



## Kafli 5

# Mannslíkaminn: líffæra og lífeðlisfræði



### Hugtök 1 af 2

- **Anterior:** að framan
- **Posterior:** að aftan
- **Midline:** miðlína sem skiptir líkamanum í hægri og vinstri hluta
- **Medial:** nær miðlínu
- **Lateral:** fjær miðlínu



### Hugtök 2 af 2

- **Proximal:** nær bók
- **Distal:** fjær bók
- **Superior:** nær höfði
- **Inferior:** nær fótum



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## First Responder

Your First Response in Emergency Care  
Third Edition



### Öndunarfærakerfið

- Þeir hlutar líkamans sem að koma að eðlilegri öndun
- Færir súrefni inn í líkaman og koldíoxíð frá honum.
- Öndun er stjórnað af þindinni, sem er vöðvi neðst í brjóstholinu

AAOS

---

---

---

---

---

---

---

---

## First Responder

Your First Response in Emergency Care  
Third Edition



### Blóðrásakerfið (1 af 2)

- Dæla, leiðslukerfi og vökví (hjartað, æðar og blóð)
- Blóðið tekur upp súrefni í lungunum sem síðan er dælt út í líkamann af hjartanu
- Snefilefnum frá frumum er síðan dælt aftur til lungnanna
- Í lungunum eru snefilefnin fjarlægð og meira súrefni tekið inn í staðin

AAOS

---

---

---

---

---

---

---

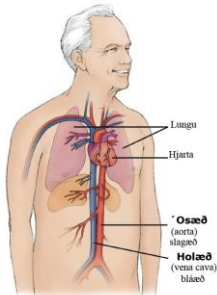
---

## First Responder

Your First Response in Emergency Care  
Third Edition



### Blóðrásakerfið (2 af 2)



AAOS

---

---

---

---

---

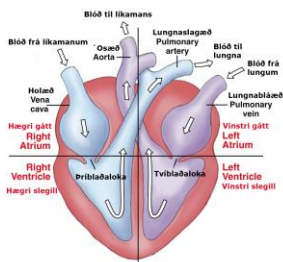
---

---

---



## Hjartað




---

---

---

---

---

---

---

---

---

---



## Blóðið

- Blóðið er uppbyggt af nokkrum þáttum:
  - Rauðum blóðkornum sem flytja súrefni
  - Hvítum blóðkornum sem eru vörn í sýkingum.
  - Blóðflögur sem hefja storknunarferilinn.




---

---

---

---

---

---

---

---

---

---



## Stoðkerfið (1 af 2)

- Þrjú hlutverk stoðkerfisins:
  - Styðja líkamann.
  - Verja innri líffæri.
  - Framleiða rauð blóðkorn.




---

---

---

---

---

---

---

---

---

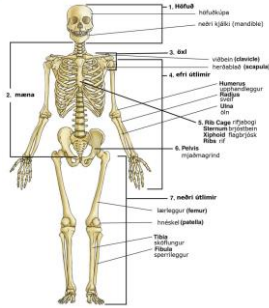
---

# First Responder

Your First Response in Emergency Care  
Third Edition



## Stoðkerfið (2 af 2)



AAOS

---

---

---

---

---

---

---

---

---

---

# First Responder

Your First Response in Emergency Care  
Third Edition



## Fimm hlutir hryggsins

- **Cervical:** háls
- **Thoracic:** brjóst
- **Lumbar:** mjóbak
- **Sacrum:** lendar
- **Coccyx:** rófubein

AAOS

---

---

---

---

---

---

---

---

---

---

# First Responder

Your First Response in Emergency Care  
Third Edition



## Vöðvarkerfi

- **Beinagrindarvöðvar:** sjá um hreyfingu og stuðning
- **Sléttir vöðvar:** sjá um sjálfráða hreyfingu, t.d. meltingar
- **hjärtavöðvi:** einungis í hjartanu

AAOS

---

---

---

---

---

---

---

---

---

---

## First Responder

Your First Response in Emergency Care  
Third Edition

### Taugakerfið

- Samanstendur af heila, mænu og taugum.
- Heilinn stjórnar allri starfsemi líkamans.
- Mænan er samskiptaleið heilans og líkamans.
- Taugar ganga svo út úr mænunni til líffæra líkamans.

AAOS

---

---

---

---

---

---

---

---

## First Responder

Your First Response in Emergency Care  
Third Edition

### Meltingarkerfið (1 af 2)

- Meltingarvegurinn er um 13 metrar frá munni að endaparmi.
- Meltingarvegurinn brýtur niður mat og flytur næringarefni til líkamans.
- Gall og insulin er nauðsynlegt til að melta fitur og sykrur.

AAOS

---

---

---

---

---

---

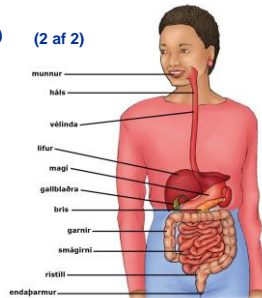
---

---

## First Responder

Your First Response in Emergency Care  
Third Edition

### Meltingarkerfið (2 af 2)



AAOS

---

---

---

---

---

---

---

---



## Æxlunarkerfið

- Sér um getu mannsins til að fjölga sér og fjarlægir einnig snefilefni úr blóðrásinni.

---

---

---

---

---

---

---

---



## Húðin

- Húðin þekur yfirborð líkamans og hefur eftirfarandi hlutverk:
  - Vörn
  - Hitatemprun
  - Skynjun á ytra áreiti

---

---

---

---

---

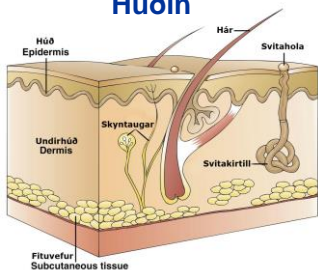
---

---

---



## Húðin



---

---

---

---

---

---

---

---