

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=5Uc347uLooQ&list=PLK0Uy05e00>

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

Mark Steyvers



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Table of Contents Lecture Notes Clinical Biochemistry

1. Understanding the eBook Lecture Notes Clinical Biochemistry
 - The Rise of Digital Reading Lecture Notes Clinical Biochemistry
 - Advantages of eBooks Over Traditional Books
2. Identifying Lecture Notes Clinical Biochemistry
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Lecture Notes Clinical Biochemistry
 - User-Friendly Interface
4. Exploring eBook Recommendations from Lecture Notes Clinical Biochemistry

- Personalized Recommendations
 - Lecture Notes Clinical Biochemistry User Reviews and Ratings
 - Lecture Notes Clinical Biochemistry and Bestseller Lists
5. Accessing Lecture Notes Clinical Biochemistry Free and Paid eBooks
 - Lecture Notes Clinical Biochemistry Public Domain eBooks
 - Lecture Notes Clinical Biochemistry eBook Subscription Services
 - Lecture Notes Clinical Biochemistry Budget-Friendly Options
 6. Navigating Lecture Notes Clinical Biochemistry eBook Formats
 - ePub, PDF, MOBI, and More
 - Lecture Notes Clinical Biochemistry Compatibility with Devices
 - Lecture Notes Clinical Biochemistry Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Lecture Notes Clinical Biochemistry
 - Highlighting and Note-Taking Lecture Notes Clinical Biochemistry
 - Interactive Elements Lecture Notes Clinical Biochemistry
 8. Staying Engaged with Lecture Notes Clinical Biochemistry
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Lecture Notes Clinical Biochemistry
 9. Balancing eBooks and Physical Books Lecture Notes Clinical Biochemistry
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Lecture Notes Clinical Biochemistry
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Lecture Notes Clinical Biochemistry
 - Setting Reading Goals Lecture Notes Clinical Biochemistry
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Lecture Notes Clinical Biochemistry

- Fact-Checking eBook Content of Lecture Notes Clinical Biochemistry
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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