

## Corns

This is a skin disorder caused by wearing tight shoes.

### Prevention:

- Wear well fitting shoes
- Avoid tight shoes

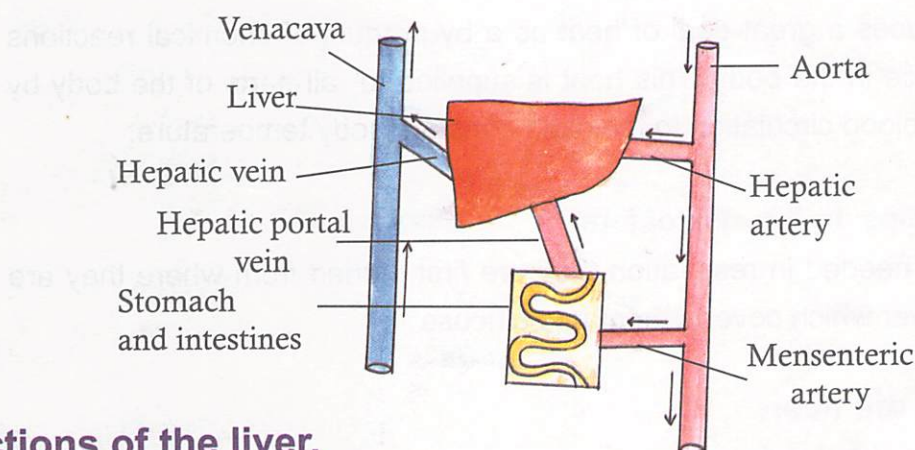
### Care of the skin:

- Bathe daily with warm clean water and soap
- Rub your body with a towel after bathing. It helps to stimulate blood circulation.
- Wounds and cuts should be well covered with sterilized bandages.
- Take exercises daily to keep it working in proper order.
- Eat right kind of food to avoid getting constipation

## The liver

The liver is a large reddish brown organ, which lies just below the diaphragm and partly covering the stomach. It receives oxygenated blood through the **hepatic artery** and it also receives all blood rich in digested food from the alimentary canal through the **hepatic portal vein**.

Diagram showing the position of the liver in the body



## Functions of the liver.

### a). It is an excretory organ:

The liver removes broken down and dead red blood cells from the blood as **bile pigments** and mixes them with bile, which it produces. Bile helps to **emulsify the fats** i.e. to break down the fats into tiny adipose pieces.

### b) It regulates blood sugar or glucose:

The end result of digested carbohydrates is **glucose**, proteins are **amino-acids**, fats is **fatty acids and glycerol**. Glucose is stored as glycogen



or fats. Amino acids are converted into glycogen or fats after removing the nitrogenous compounds. There is no limit to fats stored in the body because they are reserves for energy.

However, when the concentration of glucose or blood sugar in blood rises, the pancreas produces **insulin**, which stimulates the cells in liver to remove glucose from blood. Lack of enough insulin causes diabetes. This problem can be corrected by the patient injecting himself or herself with artificial manufactured insulin.

**(c) The liver stores vitamins and mineral salts:**

The liver stores vitamin A, D and B. It also stores mineral salts like iron, copper and potassium until they are required by the body. This is why animal liver is an important source of vitamins and mineral salts.

**(d) The liver is detoxicating agent:**

Many poisonous substances made during metabolism, disease causing organism, poisons certain drugs and alcohol are made harmless by the liver after which they are removed or filtered out by the kidney. This is the main reason why the liver is damaged by taking a lot of alcohol.

**(e) The liver produces heat energy:**

The liver produces a great deal of heat as a by product of chemical reactions which take place in the body. This heat is supplied to all parts of the body by blood through blood circulation to maintain constant body temperature.

**(f) The liver helps in the use of fats .**

When fats are needed in respiration they are first carried from where they are stored to the liver which converts them into glucose

**Diseases of the liver.**

**(a) Cirrhosis of the liver:**

This is hardening of the liver caused by malnutrition

**(b) Hepatitis:**

It is a waterborne disease caused by a **virus**.

**(c) Liver abscess:**

These are boils, which form pus in the liver caused by germs.

## QUESTIONS ABOUT THE LIVER.

1. Name the largest reddish brown organ found partly in the stomach below the diaphragm.
2. What main waste material is produced by the liver?
- 3.State the function of the following blood vessels below;
  - i) Hepatic artery.....ii)Hepatic Portal vein.....
- 4.To which two body systems do you classify the liver?
- 5.Why is the liver said to be;a)An excretory organ.....b)A detoxicating agent organ.....
- 6.How are fats helpful in the body?
- 7.Mention any three mineral salts stored by the liver.
- 8.Identify any four diseases that attack the liver.
- 9.Name the type of germ that causes Hepatitis B
- 10.Which vaccine is used in the treatment of Hepatitis B
- b) Apart from the liver, mention any three other excretory organs
- c). Identify the end product of the following;
  - i)Fats....ii)Proteins.....iii)Carbohydrates.....
- 11a. Give the important vein that connects the liver to the ileum.
- b).What does the above vein carry to the liver?
- 12.What disease does one get if blood sugar is not rregulated?