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Robert M. Berne
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Cardiovascular Physiology

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Cardiovascular Physiology

Eighth Edition

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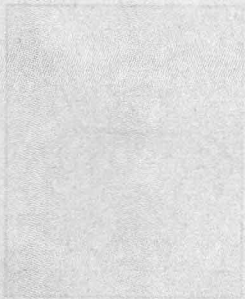
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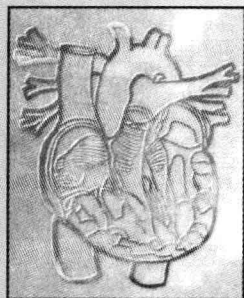
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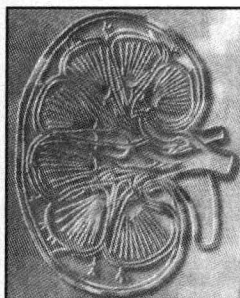
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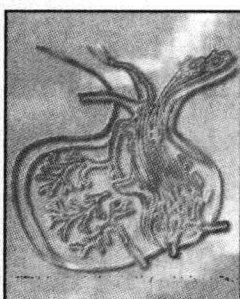
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*Alex, Ari, Christopher, Daniel, Kyle, Madelyn,
Maggie, Molly, Nicolas, Sarah, Todd, and Tracy*

Preface

This book is designed for medical students, graduate students, and cardiovascular fellows. Throughout the book we have incorporated the most recent information and have indicated which subjects are still controversial. Emphasis is placed on general concepts and control mechanisms with omission of extraneous isolated facts. To present a clear view of the various regulatory mechanisms, the component parts of the system are first discussed individually. Then, to show how the entire cardiovascular system operates in an intact subject, the last chapter describes how various individual components are coordinated. As examples we describe how the body responds to two important stresses—exercise and hemorrhage.

Normal physiology serves as a frame of reference that students of medicine must comprehend before they can understand the derangements caused by disease or toxic agents. Pathophysiology is considered very selectively in this text. Many examples of abnormal function are included to illustrate and clarify normal physiological processes. These clinical examples are scattered throughout the text and are emphasized by colored boxes.

The book has been updated and revised extensively. Some old figures have been deleted and some new figures have been added to facilitate comprehension of the textual material.

Carefully selected references appear at the end of each chapter. Review articles were preferred over scientific papers, and the scientific articles we included were chosen for their depth, clarity, timeliness, appropriateness, and bibliographies.

Throughout the book, *italics* are used to emphasize important facts and concepts, and **bold-face type** is used for new terms and definitions. Each chapter includes a list of objectives at the beginning and a summary at the end to highlight key points. To help in review and to indicate clinical relevance of the material, case histories with multiple-choice questions are provided. Answers and a brief explanation appear at the end of the book.

We wish to thank our readers for their constructive comments in the past, and we hope that they will continue to provide the input necessary for us to improve future editions. We also wish to thank the numerous investigators and publishers who have granted us permission to use illustrations from their publications. In most cases these illustrations have been altered somewhat to increase their didactic utility. In some cases, unpublished data from our own investigations have been presented.

Robert M. Berne
Matthew N. Levy

Cardiovascular Physiology

Contents

1 The Circuitry, 1

SUMMARY, 5

CASE 1, 6

2 Electrical Activity of the Heart, 7

CARDIAC ACTION POTENTIALS CONSIST
OF SEVERAL PHASES, 7

Principal Types of Cardiac Action

Potentials Are the Slow and Fast

Types, 8

Ionic Basis of the Resting Potential, 9

The Fast Response Depends Mainly on

Voltage-Dependent Sodium

Channels, 13

Ionic Basis of the Slow Response, 23

CONDUCTION IN CARDIAC FIBERS

DEPENDS ON LOCAL CIRCUIT

CURRENTS, 24

Conduction of the Fast Response, 24

Conduction of the Slow Response, 26

CARDIAC EXCITABILITY DEPENDS ON
THE ACTIVATION AND INACTIVATION
OF SPECIFIC CURRENTS, 26

Fast Response, 26

Slow Response, 27

Effects of Cycle Length, 27

THE HEART GENERATES ITS OWN

PACEMAKING ACTIVITY, 28

Sinoatrial Node, 29

Ionic Basis of Automaticity, 30

Overdrive Suppression, 32

Atrial Conduction, 33

Atrioventricular Conduction, 33

Ventricular Conduction, 38

AN IMPULSE CAN TRAVEL AROUND A

REENTRY LOOP, 39

AFTERDEPOLARIZATIONS LEAD TO

TRIGGERED ACTIVITY, 40

Early Afterdepolarizations, 41

Delayed Afterdepolarizations, 42

ELECTROCARDIOGRAPHY DISPLAYS THE

SPREAD OF CARDIAC EXCITATION, 43

Scalar Electrocardiography, 43

DYSRHYTHMIAS OCCUR FREQUENTLY

AND CONSTITUTE IMPORTANT

CLINICAL PROBLEMS, 46

Altered Sinoatrial Rhythms, 46

Atrioventricular Transmission

Blocks, 47

Premature Depolarizations, 47

Ectopic Tachycardias, 48

Fibrillation, 49

SUMMARY, 51

CASE 2, 52

3 The Cardiac Pump, 55

THE GROSS AND MICROSCOPIC STRUCTURES OF THE HEART ARE UNIQUELY DESIGNED FOR OPTIMAL FUNCTION, 55

Myocardial Cell, 55

The Force of Cardiac Contraction Is

Largely Determined by the Resting

Length of the Myocardial Fibers, 60

Excitation-Contraction Coupling Is

Mediated Mainly by Calcium, 61

Preload and Afterload Are Important in

Determining Cardiac Performance, 65

THE CARDIAC CHAMBERS CONSIST OF TWO ATRIA, TWO VENTRICLES, AND FOUR VALVES, 68

Cardiac Valves, 68

The Pericardium Is an Epithelized

Fibrous Sac That Invests the Heart, 73

The Two Major Heart Sounds Are

Mainly Produced by Closure of the Cardiac Valves, 73

THE SEQUENTIAL CONTRACTION AND RELAXATION OF THE ATRIA AND VENTRICLES CONSTITUTE THE CARDIAC CYCLE, 74

Ventricular Systole, 74

Ventricular Diastole, 76

THE FICK PRINCIPLE IS USED TO DETERMINE CARDIAC OUTPUT, 78

The Indicator Dilution Technique Is a

Useful Method for Measuring Cardiac Output, 79

SUMMARY, 81

CASE 3, 82

4 Regulation of the Heartbeat, 85

HEART RATE IS CONTROLLED MAINLY BY THE AUTONOMIC NERVES, 85

Parasympathetic Pathways, 86

Sympathetic Pathways, 88

Higher Centers Also Influence Cardiac Performance, 90

Heart Rate Can Be Regulated Via the Baroreceptor Reflex, 90

The Bainbridge Reflex and Atrial

Receptors Regulate Heart Rate, 91

A Common Cardiac Dysrhythmia Is

Induced by Respiration, 92

Activation of the Chemoreceptor Reflex Affects Heart Rate, 95

The Ventricular Receptor Reflexes Play a Minor Role in the Regulation of Heart Rate, 95

MYOCARDIAL PERFORMANCE IS REGULATED BY INTRINSIC MECHANISMS, 97

The Frank-Starling Mechanism Is an

Important Regulator of Myocardial Contractility, 98

Changes in Heart Rate Affect Contractile Force, 101

MYOCARDIAL PERFORMANCE IS REGULATED BY NERVOUS AND HUMORAL FACTORS, 104

Nervous Control, 109

Cardiac Performance Is Also Regulated by Hormonal Substances, 109

SUMMARY, 112

CASE 4, 113

5 Hemodynamics, 115

VELOCITY OF THE BLOODSTREAM DEPENDS ON BLOOD FLOW AND VASCULAR AREA, 115

BLOOD FLOW DEPENDS ON THE PRESSURE GRADIENT, 116

RELATIONSHIP BETWEEN PRESSURE AND FLOW DEPENDS ON THE CHARACTERISTICS OF THE CONDUITS, 118

RESISTANCE TO FLOW, 122
Resistances in Series and in Parallel, 124
FLOW MAY BE LAMINAR OR
TURBULENT, 125
SHEAR STRESS ON THE VESSEL WALL, 126
RHEOLOGIC PROPERTIES OF BLOOD, 127
SUMMARY, 132
CASE 5, 133

6 The Arterial System, 135

THE HYDRAULIC FILTER CONVERTS
PULSATILE FLOW TO STEADY FLOW, 135
ARTERIAL ELASTICITY COMPENSATES
FOR THE INTERMITTENT FLOW
DELIVERED BY THE HEART, 139
THE ARTERIAL BLOOD PRESSURE IS
DETERMINED BY PHYSICAL AND
PHYSIOLOGICAL FACTORS, 141
Mean Arterial Pressure, 141
Cardiac Output, 142
Peripheral Resistance, 144
Pulse Pressure, 145
Stroke Volume, 145
Arterial Compliance, 146
Total Peripheral Resistance and Arterial
Diastolic Pressure, 147
THE PRESSURE CURVES CHANGE IN
ARTERIES AT DIFFERENT DISTANCES
FROM THE HEART, 148
BLOOD PRESSURE IS MEASURED BY A
SPHYGMOMANOMETER IN HUMAN
PATIENTS, 149
SUMMARY, 151
CASE 6, 152

7 The Microcirculation and Lymphatics, 155

FUNCTIONAL ANATOMY, 155
Arterioles Are the Stopcocks of the
Circulation, 155

Capillaries Permit the Exchange of
Water, Solutes, and Gases, 156
The Law of Laplace Explains Why
Capillaries Can Withstand High
Intravascular Pressures, 158
THE ENDOTHELIUM PLAYS AN ACTIVE
ROLE IN REGULATING THE
MICROCIRCULATION, 159
THE ENDOTHELIUM PLAYS A PASSIVE
ROLE IN TRANSCAPILLARY
EXCHANGE, 160
Diffusion Is the Most Important Means
for Water and Solute Transfer Across
the Endothelium, 163
Diffusion of Lipid-insoluble Molecules Is
Restricted to the Pores, 164
Lipid-soluble Molecules Pass Directly
Through the Lipid Membranes of the
Endothelium and the Pores, 166
Capillary Filtration Is Regulated by the
Hydrostatic and Osmotic Forces
Across the Endothelium, 166
Balance of Hydrostatic and Osmotic
Forces, 168
The Capillary Filtration Coefficient Is a
Convenient Method to Estimate the
Rate of Fluid Movement Across the
Endothelium, 169
Pinocytosis Enables Large Molecules to
Cross the Endothelium, 171
THE LYMPHATICS RETURN THE FLUID
AND SOLUTES THAT ESCAPE
THROUGH THE ENDOTHELIUM TO
THE CIRCULATING BLOOD, 171
SUMMARY, 172
CASE 7-1, 173
CASE 7-2, 174

8 The Peripheral Circulation and Its Control, 175

CONTRACTION AND RELAXATION OF ARTERIOLAR VASCULAR SMOOTH MUSCLE REGULATE PERIPHERAL BLOOD FLOW, 177

INTRINSIC (LOCAL) CONTROL OF PERIPHERAL BLOOD FLOW, 180

Autoregulation and the Myogenic Mechanism Tend to Keep Blood Flow Constant in the Face of Changes in Perfusion Pressure, 180

The Endothelium Actively Regulates Blood Flow, 182

Tissue Metabolic Activity Is the Main Factor in the Local Regulation of Blood Flow, 182

EXTRINSIC CONTROL OF PERIPHERAL BLOOD FLOW IS MEDIATED MAINLY BY THE SYMPATHETIC NERVOUS SYSTEM, 185

Impulses Arising in the Medulla Descend in the Sympathetic Nerves to Increase Vascular Resistance, 185

Sympathetic Nerves Regulate the Contractile State of Resistance and Capacitance Vessels, 186

Parasympathetic Nervous System Only Innervates Blood Vessels in the Cranial and Sacral Regions of the Body, 187

Epinephrine and Norepinephrine Are the Main Humoral Factors That Affect Vascular Resistance, 187

The Vascular Reflexes Are Responsible for Rapid Adjustments of Blood Pressure, 187

The Peripheral Chemoreceptors Are Stimulated by Decreases in Blood Oxygen Tension and pH and by Increases in Carbon Dioxide Tension, 191

The Central Chemoreceptors Are Quite Sensitive to Changes in P_{aCO_2} , 192

Other Vascular Reflexes, 193

BALANCE BETWEEN EXTRINSIC AND INTRINSIC FACTORS IN REGULATION OF PERIPHERAL BLOOD FLOW, 193

SUMMARY, 195

CASE 8-1, 196

CASE 8-2, 197

9 Control of Cardiac Output: Coupling of Heart and Blood Vessels, 199

THE VASCULAR FUNCTION CURVE RELATES CENTRAL VENOUS PRESSURE TO CARDIAC OUTPUT, 200

Mathematical Analysis of the Vascular Function Curve, 203

Venous Pressure Depends on Cardiac Output, 205

Blood Volume, 205

Venomotor Tone, 206

Blood Reservoirs, 207

Peripheral Resistance, 207

CARDIAC OUTPUT AND VENOUS RETURN ARE CLOSELY ASSOCIATED, 208

THE HEART AND VASCULATURE ARE COUPLED FUNCTIONALLY, 208

Myocardial Contractility, 210

Blood Volume, 211

Peripheral Resistance, 212

THE RIGHT VENTRICLE REGULATES NOT ONLY PULMONARY BLOOD FLOW BUT ALSO CENTRAL VENOUS PRESSURE, 213

HEART RATE HAS AMBIVALENT EFFECTS ON CARDIAC OUTPUT, 216

ANCILLARY FACTORS AFFECT THE VENOUS SYSTEM AND CARDIAC OUTPUT, 218

Gravity, 218

Muscular Activity and Venous Valves, 221

Respiratory Activity, 222
Artificial Respiration, 224
SUMMARY, 224
CASE 9, 225

10 Coronary Circulation, 227

FUNCTIONAL ANATOMY OF CORONARY
VESSELS, 227
CORONARY BLOOD FLOW IS REGULATED
BY PHYSICAL, NEURAL, AND
METABOLIC FACTORS, 229
Physical Factors, 229
Neural and Neurohumoral Factors, 232
Metabolic Factors, 232
CARDIAC OXYGEN CONSUMPTION IS A
FUNCTION OF THE WORK
PERFORMED BY THE HEART, 234
CARDIAC EFFICIENCY, 235
DIMINISHED CORONARY BLOOD FLOW
IMPAIRS CARDIAC FUNCTION, 235
CORONARY COLLATERAL VESSELS
DEVELOP IN RESPONSE TO
IMPAIRMENT OF CORONARY
BLOOD FLOW, 236
SUMMARY, 238
CASE 10, 240

11 Special Circulations, 241

CUTANEOUS CIRCULATION, 241
Skin Blood Flow Is Regulated Mainly
by the Sympathetic Nervous
System, 241
Skin Color Depends on the Volume and
Flow of Blood in the Skin and the
Amount of O₂ Bound to
Hemoglobin, 245
SKELETAL MUSCLE CIRCULATION, 245
Regulation of Skeletal Muscle
Circulation Is Achieved by Neural
and Local Factors, 245

CEREBRAL CIRCULATION, 247

Local Factors Predominate Over Neural
Factors in the Regulation of Cerebral
Blood Flow, 248

THE PULMONARY AND SYSTEMIC CIRCULATIONS ARE IN SERIES WITH EACH OTHER, 250

Functional Anatomy, 250
Pulmonary Hemodynamics, 252
Regulation of the Pulmonary
Circulation, 254

THE RENAL CIRCULATION ACCOUNTS FOR ABOUT 20% OF THE CARDIAC OUTPUT, 255

Anatomy, 255
Renal Hemodynamics, 258
The Renal Circulation Is Regulated
Mainly by Intrinsic Mechanisms, 258

THE SPLANCHNIC CIRCULATION PROVIDES BLOOD FLOW TO THE GASTROINTESTINAL TRACT, LIVER, SPLEEN, AND PANCREAS, 260

Intestinal Circulation, 260
Hepatic Circulation, 262

FETAL CIRCULATION, 264

Several Changes Occur in the
Circulatory System at Birth, 267

SUMMARY, 268

CASE 11-1, 269

CASE 11-2, 270

CASE 11-3, 270

12 Interplay of Central and Peripheral Factors in the Control of the Circulation, 271

EXERCISE, 272

Mild-to-Moderate Exercise, 272
Severe Exercise, 275
Postexercise Recovery, 276
Limits of Exercise Performance, 277
Physical Training and Conditioning, 277

HEMORRHAGE, 278

Hemorrhage Evokes Compensatory and

Decompensatory Effects on the

Arterial Blood Pressure, 278

The Compensatory Mechanisms Are

Neural and Humoral, 278

The Decompensatory Mechanisms Are

Mainly Humoral, Cardiac, and

Hematological, 282

The Positive and Negative Feedback

Mechanisms Interact, 285

SUMMARY, 285

CASE 12-1, 286

CASE 12-2, 287

Appendix: Case Study Answers, 289

The Circuitry

Objectives

1. Indicate the compositions and functions of the blood vessels.
2. Indicate the relationship of vascular cross-sectional area to the velocity of blood flow in the various vascular segments.
3. Indicate the pressure changes and pathways of blood flow throughout the vasculature.

THE CIRCULATORY, ENDOCRINE, AND nervous systems constitute the principal coordinating and integrating systems of the body. Whereas the nervous system is primarily concerned with communications and the endocrine glands with regulation of certain body functions, the circulatory system serves to transport and distribute essential substances to the tissues and to remove by-products of metabolism. The circulatory system also shares in such homeostatic mechanisms as regulation of body temperature, humoral communication throughout the body, and adjustments of oxygen and nutrient supply in different physiological states.

The cardiovascular system that accomplishes these chores is made up of a pump, a series of distributing and collecting tubes, and an extensive system of thin vessels that permit rapid ex-

change between the tissues and the vascular channels. The primary purpose of this text is to discuss the function of the components of the vascular system and the control mechanisms (with their checks and balances) that are responsible for alteration of blood distribution necessary to meet the changing requirements of different tissues in response to a wide spectrum of physiological and pathological conditions.

Before considering the function of the parts of the circulatory system in detail, it is useful to consider it as a whole in a purely descriptive sense. The heart consists of two pumps in series: the right ventricle to propel blood through the lungs for exchange of oxygen and carbon dioxide (**the pulmonary circulation**) and the left ventricle to propel blood to all other tissues of the body (**the systemic circulation**). Unidi-

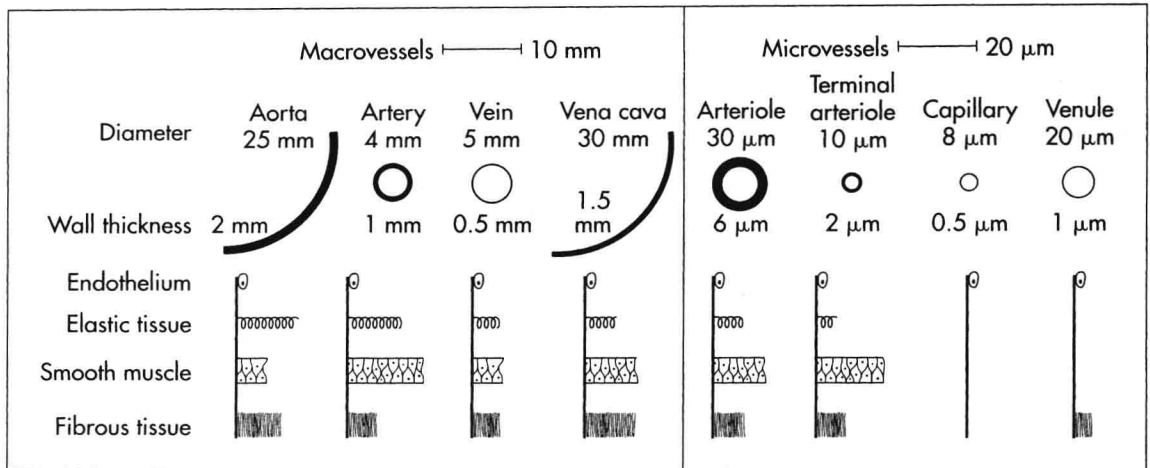


Figure 1-1 ■ Internal diameter, wall thickness, and relative amounts of the principal components of the vessel walls of the various blood vessels that compose the circulatory system. Cross sections of the vessels are not drawn to scale because of the huge range from aorta and venae cavae to capillary. (Redrawn from Burton AC: *Physiol Rev* 34:619, 1954.)

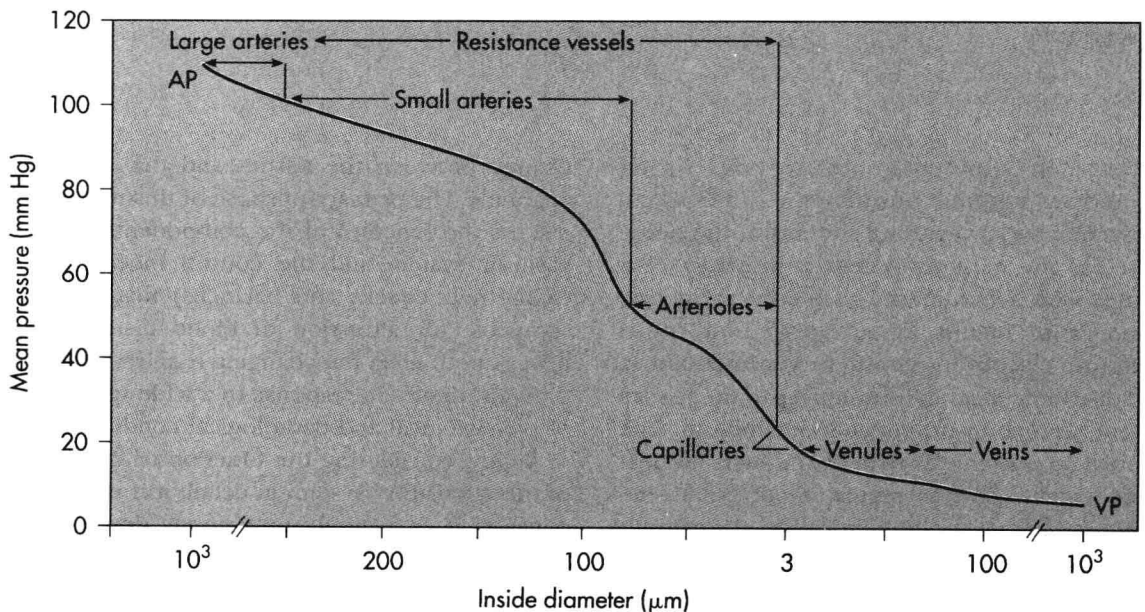


Figure 1-2 ■ Pressure drop across the vascular system in the hamster cheek pouch. AP, Mean arterial pressure; VP, venous pressure. (Redrawn from Davis MJ, et al: *Am J Physiol* 250:H291, 1986.)

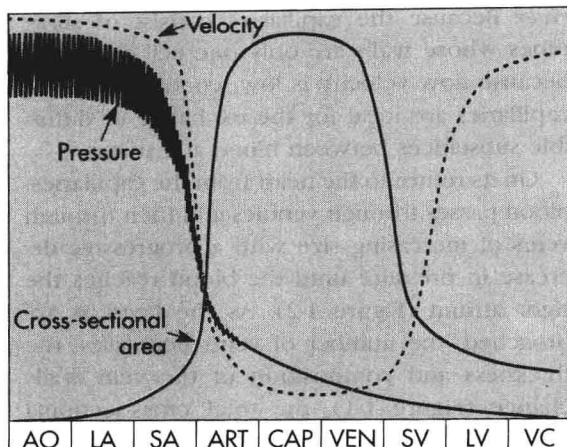


Figure 1-3 ■ Phasic pressure, velocity of flow, and cross-sectional area of the systemic circulation. *The important features are the inverse relationship between velocity and cross-sectional area, the major pressure drop across the small arteries and arterioles, and the maximal cross-sectional area and minimal flow rate in the capillaries.* AO, Aorta; LA, large arteries; SA, small arteries; ART, arterioles; CAP, capillaries; VEN, venules; SV, small veins; LV, large veins; VC, venae cavae.

rectional flow through the heart is achieved by the appropriate arrangement of effective flap valves. Although the cardiac output is intermittent, continuous flow to the periphery occurs by distension of the aorta and its branches during ventricular contraction (**systole**) and elastic recoil of the walls of the large arteries with forward propulsion of the blood during ventricular relaxation (**diastole**). Blood moves rapidly through the aorta and its arterial branches. The branches become narrower and their walls become thinner and change histologically toward the periphery. From the aorta, a predominantly elastic structure, the peripheral arteries become more muscular until the muscular layer predominates at the arterioles (Figure 1-1).

In the large arteries, frictional resistance is relatively small, and pressures are only slightly less than in the aorta. However, the small arteries offer moderate resistance to blood flow, and this resistance reaches a maximal level in the arterioles, sometimes referred to as the stopcocks of the vascular system. Hence *the pressure drop is significant in the small arteries and is greatest in the arterioles* (Figure 1-2). Adjustment in the degree of contraction of the circular muscle of these small vessels permits regulation of tissue blood flow and aids in the control of arterial blood pressure.

In addition to a sharp reduction in pressure across the arterioles, there is also a change from pulsatile to steady flow as pressure continues to decline from the arterial to the venous end of the capillaries (Figure 1-3). *The pulsatile arterial blood flow, caused by the intermittency of cardiac ejection, is damped at the capillary level by the combination of distensibility of the large arteries and frictional resistance in the arterioles.*

BOX 1-1

In a patient with hyperthyroidism (**Graves disease**), the basal metabolism is elevated and is often associated with arteriolar vasodilation. This reduction in arteriolar resistance diminishes the dampening effect on the pulsatile arterial pressure and is manifest as pulsatile flow in the capillaries, as observed in the finger nail bed of patients with this ailment.

Many capillaries arise from each arteriole so that the *total cross-sectional area of the capillary bed is very large, despite the fact that the cross-sectional area of each capillary is less than that of each arteriole.* As a result, blood flow velocity becomes quite slow in the capillaries (Figure 1-3), analogous to the decrease in velocity of flow seen at the wide regions of a