



# **Prof Meo's Mid Term Revision**

**Abdulaziz Alsuham**

# **Prof. Meo's Revision**

ABDULAZIZ ALSUHAIM

# DISCLAIMER

It is a **PERSONAL EFFORT**, do not use it as a primary source for studying and preparing for exam, study your slides very well then go through this file and make sure you cover the important things I mentioned below. I highly recommend checking the teamwork and **be sure that you cover both slides of boys and girls, because the difference we noticed during working on teamwork files was not easy to skip**. Please make sure you cover everything as possible as you can.

**RED COLOR:** I wrote what he focused on; you should focus on it too.

**GREY COLOR:** I just wrote what I heard, **DO NOT** skip it, read it just in case.

**Slides number are based on Prof. Meo's Slides**

**GOD BLESS YOU AND I WISH YOU**  
**GOOD LUCK**

# Sleep lecture

- + Serotonin blockers prevent sleep
- + Types of sleep are **IMPORTANT** to know
- + Stage 1 is not a stage of sleep (the person is Awake),  
Duration 1-7min
- + Stage 2 Duration 15-20min, little bet harder to awake
- + Stage 3 Duration 20-25min, harder to awake, sleep spindles  
& Delta wave
- + Stage 4 Duration 80-100min (Approximately 90min), deep  
sleep, Dominated by delta waves
- + Most sleep during each night is of SWS
- + REM lasting for 5-30min
- + REM occur when person extremely sleep
- + REM duration increases as person being more relaxed and  
rested
- + Persons can remember dreams during REM

- # Slide number 21,22,25 in Prof. Meo's slides are a **VERY IMPORTANT** Slide
  - # Slide number 23,24,26,27 He said "if you have time read them"
  - # Slides number 28, and 29 KNOW the physiological changes
  - # Slide 30 know the functions of sleep -He read it quickly-
  - # Slide 31 was skipped
  - # Slide 32,33 He read them quickly and said "remember these things" so please know them just in case.
-

# Mechanism of Hearing

- + You MUST understand the definitions in the 3<sup>rd</sup> and 4<sup>th</sup> Slides (Sound, Hearing, Ear, Pitch, Intensity, and Timbre)
- + Internal ear is very **IMPORTANT** structure you MUST know it very well especially cochlea
- + He skipped slide number 9 to slide number 16
- + Make sure to understand the picture in the slide number 17
- + Slide 19 is **IMPORTANT**
- + **INNER HAIR RECEPTORS IS THE PRIMARY RECEPTORS**
- + Make sure to understand the mechanism of hearing very well, slide number 20 to slide number 24
- + He went through slides number 24, and 25 quickly
- + Slide number 27 is a **VERY IMPORTANT** slide

- # Slides 28, and 29 “He just read them quickly”
  - # KNOW masking effect and how it happened?
  - # Slide 31 is a **VERY IMPORTANT** slide, he asked when pain happened? Answer:130-140dB
  - # He skipped slides number 32, and 33
  - # Causes of conductive deafness (slide number 36)
  - # Causes of preceptive deafness (slide number 37)
  - # He skipped the tests of hearing and he said “I am sure my colleague discussed this topic with you in practical”
-

# ANS lecture

- + Know that we are in the peripheral NS
- + Parasympathetic (Craniosacral)
- + Sympathetic (Thoracolumbar)
- + Slide number 8 was skipped
- + Slide number 9 (he just read the definitions quickly)
- + Slide number 10 was skipped
- + He said What is somatic NS and how it is difference than autonomic NS? What causes of demyelination? (Slide 11)
- + Why conduction is slower on ANS? (Slide 12)
- + He just went through slide 13 quickly
- + Know differences between Parasympathetic & Sympathetic NS (Slide 14)
- + Slides 15,16, and 17 were skipped



- ✚ Slide 18 is a **VERY IMPORTANT** slide
- ✚ **He said “Ach everywhere except postganglionic of sympathetic NS, please focus on this point”**
- ✚ Slide 19 was skipped, he said “Same previous slide no need”
- ✚ Know the differences mentioned on slide number 20
- ✚ Slide number 21 he focused on the neurotransmitter and said **“Know that the epinephrine is an exception for postganglionic of sympathetic NS”**
- ✚ Slides 22, and 23 was skipped. He said “same previous slides no need to repeat them”
- ✚ **Slide number 24 is a VERY IMPORTANT slide. He said “please remember it”**
- ✚ Why mouth become dry under sympathetic activation?  
Answer: because of saliva production reduced
- ✚ Sympathetic activation increases conversion of glycogen to glucose, therefore stress causes hyperglycemia
- ✚ He said **“You MUST MUST know the functions of sympathetic and Parasympathetic NS”** slide number 24

- ✚ Slides 25, 26, 27, and 28 were skipped
- ✚ Know the (E situations), effects of sympathetic NS activation. He said “**Remember this slide please**” slide number 29
- ✚ He went through slide number 30, and 31 quickly
- ✚ He just read the slide and said “Just know the type of receptors” slide number 32
- ✚ Slide number 33 he said “**I suggest you that please only remember the receptors on the heart level. B1, and B2 are everywhere especially SA node**”. And about other systems receptors he said, “Go through them quickly just for your extra information” (Slides 34, 35, and 37 were skipped)
- ✚ He just read slides number 37, and 38
- ✚ Slide number 39 he said, “it is not essential in your exam”, just read it for extra information

**THANK YOU**