

BIOCHEMISTRY NOTES

Based on YouTube videos by Pass The Dental Boards + some online/book research + DO = THIS IS ALL YOU NEED TO KNOW ABOUT BIOCHEM!

Watch these videos & compare to the notes (not available in full anymore, but they might still help):

<https://www.youtube.com/watch?v=5Uc347uLwQ8> & <https://www.youtube.com/watch?v=09K0dUy0e0s>

Abbreviations: E = enzyme, [X] = concentration of substance X, e = electrons, MC = most common

There are some really stupid mnemonics, but whatever helps, right? ☹ Please, don't feel offended. Print it out, I added important pictures at the end, it helps if you are reading the notes and having a picture right next to you to compare different processes (for example, Krebs cycle picture with the notes). You have to read the file MULTIPLE times, I don't know how to do magic by remembering things after one read :) I left some space at the end for your own notes, under the pictures.

Keep working hard, you got this!

Paulina

LIPIDS

1. Types

- Fatty acids (FA)
- Triglycerides (TG) = Triacylglycerols (TAG)
- Phospholipids
- Lipoproteins
- Sphingolipids



2. FATTY ACIDS

- 2 essential FA:
 - **Linoleic acid (18:2)**
 - **α -linolenic acid (18:3)**
 - Both can lead to production of: **arachidonic acid (20:4)** → prostaglandins (PG)
- Names:
 - 12C lauric acid
 - 14C myristic acid
 - 16C palmitic acid (palmitate)
 - 18C stearic acid → 18:1 oleic acid (oleate) → 18:2 linoleic acid (linoleate) → 20:4 arachidonic acid
 - 20C arachidic acid (often as a distractor!)
- MNEUMONIC for saturated FA (the ones "18:X" are unsaturated): **Lauri, driving with MyWrist, change to palms to steer, spider attacks!**
 - A girl named Lauri is driving a car with "my wrists" (her wrists), then changes to palms to steer the wheels and all of the sudden a spider attacks = lauric, myristic, palmitic, stearic, arachidic

3. TAG

- Ester linkage; lipase via hydrolysis → FA + glycerol
- Adipose tissue

4. SPHINGOLIPIDS (glycolipids)

- Ceramide: simplest, parent molecule, X = H
- Cerebroside: X = glucose (glycolipid)
- Ganglioside: X = a bunch of sugars (glycolipid)
- Sphingo**myelin**: X = **choline**

Gang of sugars

accumulated in Niemann-Pick; yields sphingosine, choline, FA, phosphoric acid

5. PHOSPHOLIPIDS

- 2 major types
 - **Lecithins = phosphatidylcholine (PC)**
 - **Cephalins = phosphatidylethanolamine (PE)**
- Lecithins: most common (MC) phospholipid in bilayer membranes; yields 1 glycerol, 1 phosphate group, 1 choline, 2 FA
- **Choline:**
 1. Sphingolipid → sphingomyelin
 2. Phospholipid → phosphatidylcholine (PHAT = fat)Both ↑↑↑ in outer leaf membrane
 - Choline has a **lipotropic effect** on fatty liver (helps metabolizing fat by exporting fat from the liver)
 - Choline → **betaine** (metabolite) = important in **methylation**

Lecture Notes Clinical Biochemistry

Marco Casella



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easily accessible two page spreads Includes mini case histories key point boxes flowcharts and summary points Well illustrated with four color drawings and clinical photographs New appendix added of annotated web resources for students to take further many of the topics covered in the book To reflect the difficulties people have sometimes in analyzing hyper and hypo kalaemia the existing spread is split into two one spread on hyperkalaemia and another on hypokalaemia The spread on hypertension will be revised and updated to reflect the fact that biochemistry is used as much or more in guiding treatment as it is in screening for secondary hypertension Spreads on Myocardial Infarction Cancer and Tumour Markers will all substantially revised and updated

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