

Contents

Preface vi
Acknowledgments vii

1 CELL PHYSIOLOGY 1

- I. Cell Membranes 1
- II. Transport Across Cell Membranes 2
- III. Osmosis 5
- IV. Diffusion Potential, Resting Membrane Potential, and Action Potential 7
- V. Neuromuscular and Synaptic Transmission 12
- VI. Skeletal Muscle 16
- VII. Smooth Muscle 21
- VIII. Comparison of Skeletal Muscle, Smooth Muscle, and Cardiac Muscle 22

Review Test 24

2 NEUROPHYSIOLOGY 33

- I. Autonomic Nervous System (ANS) 33
- II. Organization of the Nervous System 37
- III. Sensory Systems 38
- IV. Motor Systems 49
- V. Higher Functions of the Cerebral Cortex 55
- VI. Blood-Brain Barrier and Cerebrospinal Fluid (CSF) 56
- VII. Temperature Regulation 56

Review Test 58

3 CARDIOVASCULAR PHYSIOLOGY 65

- I. Circuitry of the Cardiovascular System 65
- II. Hemodynamics 65
- III. Cardiac Electrophysiology 70
- IV. Cardiac Muscle and Cardiac Output 75
- V. Cardiac Cycle 84
- VI. Regulation of Arterial Pressure 86
- VII. Microcirculation and Lymph 90
- VIII. Special Circulations 92
- IX. Integrative Functions of the Cardiovascular System: Gravity, Exercise, Hemorrhage, and Vasovagal Syncope 95

Review Test 100

4 RESPIRATORY PHYSIOLOGY 113

- I. Lung Volumes and Capacities 113
- II. Mechanics of Breathing 115
- III. Gas Exchange 121
- IV. Oxygen Transport 123
- V. CO₂ Transport 128
- VI. Pulmonary Circulation 130
- VII. V/Q Defects 131
- VIII. Control of Breathing 133
- IX. Integrated Responses of the Respiratory System 135

Review Test 137

5 RENAL AND ACID-BASE PHYSIOLOGY 146

- I. Body Fluids 146
- II. Renal Clearance, Renal Blood Flow (RBF), and Glomerular Filtration Rate (GFR) 150
- III. Reabsorption and Secretion 154
- IV. NaCl Regulation 157
- V. K⁺ Regulation 161
- VI. Renal Regulation of Urea, Phosphate, Calcium, Magnesium, and Uric Acid 165
- VII. Concentration and Dilution of Urine 167
- VIII. Renal Hormones 172
- IX. Acid-Base Balance 172
- X. Diuretics 180
- XI. Integrative Examples 180

Review Test 183

6 GASTROINTESTINAL PHYSIOLOGY 193

- I. Structure and Innervation of the Gastrointestinal Tract 193
- II. Regulatory Substances in the Gastrointestinal Tract 194
- III. Gastrointestinal Motility 198
- IV. Gastrointestinal Secretion 202
- V. Digestion and Absorption 212
- VI. Liver Physiology 216

Review Test 219

7 ENDOCRINE PHYSIOLOGY 224

- I. Overview of Hormones 224
- II. Cell Mechanisms and Second Messengers 226
- III. Pituitary Gland (Hypophysis) 230
- IV. Thyroid Gland 235
- V. Adrenal Cortex and Adrenal Medulla 238
- VI. Endocrine Pancreas-Glucagon and Insulin 244
- VII. Calcium Metabolism (Parathyroid Hormone, Vitamin D, Calcitonin) 247

VIII. Sexual Differentiation 252

IX. Male Reproduction 252

X. Female Reproduction 255

Review Test 260

Comprehensive Examination 269

APPENDIX A. KEY PHYSIOLOGY TOPICS FOR USMLE STEP 1 290

APPENDIX B. KEY PHYSIOLOGY EQUATIONS FOR USMLE STEP 1 292

APPENDIX C. NORMAL BLOOD VALUES 293

Index 295

