# **Organ Maps**

An Organ Map is an essential visual guide for understanding human anatomy and physiology. This diagram helps illustrate the complex relationships between different body systems and their locations within the human body.



#### Brain

The brain, our body's command center, processes sensory information, controls bodily functions, regulates emotions, and enables cognitive processes like thinking, memory, and learning.

#### Nasopharynx

The nasopharynx connects the nasal cavity to the throat, playing a crucial role in breathing and speech. This region filters, warms, and humidifies incoming air while serving as the first line of defense against airborne pathogens.

# Thyroid

The thyroid gland produces hormones that regulate metabolism, growth, and development. This butterfly-shaped organ in the neck maintains energy balance, heart rate, and body temperature by producing T3 and T4 hormones.

# Thymus gland

The thymus gland, essential for immune system development, produces and matures T-lymphocytes. Though most active during childhood, it supports immune function throughout life and gradually decreases in size after puberty.

# Heart

The heart functions as a powerful muscular pump, contracting daily to circulate blood. This vital organ delivers oxygen and nutrients while removing waste products through a complex network of blood vessels.

# Lungs

The lungs, the primary organs of respiration, facilitate gas exchange between air and blood. Through approximately millions of alveoli, they process about 11,000 liters of air daily, enabling oxygen intake and carbon dioxide release.

# Liver

The liver, our largest internal organ, performs over 500 essential functions, including detoxification, protein synthesis, and nutrient processing.

# Stomach

The stomach breaks down food through powerful acid secretion and muscular contractions. This Jshaped organ produces gastric juices and enzymes while protecting itself from its acidic environment through a specialized mucus layer.

# Intestines

The intestines, comprising both small and large sections, span approximately 25 feet in length. The small intestine absorbs most nutrients through its highly folded surface area, while the large intestine primarily manages water reabsorption and waste elimination.

# **Kidneys**

The kidneys filter blood daily, removing waste and excess water while maintaining crucial electrolyte balance. These bean-shaped organs also produce hormones that regulate blood pressure and red blood cell production.

#### Pancreas

The pancreas serves dual roles as both an endocrine and exocrine gland. It produces insulin and glucagon to regulate blood sugar while also secreting digestive enzymes essential for nutrient breakdown.

# Bladder

The bladder, a muscular sac, typically holds urine. It expands and contracts as needed, while specialized nerves signal when it's time for emptying.

#### **Reproductive system**

The reproductive system varies by biological sex but universally functions to produce gametes and hormones essential for reproduction. It enables fetal development and childbirth in females, while in males, it produces and delivers sperm cells.

#### Notes

#### References

Cleveland Clinic. (2022, February 4). *Nasopharynx*. <u>https://my.clevelandclinic.org/health/body/22376-nasopharynx</u>

Endocrine Society. (2022, January 24). *Thyroid and parathyroid hormones*. <u>https://www.endocrine.org/patient-engagement/endocrine-library/hormones-and-endocrine-function/thyroid-and-parathyroid-hormones</u>

John Hopkins Medicine (n.d.). Anatomy of the urinary system. <u>https://www.hopkinsmedicine.org/health/wellness-and-prevention/anatomy-of-the-urinary-</u> <u>system#:~:text=The%20bladder%27s%20walls%20relax%20and,for%20two%20to%20five%20hours</u>.

Remien, K. & Jan, A. (2023). *Anatomy, head and neck, thymus*. StatPearls Publishing. <u>https://www.ncbi.nlm.nih.gov/books/NBK539748/</u>

Royal College of Pathologists. (n.d.). *Organ function table*. <u>https://www.rcpath.org/static/c6723147-79c9-435f-aebbda93285c9b32/Totally-Organised-Pg32a.pdf</u>

Villines, Z. (2024, January 26). *Organs and organ systems in the human body*. MedicalNewsToday. <u>https://www.medicalnewstoday.com/articles/organs-in-the-body</u>