

# Human Anatomy and Physiology: Study Notes

Adeyemi Olubummo



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A typical human anatomy and physiology textbook contains over one thousand pages and weighs over six pounds. It is not conducive to quick study or a last-minute review when a student is trying to prepare for exams or class lectures. The author has carefully reviewed the major human anatomy and physiology textbooks and incorporated into this guide the main concepts needed by students to meet the challenges of the course and make the grades they need. These points are provided in bulleted lists for quick mastery of the subject matter. The information is provided on each of the following topics and many more: • Anatomy terms and physiology concepts • Chemistry, including organic and inorganic • Cellular level of organization • Cardiovascular system • Circulatory system • Digestive system • Immune system • Nervous system • Nutrition, metabolism, and body temperature regulation • Fluid, Electrolytes, and Acid-base balance *Human Anatomy and Physiology* will help medical, nursing, and students of other health-related disciplines prepare for their classes and exams by providing review questions at the end of every chapter, along with the answers that will enable them to test their knowledge and skill level.

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