 311
- Biosynthesis of the Oligosaccharides of Glycoproteins 316
- Summary 320
- Bibliography 323

## 15. Lipid Metabolism

- Blood Lipids 326
- Plasma Lipoproteins 326
- Tissue Lipids 334
- Fat Metabolism 334
- Fatty Acid Catabolism 335
- Fatty Acid Biosynthesis 343
- Eicosanoid Biosynthesis 349
- Triacylglycerol Biosynthesis 353
- Biosynthesis of Phospholipids 354
- Congenital Disorders of Complex Lipid Catabolism 356
- Cholesterol Metabolism 358
- Cholesterol Biosynthesis 358
- Summary 363
- Bibliography 365

## 16. Amino Acid Metabolism

- Essential Amino Acids 370
- Amino Acid Catabolism 373
- Metabolic Pathways of Ammonia 376
- Other General Mechanisms of Amino Acid Metabolism 384
- Metabolic Pathways of Amino Acids 387
- Summary 397
- Bibliography 399

## 17. Heme Metabolism

- Heme Biosynthesis 401
- Catabolism of Heme 405
- Summary 411
- Bibliography 412

## 18. Purine and Pyrimidine Metabolism

- Purine Biosynthesis 413
- Purine Salvage Pathway 416
- Purine Catabolism 416
- Uric Acid 418
- Gout 418
- Pyrimidine Biosynthesis 419
- Pyrimidine Catabolism 421
- Di- and Triphosphate Nucleoside Biosynthesis 421

- Deoxyribonucleotide Biosynthesis 422
- Pharmacological Applications 422
- Summary 423
- Bibliography 423

## 19. Integration and Regulation of Metabolism

- Metabolic Integration 425
- Metabolic Regulation 427
- Summary 444
- Bibliography 445

## 20. Metabolism in Some Tissues

- Liver Metabolism 447
- Skeletal Muscle Metabolism 455
- Heart Metabolism 459
- Adipose Tissue Metabolism 460
- Nervous Tissue Metabolism 461
- Summary 462
- Bibliography 463

## 21. The Genetic Information (I)

- DNA Replication 465
- Transcription 475
- Methods Used in Molecular Biology 481
- Summary 491
- Bibliography 492

## 22. The Genetic Information (II)

- Protein Biosynthesis 493
- Mechanism of Protein Biosynthesis 502
- Genetic Mutations 510
- Oncogenes 518
- Epigenetics 521
- Summary 522
- Bibliography 523

## 23. Regulation of Gene Expression

- Gene Regulation in Eukaryotes 525
- Structure of Gene Regulatory Proteins 527

Role of Noncoding RNAs	529
Small RNAs	529
RNA Interference	529
Long Noncoding RNA	531
Riboswitches	532
CRISPR	532
Summary	533
Bibliography	533

## 24. Posttranslational Protein Modifications

Protein Folding	535
Pathologies Caused by Misfolded Proteins	536
Posttranslational Protein Modifications	537
ADP-Ribosylation	538
Ubiquitination	541
Sumoylation	542
Nucleotidylation	542
Summary	545
Bibliography	545

## 25. Biochemical Basis of Endocrinology (I)

### Receptors and Signal Transduction

Receptors	548
Signal Transduction Systems	556
Neurotransmitter Receptors	568
Summary	571
Bibliography	572

## 26. Biochemical Bases of Endocrinology (II)

### Hormones and Other Chemical Intermediates

Hormones: Chemical Nature	573
Hypothalamic Hormones	576
Anterior Pituitary (Adenohypophysis)	578
Adrenocorticotropin Hormone	578
Thyroid-stimulating Hormone	580
Gonadotropins	580
Lactogenic Hormone or Prolactin	581
Growth Hormone or Somatotropin	582
Melanocyte Stimulatory Hormone	585
Placenta	585
Chorionic Gonadotropin Hormone	585
Placental Lactogen	585
Posterior Pituitary (Neurohypophysis)	586
Oxytocin	586

Arginine Vasopressin	587
Thyroid	588
Adrenal Gland	593
Adrenal Cortex Hormones	593
Adrenal Medulla Hormones	601
Pancreas	605
Insulin	605
Glucagon	611
Somatostatin	612
Glucose Homeostasis	613
Diabetes Mellitus	613
Testis Androgens	616
Ovary	620
Ovarian Hormones	620
Ovarian Peptide Hormones	624
Parathyroid Gland	624
Parathyroid Hormone	624
Calcitonin	627
Kidney	628
Renin	628
Erythropoietin	629
Bradykinin	629
Endothelin	630
Urodilatin	630
Calcitriol	630
Heart	630
Gastrointestinal Hormones	631
Gastrin	631
Secretin	631
Cholecystokinin	632
Vasoactive Intestinal Peptide	632
Enteroglucagon	632
Ghrelin	633
Amylin	633
Galanin	633
Pineal Gland	633
Eicosanoids	634
Growth Factors	636
Nervous System Chemical Intermediaries	637
Summary	640
Bibliography	644

## 27. Vitamins

Fat-soluble Vitamins	646
Soluble Vitamins	663
Summary	685
Bibliography	687

**28. Water and Acid-Base Balance**

Water Distribution in the Body 690

Water Balance 691

Ionic Composition of Body Fluids 691

Alterations of the Water Balance 697

 $H^+$  Concentration in Body Fluids 699Regulation of  $H^+$  Concentration 700

Carbon Dioxide Transport 702

Regulatory Systems 704

Respiratory Regulation 704

Renal Regulation 705

Regulation of Intracellular pH 707

Acid-Base Balance Disorders 708

 $H^+$  Excretion Regulation 710

Laboratory Studies in Acid-Base

Disorders 710

Summary 711

Bibliography 713

**29. Essential Minerals**

Macrominerals 715

Trace Elements 735

Summary 741

Bibliography 743

**30. Molecular Basis of Immunity**

Immune System 745

Innate System 745

Adaptive System 746

Genetic Diversity of Immunoglobulins 753

Complement 760

Cellular Immunity 764

Cytokines 773

Summary 777

Bibliography 780

**31. Hemostasis**

Blood Coagulation 781

Summary 788

Bibliography 789

**32. Apoptosis**

Extrinsic Pathway 793

Intrinsic or Mitochondrial Pathway 793

Summary 795

Bibliography 796

**Alphabetic Index 797**