

# **JIM C – HEALTH TERMS**

## **MONDAY - 10/12/2009**

**A disease state occurs when homeostatic mechanisms are overwhelmed, and homeostasis cannot be maintained.**

**HOW DID THE TERM “*HOMEOSTASIS*” ORIGINATE?**

***Definition (Encarta):* A state of equilibrium or a tendency to reach equilibrium, either metabolically within a cell or organism or socially and psychologically within an individual or group.**

***Example:* Feedback about body temperature is carried through the bloodstream to the brain and results in adjustments in the breathing rate, the level of blood sugar, and the metabolic rate.**

***Origin:* Two Greek words meaning to remain the same. Greek *hómos*, "similar"; and *hist\_mi*, "standing still".**

- 1865 – The concept of homeostasis was first articulated by the French physiologist Claude Bernard (1813-1878) in his studies of the maintenance of stability in the *milieu interior*.**
- 1932 - Walter Bradford Cannon, an American physiologist at Harvard Medical School, coined the word *homeostasis*, and popularized it in his book *The Wisdom of the Body*.**

***Related Fact:* Dr. Cannon also coined the term "fight or flight".**

**C. W.: Homeostasis = Self-regulation of vital bodily processes**

**Moment of Zen: Balance of body through negative feedback**