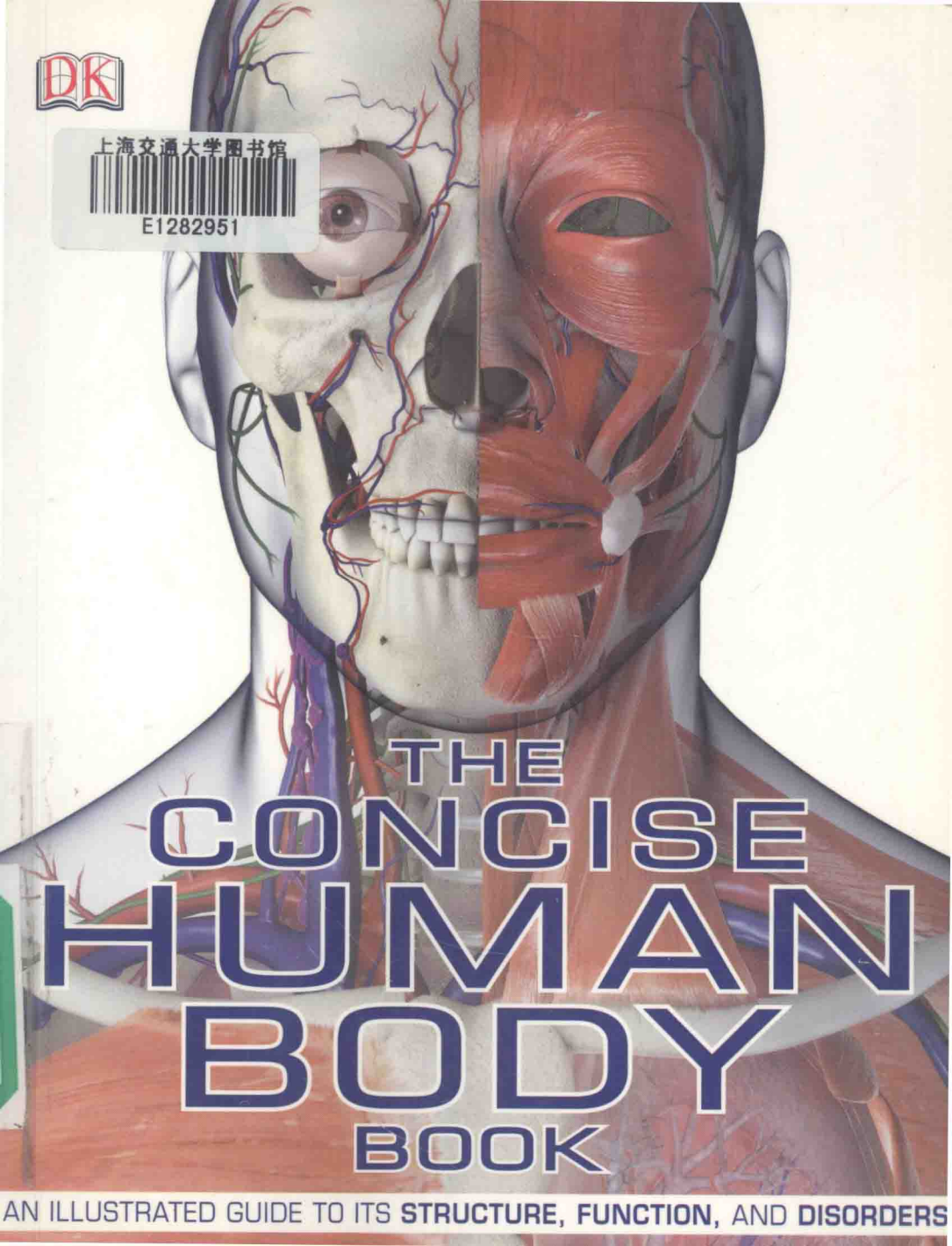




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A detailed anatomical illustration of a human head and neck, split vertically. The left side shows the skeletal structure (skull, jaw, teeth) and internal organs (eye, ear, throat) in a realistic, slightly translucent style. The right side shows the muscular system in a more stylized, reddish-pink color, with muscles and tendons clearly defined. The neck and upper chest area are also visible, showing major blood vessels and muscles.

THE CONCISE HUMAN BODY BOOK

AN ILLUSTRATED GUIDE TO ITS **STRUCTURE, FUNCTION, AND DISORDERS**



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THE

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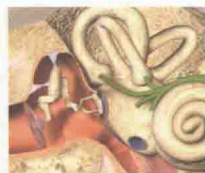
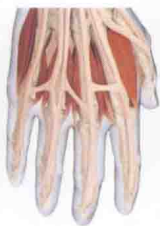
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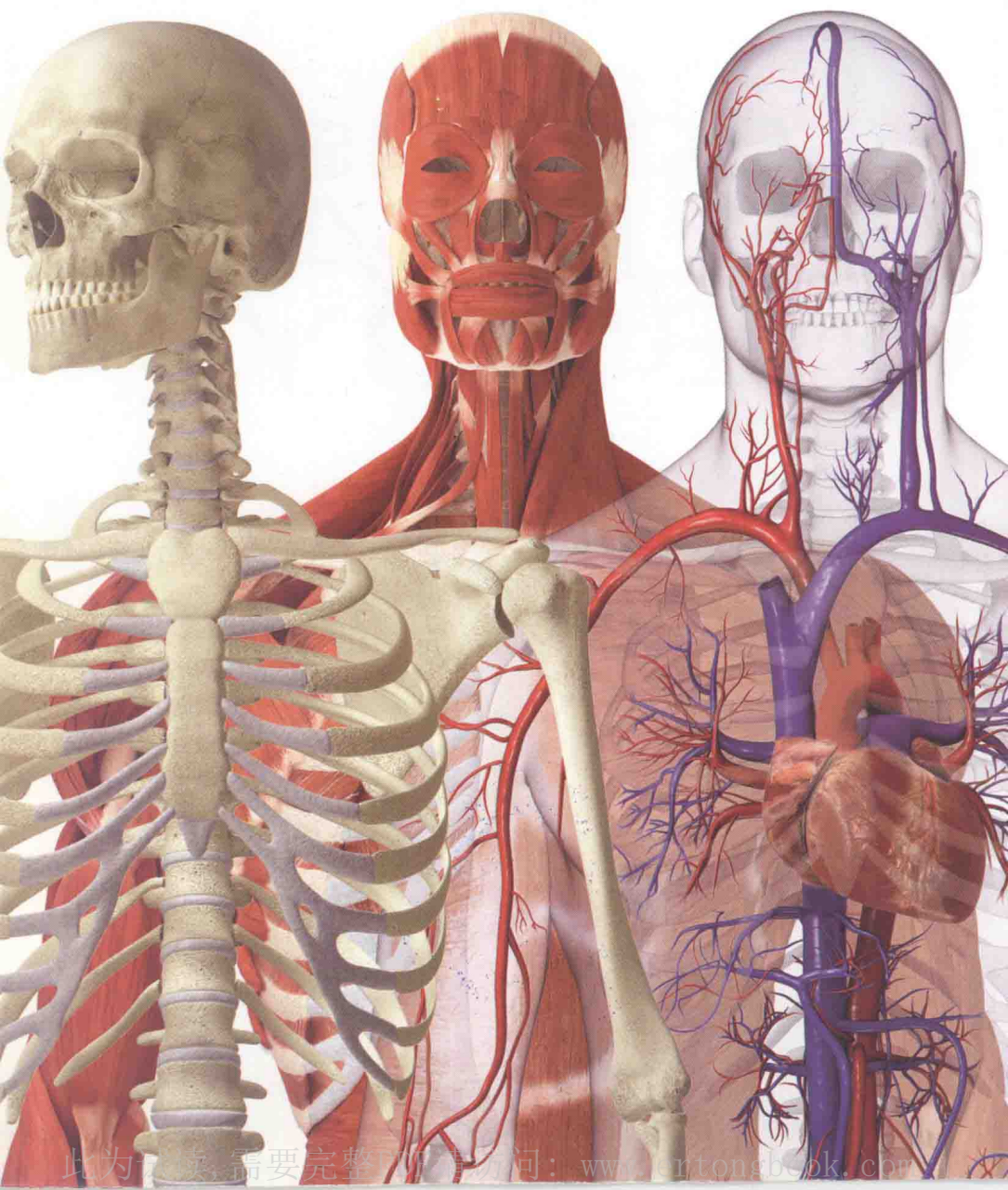
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THE CONCISE HUMAN BODY BOOK

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2009



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LONDON • NEW YORK • MELBOURNE
MUNICH • DELHI

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The Concise Human Body Book provides information on a wide range of medical topics, and every effort has been made to ensure that the information in this book is accurate. The book is not a substitute for medical advice, however, and you are advised always to consult a doctor or other health professional on personal health matters

The Concise Human Body Book has been adapted from *The Human Body Book*, published in Great Britain in 2007 by Dorling Kindersley Limited

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Dorling Kindersley Limited

80 Strand, London WC2R 0RL

A Penguin Company

6 8 10 9 7

011-TD422-Jun/09

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A CIP catalogue record for this book is available from the British Library

ISBN 978 1 4053 4041 0

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Colour reproduction by GRB Editrice s.r.l.

in London, UK

Printed and bound in China by Hung Hing Offset
Printing Company Ltd.

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CONTENTS

INTEGRATED BODY

INTRODUCTION	8
IMAGING THE BODY	10
BODY SYSTEMS	12
SUPPORT AND MOVEMENT	14
INFORMATION PROCESSING	18
THE FLUID BODY	20
EQUILIBRIUM	21
BODY SYSTEMS TO CELLS	22
THE CELL	24
DNA	26
THE GENOME	30
SPECIALIZED CELLS AND TISSUES	34

SKELETAL SYSTEM

SKELETON	38
BONE STRUCTURE	40
JOINTS	42
SKULL	44
SPINE	48
RIBS AND PELVIS	50
HANDS AND FEET	52
BONE AND JOINT DISORDERS	54

MUSCULAR SYSTEM

MUSCLES OF THE BODY	62
MUSCLES OF THE FACE, HEAD, AND NECK	64
MUSCLES AND TENDONS	68
MUSCLE AND TENDON DISORDERS	70

NERVOUS SYSTEM

NERVOUS SYSTEM	76
NERVES AND NEURONS	78
NERVE IMPULSE	80
BRAIN	84
BRAIN STRUCTURES	86
THE PRIMITIVE BRAIN	90
SPINAL CORD	94
PERIPHERAL NERVES	98
AUTONOMIC NERVOUS SYSTEM	102
MEMORIES, THOUGHTS, AND EMOTIONS	106
SMELL, TASTE, AND TOUCH	110
EARS, HEARING, AND BALANCE	112
EYES AND VISION	116
NERVOUS SYSTEM DISORDERS	120

ENDOCRINE SYSTEM

ENDOCRINE ANATOMY	132
HORMONE PRODUCERS	134
HORMONAL ACTION	138
ENDOCRINE DISORDERS	140

CARDIOVASCULAR SYSTEM

CARDIOVASCULAR ANATOMY	146
BLOOD AND BLOOD VESSELS	148
HEART STRUCTURE	150
HOW THE HEART BEATS	154
CARDIOVASCULAR DISORDERS	156

RESPIRATORY SYSTEM

RESPIRATORY ANATOMY	162
LUNGS	164
GAS EXCHANGE	166
BREATHING AND VOCALIZATION	168
RESPIRATORY DISORDERS	172

SKIN, HAIR, AND NAILS

SKIN, HAIR, AND NAIL STRUCTURE	176
SKIN AND EPITHELIAL TISSUES	178
SKIN DISORDERS	182

LYMPH AND IMMUNITY

LYMPH AND IMMUNE SYSTEMS	188
IMMUNE SYSTEM	190

130	INFLAMMATORY RESPONSE	198
132	FIGHTING INFECTIONS	202
134	IMMUNE SYSTEM DISORDERS	208

DIGESTIVE SYSTEM

140	DIGESTIVE ANATOMY	210
142	MOUTH AND THROAT	212
144	STOMACH AND SMALL INTESTINE	214
146	LIVER, GALLBLADDER, AND PANCREAS	218
148	LARGE INTESTINE	220
150	DIGESTION	224
152	NUTRIENTS AND METABOLISM	228
154	DIGESTIVE TRACT DISORDERS	232
156		234

URINARY SYSTEM

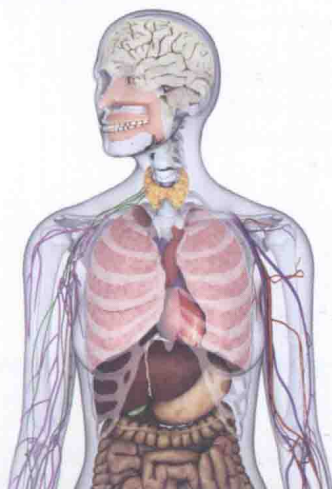
160	URINARY ANATOMY	240
162	KIDNEY STRUCTURE	242
164	URINARY DISORDERS	244
166		248

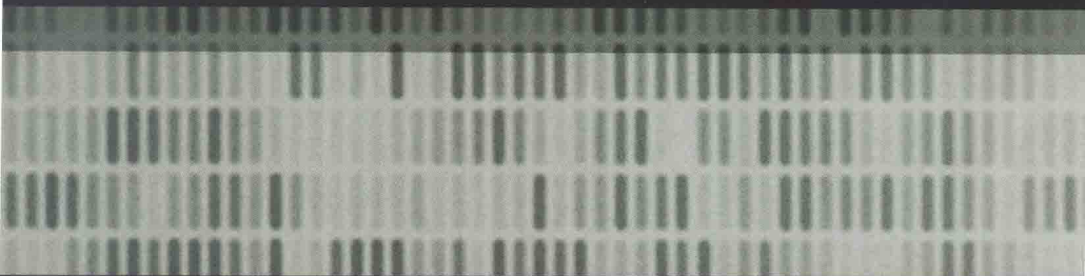
REPRODUCTION AND LIFE CYCLE

176	MALE REPRODUCTIVE SYSTEM	250
178	FEMALE REPRODUCTIVE SYSTEM	252
182	CONCEPTION TO EMBRYO	256
184	FETAL DEVELOPMENT	260
186	PREPARING FOR BIRTH	264
188	LABOUR	266
190	DELIVERY	268
192	AFTER THE BIRTH	270
194	GROWTH AND DEVELOPMENT	272
	PUBERTY	276
	AGEING	280
	INHERITANCE	284
	PATTERNS OF INHERITANCE	286
	MALE REPRODUCTIVE DISORDERS	290
	FEMALE REPRODUCTIVE DISORDERS	294
	SEXUALLY TRANSMITTED INFECTIONS	296
	INFERTILITY PROBLEMS	298
	PREGNANCY AND LABOUR DISORDERS	300
	INHERITED DISORDERS	302
	CANCER	304
		305

GLOSSARY AND INDEX

GLOSSARY	306
INDEX	312
ACKNOWLEDGMENTS	320

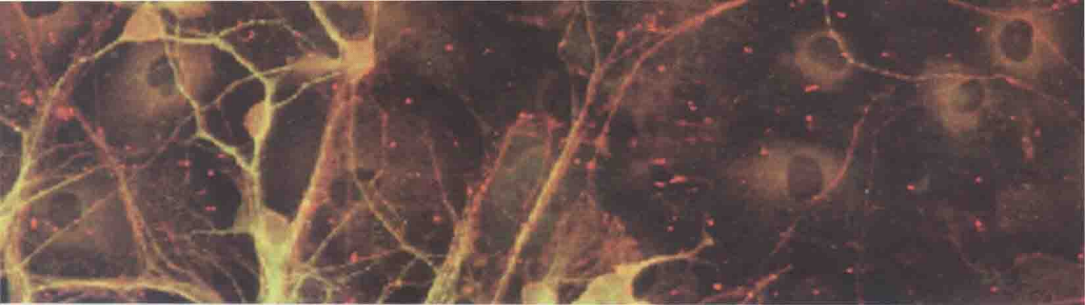




THE HUMAN BODY IS THE MOST DEEPLY STUDIED AND FREQUENTLY PORTRAYED OBJECT IN HISTORY. DESPITE ITS FAMILIARITY, IT IS ETERNALLY ABSORBING AND FASCINATING. THE PAGES OF THIS BOOK REVEAL, IN AMAZING VISUAL DETAIL, AND IN BOTH HEALTH AND SICKNESS, THE INTRICATE INNERMOST WORKINGS OF THE BODY'S CELLS, TISSUES, ORGANS, AND SYSTEMS. MUCH OF THE FASCINATION LIES IN THE WAY THESE PARTS INTERACT AND INTEGRATE AS EACH RELIES ON THE OTHERS TO FUNCTION AND SURVIVE.

INTEGRATED BODY





INTRODUCTION

The number of humans in the world is approaching seven billion (7,000,000,000). More than 250 babies are born every minute, while 150,000 people die daily, with the population increasing by almost three humans per second. Each of these people lives and thinks with, and within, that most complex and marvellous of possessions – a human body.

LEVELS OF ORGANIZATION

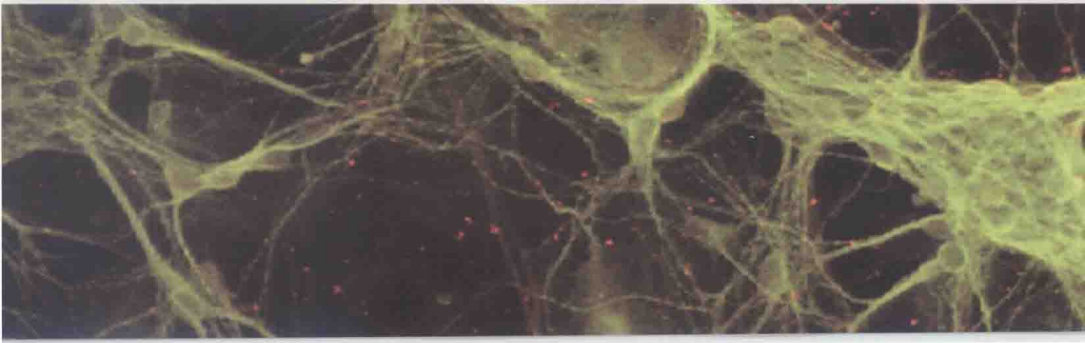
To understand the inner structure and workings of the human body, this book takes the “living machine” approach, borrowed from sciences such as engineering. This views the body as a series of integrated systems. Each system carries out one major task. In the cardiovascular system, for example, the heart pumps blood through vessels, to supply every body part with essential oxygen and nutrients. The systems are, in turn, composed of main parts known

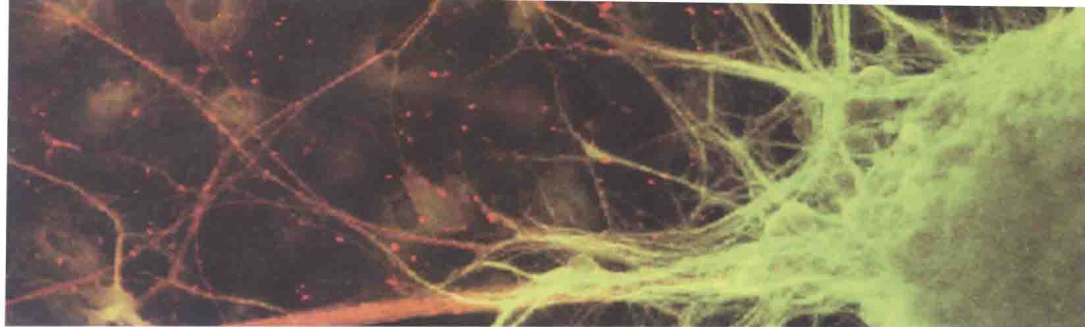
as organs. For example, the stomach, intestines, and liver are organs of the digestive system. Moving down through the anatomical hierarchy, organs consist of tissues, and tissues are made up of cells.

Cells are often called the building blocks of the body. Active and dynamic, they continually grow and specialize, function, die, and replenish themselves, by the millions every second. The whole body contains about 100 million million cells, of at least 200 different kinds. Science is increasingly able to delve deeper than cells, to the organelles within them, and onwards, to the ultimate components of ordinary matter – molecules and atoms.

ANATOMY

The study of the body's structure, and how its cells, tissues, and organs are assembled, is known as human anatomy. For clarity, its elements are often shown in isolation, because the inside of the body is





a crowded place. Tissues and organs press against one another. Body parts shift continually as we move, breathe, pump blood, and digest food. For example, swallowed food does not simply fall down the gullet into the stomach; it is forced down by waves of muscular contraction.

PHYSIOLOGY

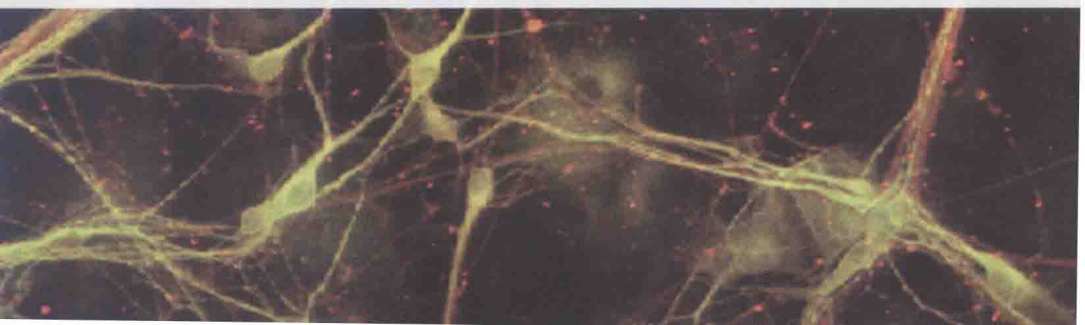
For a rounded understanding of the body, we need to see human anatomy in combination with physiology – the study of how the body functions. Physiology focuses on the dynamic chemical minutiae at atomic, ionic, and molecular levels. It investigates the workings of such processes as enzyme action, hormone stimulation, DNA synthesis, and how the body stores and uses energy from food. As researchers look closer, and unravel more biochemical pathways, more physiological secrets are unlocked. Much of this research work is aimed at preventing or treating disease.

HEALTH AND ILLNESS

Medical science amasses mountains of evidence every year for the best ways to stay healthy. At present, an individual's genetic inheritance, which is a matter of chance, is the given starting point for maintaining health and wellbeing. In coming years, treatments such as gene therapy could remove or negate some of these chance elements. Many aspects of upbringing have a major impact on health, including factors such as diet and whether it is too rich or too poor. The body can also be affected by many different types of disorder, such as infection by a virus or bacteria, injury, inherited faulty genes, or exposure to toxins in the environment.

COMMUNICATION NETWORK

This microscopic image of nerve cells (neurons) shows the fibres that connect the cell bodies. Neurons transmit electrical signals around the body; each one links with hundreds of others, forming a dense web.



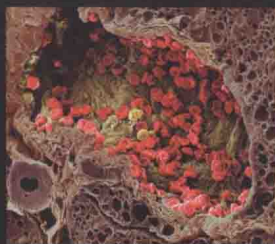
IMAGING THE BODY

IMAGING IS A VITAL PART OF DIAGNOSING ILLNESS, UNDERSTANDING DISEASE, AND EVALUATING TREATMENTS. MODERN TECHNIQUES PROVIDING HIGHLY DETAILED INFORMATION HAVE LARGELY REPLACED SURGERY AS A METHOD OF INVESTIGATION.

The invention of the X-ray made the development of non-invasive medicine possible. Without the ability to see inside the body, many disorders could be found only after major surgery. Computerized imaging now helps doctors make early diagnoses, often greatly increasing the chances of recovery. Computers process and enhance raw data, for example re-interpreting shades of grey from an X-ray or scan into colours. However, sometimes direct observation is essential. Viewing techniques have also become less invasive with the development of instruments such as the endoscope (see opposite). This book makes extensive use of internal images from real bodies.

MICROSCOPY

In light microscopy (LM), light is passed through a section of material and lenses magnify the view up to 2,000 times. Even higher magnifications are possible with scanning electron microscopy (SEM), in which light runs across a specimen coated with gold film. Electrons bounce off the surface, creating a three-dimensional image.

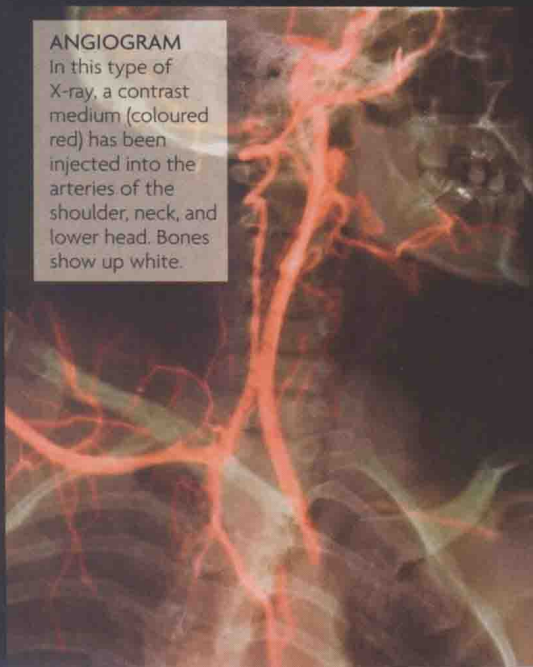


SEM OF TUMOUR BLOOD SUPPLY

This image, in which the specimen has been frozen and split open, shows a blood vessel with blood cells growing into a melanoma (skin tumour).

ANGIOGRAM

In this type of X-ray, a contrast medium (coloured red) has been injected into the arteries of the shoulder, neck, and lower head. Bones show up white.



X-RAY

X-rays are similar to light waves, but of very short wavelength. When passed through the body they create shadow images on photographic film. Dense structures such as bone show up white; soft tissues appear as shades of grey. To show up hollow or fluid-filled structures, these are filled with a substance that absorbs X-rays (a contrast medium).



PLAIN X-RAY OF FOOT

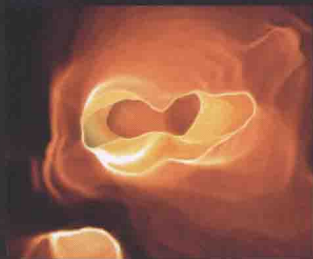
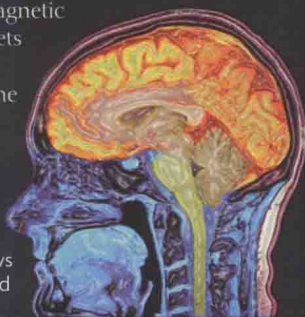
A plain X-ray is especially useful for viewing dense tissue, such as bone. This image shows the foot bones of a nine-year-old child.

MRI AND CT SCANNING

In computerized tomography (CT) an X-ray scanner is used with a computer to build up cross-sectional images of tissues of different density. In magnetic resonance imaging (MRI), magnets are used to line up atoms in the body, then radio waves throw the atoms out of alignment. As they realign, the atoms emit signals that are used to create an image.

MRI SCAN OF HEAD

This digitally enhanced MRI scan shows the brain and spinal cord in orange and yellow, and muscle and bone in blue.



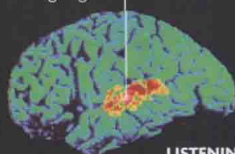
ARTERY SCAN

The layered images produced by a CT scan can be built into a three-dimensional image on a computer. The inside of a narrowed artery is seen here.

RADIONUCLIDE AND PET SCANNING

In radionuclide imaging, a radioactive chemical is injected into the body and is absorbed by the tissues. As the substance decays it emits gamma rays, which a computer forms into an image. Positron emission tomography (PET) is a type of radionuclide scanning that uses injected chemicals which emit radioactive particles called positrons.

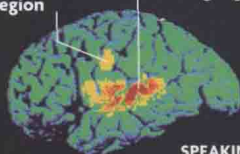
Auditory cortex
Hearing region



LISTENING

Motor control region

Auditory cortex
Hearing region



SPEAKING

PET SCAN

PET scans show function rather than anatomy. These images reveal the brain's activity as the subject listened to spoken words and then both listened to and repeated the words.

ULTRASOUND

High-frequency sound waves emitted by a device called a transducer pass into the body and echo back as electrical signals. A computer processes the signals to create images.

FETAL ULTRASOUND

Ultrasound is a very safe technique, commonly used to monitor fetal development in the uterus.



ENDOSCOPY

Endoscopes are flexible or rigid tubes inserted into the body to view its interior, perform surgical procedures, or both. They carry a light source and instruments may be passed down them.

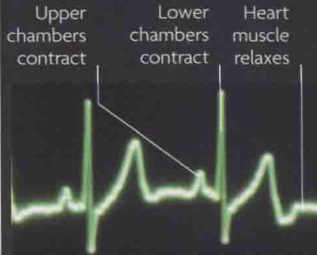


TRACHEA

An endoscopic view of the trachea (windpipe) shows the hoops of cartilage that maintain its shape.

ELECTRICAL ACTIVITY

Sensor pads applied to the skin detect electrical activity in muscles and nerves. The signals are displayed as a trace line. This technique includes electrocardiography (ECG) of the heart (see below).



BODY SYSTEMS

THE HUMAN BODY'S SYSTEMS WORK TOGETHER AS A TRUE COOPERATIVE. EACH SYSTEM FULFILLS ITS OWN VITAL FUNCTION, BUT ALL WORK TOGETHER TO MAINTAIN THE HEALTH AND EFFICIENCY OF THE BODY AS A WHOLE.

The exact number and extent of the body's systems is debated – the muscles, bones, and joints are sometimes combined as the musculoskeletal system, for instance. Although these systems can be described as separate entities, each depends on all of the others for physical and physiological

support. Most systems have some "general" body tissues, such as the connective tissues, which delineate, support, and cushion many organs. All the systems – except, and somewhat ironically, the reproductive system – are essential for our basic survival.

SKELETAL

EXPLORED ON PAGES 38–61

The skeleton is a solid framework that supports the body. Its bones work as levers and anchor plates to allow for movement. Bones also have a role in other body systems – blood cells develop in their fatty inner tissue (red marrow), for example. The body draws from mineral stores in bones during times of shortage, such as when calcium is needed for healthy nerve function.



MUSCULAR

EXPLORED ON PAGES 62–75

Muscles work in conjunction with the skeleton, providing the pulling force for varying degrees of movement, from powerful to finely tuned. Involuntary muscles work largely automatically to control internal processes, such as blood distribution and digestion. Muscles rely on nerves to control them and blood to keep them supplied with oxygen and energy.

