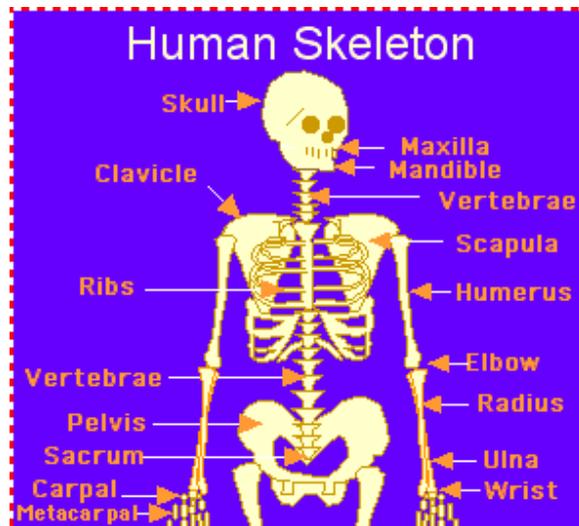


## LESSON 6 Human Skeleton



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The human skeleton consists of 206 bones. We are actually born with more bones (about 300), but many fuse together as a child grows up. These bones support your body and allow you to move. Bones contain a lot of calcium (an element found in milk, broccoli, and other foods). Bones manufacture blood cells and store important minerals.

The longest bone in our bodies is the femur (thigh bone). The smallest bone is the stirrup bone inside the ear. Each hand has 26 bones in it. Your nose and ears are not made of bone; they are made of cartilage, a flexible substance that is not as hard as bone.

**Joints:** Bones are connected to other bones at joints. There are many different types of joints, including: fixed joints (such as in the skull, which consists of many bones), hinged joints (such as in the fingers and toes), and ball-and-socket joints (such as the shoulders and hips).

Differences between males and females: Males and females have slightly different skeletons, including a different elbow angle. Males have slightly thicker and longer legs and arms; females have a wider pelvis and a larger space within the pelvis, through which babies travel when they are born.

## Bone Diseases and Disorders

### Leukemia

The cause of most human leukemia is unknown. It is a kind of cancer in which abnormal white blood cells multiply in an uncontrolled manner. They interfere with the production of normal white blood cells. Leukemia affects the production of red blood cells.

### Bursitis

Bursitis is a disorder that causes pain in the body's joints. It most commonly affects the shoulder and hip joints. It is caused by an inflammation of the bursa, small fluid-filled bags that act

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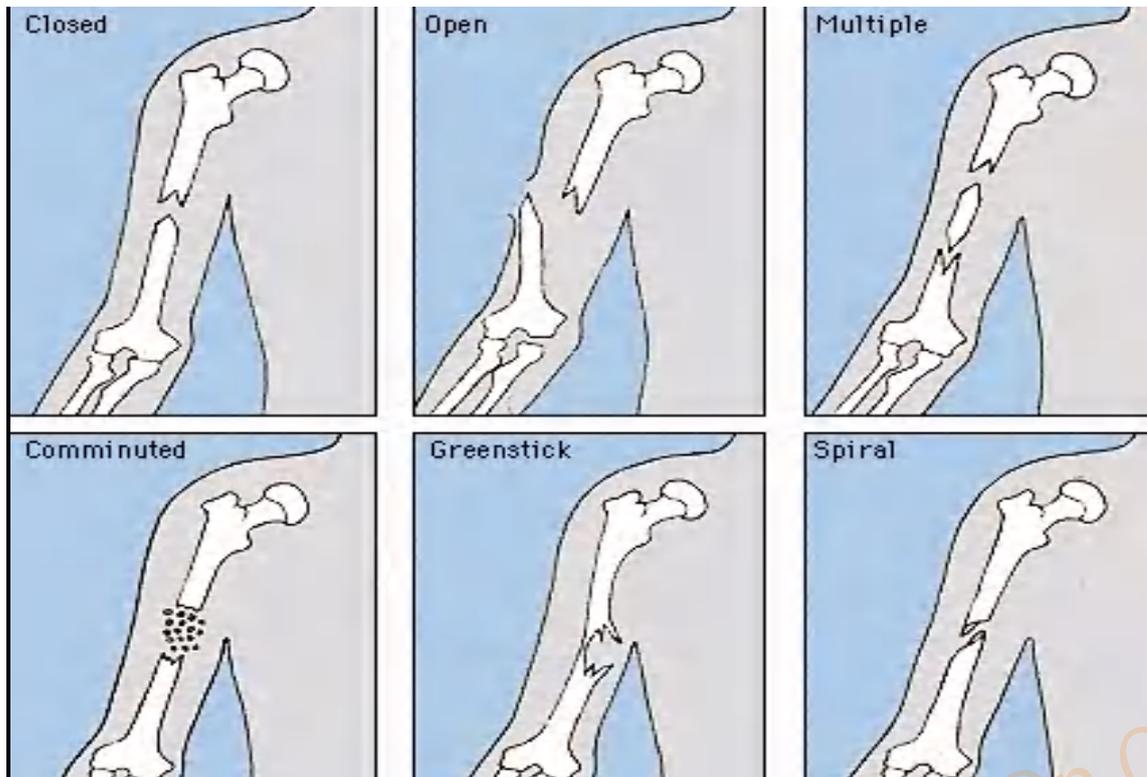
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tears the tissues of the ligaments. A sprain is usually extremely painful. The injured part often swells and turns black and blue.

### Fractures

A fracture is a broken bone. These are some common kinds of fractures:



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heat. Genetic factors appear to be very important.

### Scurvy

Scurvy is a disease caused by lack of ascorbic acid (vitamin C) in the diet. If a person does not get enough vitamin C, any wound he or she might have heals poorly. The person also bruises easily. The mouth and gums become sore. The gums bleed, and the teeth may become loose. Patients lose their appetite, their joints become sore, and they become restless.

### Arthritis

There are more than 100 diseases of the joints referred to as arthritis. Victims of arthritis suffer pain, stiffness, and swelling in their joints.

Osteoarthritis, also called degenerative joint disease, occurs when a joint wears out. Many elderly people have osteoarthritis, and the disease may also occur if a joint has been injured many times. The joints most frequently affected are those of the hands, hips, knees, lower back, and neck.

### Scoliosis

Scoliosis is a side-to-side curve of the spine. This condition becomes apparent during adolescence. It is unknown why Scoliosis affects more girls than boys.

### Talipes equinovarus

Talipes equinovarus, often called clubfoot is an abnormal condition of the foot, usually present at birth. The foot is bent downward and inward so that the person can walk only on the toes and on the outside of the foot. Sometimes the foot is bent upward and outward so that the person can use only the heel for walking.

### Tendinitis

Tendinitis is a disorder involving stiffness or pain in the muscles or joints. It is often called rheumatism.

### Kyphosis

Kyphosis, also called hunchback is a forward bending of the spine. Kyphosis is caused by any condition that deforms the

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### Activity

Fill in the gaps with correct answers from the box. Do you agree with each statement? Why? Why not?

again disappear family necessity stay

Specialists are a  and are not to be ruled out, but for the all-round needs of the  the old family doctor will have the last smile. He may  for the time, but he will come back , and when he does he will come to . John Hamilcar Hollister (1908)

condition future him possibly science three understand

When the patient's  is diagnosed he needs to be told  things, in words that he can . He needs to be told what is wrong with him, what it may  mean in the , and what medical  has to offer . John Ellard (1968)

patient important at

The most  person present  an operation is the . Berkeley George Andrew Moynihan [1865-1936]

holds Skin without wax

is like  paper that  everything in  dripping. Art Linkletter

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Reference:

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<http://www.shockfamily.net/>