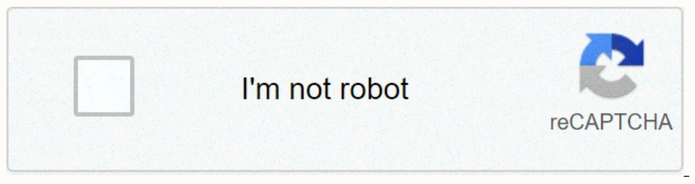

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Plasma proteins and their functions pdf

Kiss the late-night snack goodbye with this week's deliciously satisfying high protein dinner plan. The protein slowly digests and helps to fill up longer after meals. Recipes for the plan include healthy protein sources such as chicken, lean beef, seafood, tofu, beans and lentils, providing at least 16 grams of protein per person. Juicy pork chops, fresh fish and hearty quinoa are just some of the delicious protein-packed foods on this week's meal plan. Proteins do a lot of good things in the body, building healthy cells, repairing damaged cells, keeping the immune system in tip shape and help you feel full and satisfied after meals. The Institute of Medicine (IOM) recommends that women get 46 grams of protein (the equivalent of about 6 ounces of chicken) every day, while men need 56 grams. Most Americans get 10 to 15 grams of protein at breakfast, but 30 grams may be a magic number to curb your appetite and prevent weight gain throughout the day. A new study presented at the Obesity Society's annual meeting found that women who ate a protein-packed breakfast (30 grams from eggs and sausages) felt about 100 fewer calories of satisfaction at lunch and ate about 100 calories compared to those who ate a low-protein pancake breakfast. The high-protein morning diet also quelled the night meal (about 135 calories) in a small study of teenagers. Photo courtesy Of Garrigan.NetMicroscopic during the image formation of red blood cells, RBC eventually loses its nucleus, leaving the bone marrow as reticulocytes. At this point, the mesh contains several remnants of organelles. Eventually these organelles leave the cells and mature red blood cells are formed. RBC lasts an average of 120 days in the bloodstream. When RBC ages, it is removed by macrophages of the liver and spleen. Hormones called erythropoytin and hypoxic levels regulate the production of RBCs. Factors that reduce oxygen levels in the body, such as lung disease and anemia (with a small number of RBC), increase levels of erythropooetin in the body. Erythropoietin then stimulates the production of RBC by stimulating stem cells to produce more RBC and increasing the speed at which it matures. 90% of erythropoytin is made in the kidneys. When both kidneys are removed, or when renal failure is present, the person becomes anemic due to a lack of erythropoyetin. Iron, vitamin B-12 and folic acid are essential for the production of RBCs. Red blood cells (RBCs) are the most abundant cells in the blood. RBC gives the blood a characteristic red color. In men, there are an average of 5,200,000 RBIs per square millimeter (microliter), while in women there is an average of 4,600,000 RBC per square millimeter. RBC accounts for about 40-45% of the blood. This percentage of blood composed of RBC is a frequently measured number,The ratio of cells in normal blood is 600 RBCs for each leukocyte and 40 platelets. RBC has a strange shape and is like a round, flat square cave disc, a shallow bowl. RBC has no nucles. The nucleus is pushed out of the cell as it matures. RBC narrows down a single file through the capillaries, so you can change the shape to an astonishing degree without breaking it. (Capillaries are fine blood vessels in which oxygen, nutrients, and waste are exchanged through the whole body.) RBC contains hemoglobin, a molecule specifically designed to hold oxygen and carry it to the cells that need it. The main function of red blood cells is to transport oxygen from the lungs to the cells of the body. RBC contains a protein called hemoglobin that actually carries oxygen. In capillaries, oxygen is released to be used by the body's cells. 97 percent of the oxygen carried by blood from the lungs is carried by hemoglobin; Hemoglobin allows blood to transport 30-100 times more oxygen than plasma alone can dissolve. Hemoglobin binds loosely to oxygen in the lungs with high oxygen levels and is easily released in capillaries with low oxygen levels. Each molecule of hemoglobin contains four iron atoms, each of which binds to one molecule of oxygen (including two oxygen atoms called O2) and can have eight oxygen atoms for a total of four oxygen molecules (4 *O2) or hemoglobin molecules. Hemoglobin iron gives blood a red color. 33% of RBC is hemoglobin. The normal concentration of hemoglobin in the blood is 15.5 grams per decyliter of blood in men and 14 grams per decilter of blood in women. (Deciliter is 100 ml, or 1/10 liter) RBCs not only carry oxygen to the body's cells, but also help remove carbon dioxide (CO2) from the body. Carbon dioxide is formed in cells as a by-product of many chemical reactions. It enters the blood of the capillaries and is returned to the lungs, where it is released and exhales during breathing. RBC contains an enzyme called carbonic ansease, which helps carbon dioxide (CO2) and water (H2O) react 5,000 times faster. Carbonic acid is formed, separated into hydrogen ions and bicarbonate ions, and then into hydrogen ions and bicarbonate ions: carbon dioxide anhydride enzyme CO2+H2O=> H2CO3+ H+ HCO3-carbon dioxide +> bicarbonate + bicarbonate ion ion + bicarbonate ion ion combines with hemoglobin and bicarbonate ions enter the plasma. This method removes 70% of CO2. 7% of CO2 is dissolved in plasma. The remaining 23% of CO2 binds directly to hemoglobin and is released into the lungs.In the next section, you will learn about different types of white blood cells. Ad Page 2 Photo Courtesy Garrigan.NetMicroscopic During formation, RBC eventually loses its core, leaving the bone marrow as reticulocytes. At this point, the mesh contains several remnants of organelles. Eventually these organelles leave the cells and mature red blood cells are formed. RBC lasts an average of 120 days in the bloodstream. When RBC ages, it is removed by macrophages of the liver and spleen. Hormones called erythropoytin and hypoxic levels regulate the production of RBCs. Factors that reduce oxygen levels in the body, such as lung disease and anemia (with a small number of RBC), increase levels of erythropooetin in the body. Erythropoietin then stimulates the production of RBC by stimulating stem cells to produce more RBC and increasing the speed at which it matures. 90% of erythropoytin is made in the kidneys. When both kidneys are removed, or when renal failure is present, the person becomes anemic due to a lack of erythropoyetin. 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