

* — Bones & Skeletal System — *

Main points:-

① Study of bones :- OSTEOLOGY

② Bones are chemically made up of :- Calcium phosphate

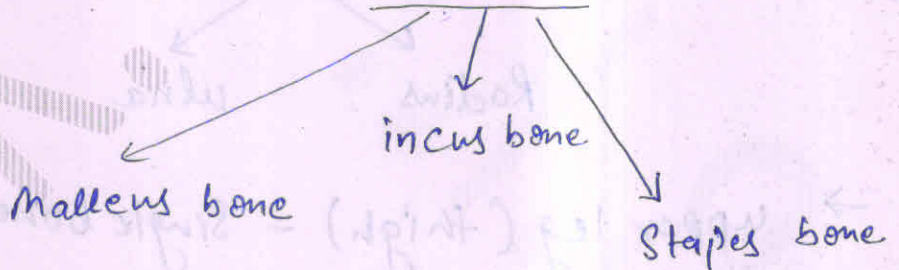
③ Total no. of Bones in adult = 206

→ At the Birth time of Baby more than 270 bones.

④ Longest bone of the body = femur bone.
(thigh bone).

⑤ Smallest bone of the body = Stapes bone
(ear bone)

⑥ ear (Internal Side) has three bone



⑦ Tongue bone is called → HYOID BONE

→ It is located at the base of tongue

⑧ Ribs bone = 12 pair = 24 bones.

→ Rib cage bones = 25 bones.

→ front bone [mid] / Breast bone called → Sternum bone.

⑨ Cartilage are boneless, flexible, Strong body parts.

ef: ① external ear [Pinna]

② Tip of the Nose

⑩ Shoulder [Pectoral girdle] has 2-bones.

Scapula

Clavicle

→ clavicle is → Collarbone → Beauty bone

⑪ Upper arm → has single bone → called → Humerus.

⑫ Lower arm has two bones

Radius

ulna

→ upper leg (thigh) - single bone - femur.

→ Lower Leg = 2 bones

Tibia

fibula.

Imp. SSC

⑬ Knee cap is called → Patella bone

⑭ Tendon :- Join muscles to bones (Code :- TM)

⑮ Ligaments :- Join-bones to bones (Code - LBB)

- (16) Arthritis :- Inflammation in Bone joint.
- (17) Synovial fluid is present in the Bone joints. which provide the Lubrication.
- (18) Gout :- deposition of uric acid.
- (19) Shoulder joint :- Ball & Socket joint & Hip joint.
- (20) ELBOW joint :- Hinge joint & knee joint
- (21) Head joint :- Pivot joint.

* No. of bones in different body parts :-

Body Parts	No. of bones.
① In the Skull	<u>29 bones.</u>
① upper head	= 08 bones.
② face	= 14 bones.
③ ear	= 6 [3+3] Pair.
④ tongue	$\frac{1}{29 \text{ bone}}$
② Neck & vertebrae	= <u>26 bones.</u>

③	Ribs = 12 pair	=	<u>24</u> , bones
	→ front = Sternum	=	<u>1</u> " Pair
④	Shoulder	=	<u>4</u> [2+2]
⑤	Upper Arm	=	<u>2</u> [1+1]
⑥	Lower Arm	=	<u>4</u> [2+2]
⑦	wrist	=	<u>16</u> [8+8]
⑧	Palm	=	<u>10</u> [5+5]
⑨	fingers	=	<u>28</u> [14+14]
⑩	waist	=	<u>2</u>
⑪	Thigh or Thai	=	<u>2</u> (1+1)
⑫	Knee cap	=	<u>2</u> (1+1)
⑬	Lower Leg	=	<u>4</u> (2+2)
⑭	Ankle	=	<u>14</u> [7+7]
⑮	feet	=	<u>10</u> [5+5]
⑯	Toes	=	<u>28</u> [14+14]
			<hr/>
			<u>206</u> bones.

* Diabetes

→ unable to control the blood sugar level.

→ Normal blood sugar level 100mg/100ml

↳ 80 — 120 mg/dL

or 80 — 120 mg/100ml

1 dL = 100 mL

dL = decilitre

→ Excess sugar is controlled by Insulin hormone from pancreas.

→ Lack of Insulin → high blood sugar

or

→ deficiency of Insulin

↳ excess Blood sugar.

→ HYPERGLYCEMIA

↓

Diabetes Mellitus.

→ Diabetes measured by the →

GLUCOMETER.