

Adaptation

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ECOLOGICAL PHYSIOLOGY

examines the influence of environment on living systems and their ability to adapt to changed conditions - **ADAPTATION**

(Adaptation or Environmental Physiology)

ADAPTATION STUDIES

animal models
human volunteers

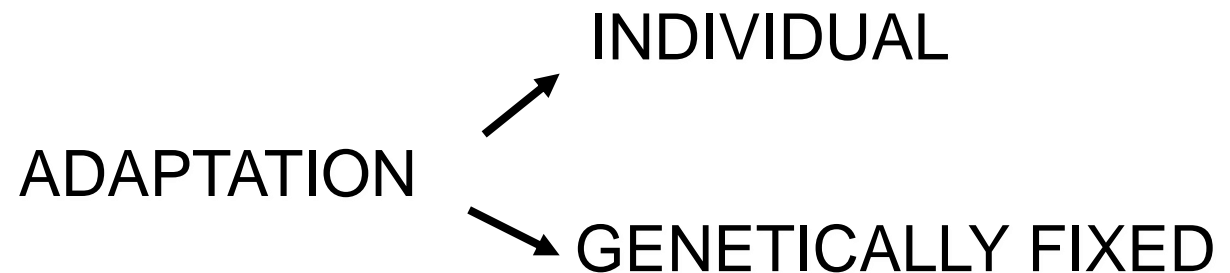
REACTION (REGULATION): direct, immediate response of organism on environmental changes (seconds, minutes)

ADAPTATION = a complex of biochemical, functional and structural changes in organism caused by long-lasting and repeated environmental changes (days, months, years)

Adaptation = adjustment

THM

- Long-lasting structural and/or functional change
- Leads to decrease in energetic demands needed for keeping homeostasis under new (changed) conditions
- Functional / Evolutional advantage



ACCLIMATION

Reaction of whole organism on change in one environmental factor

ACCLIMATISATION

Reaction of whole organism on change in several environmental factors

MECHANISMS OF ADAPTATION

1. Changed plasticity of nervous system

- changes at molecular level in CNS
- gene expression changes
- regulation of number of neurites
- changes in neuronal nets (cortical fields)

2) Changes of autonomous tonus (athletes)

3) Changes in organ structure (adaptation to exercise)

4) Temporary changes of skin colour (sunbathing)

CIVILISATION DISEASES

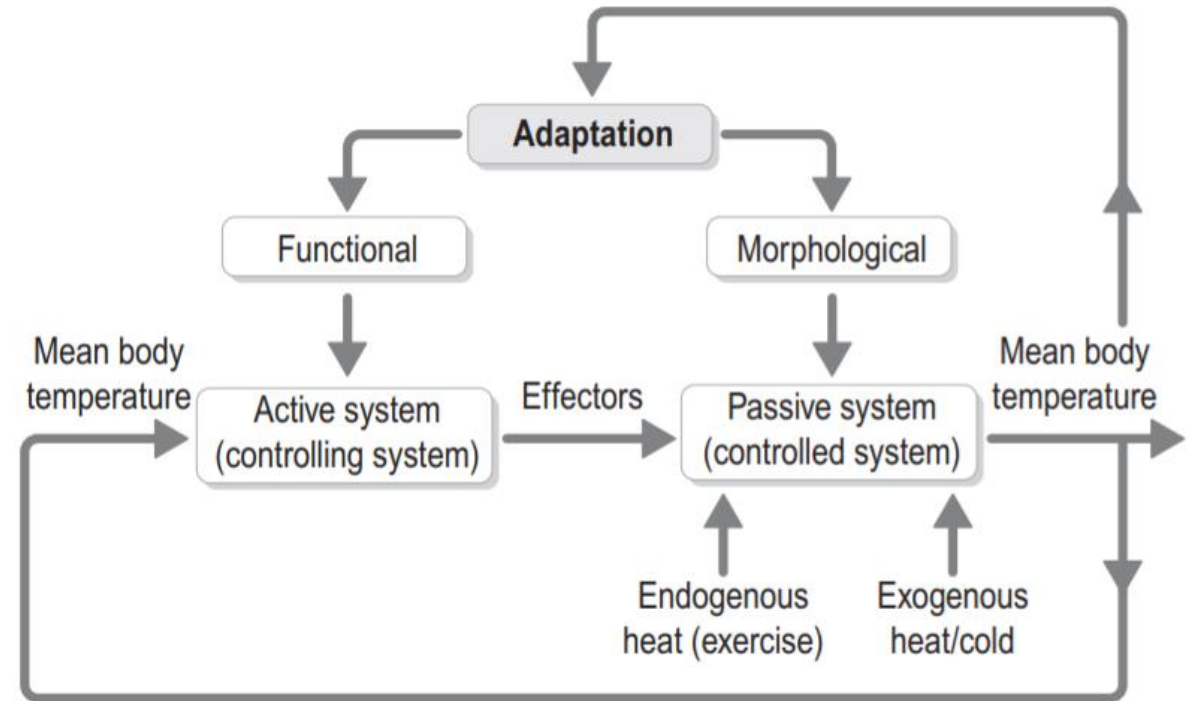
maladaptation

- gastric ulcer disease
- hypertension
- CAD
- psychoses
- neuroses

ADAPTATION MECHANISMS

Example: adaptation of thermoregulation

- Sweat glands hypertrophy
- Increased subcutaneous adipose tissue
- Metabolisms/energetic exchange
- Sweating
- Activity



Adaptation to extreme ambient temperature



Source: www.freepik.com

ADAPTATION TO COLD

ADAPTATION

INSULATIVE
METABOLIC
HYPOTHERMIC

18th century: surviving of shipwrecked sailors in cold water

1887: V. Priesnitz, S. Kneipp

People suffer from low temperatures less in winter than in summer.

1. PROTECTION FROM HEAT LOSS (feather, vasoconstriction, increased amount of subcutaneous adipose tissue)
2. INCREASE OF HEAT PRODUCTION (higher metabolic exchange)
3. DOWNWARDS SHIFT OF SET-POINT (opposite to fever, similar to hibernating animals)

Acclimation.

Human: as tropic animals (thermoneutral zone between 27° – 32°C)

Seal, frog, seagull: arctic animals (thermoneutral zone between 20° – 40°C,
thermoregulation starts below 20°C)

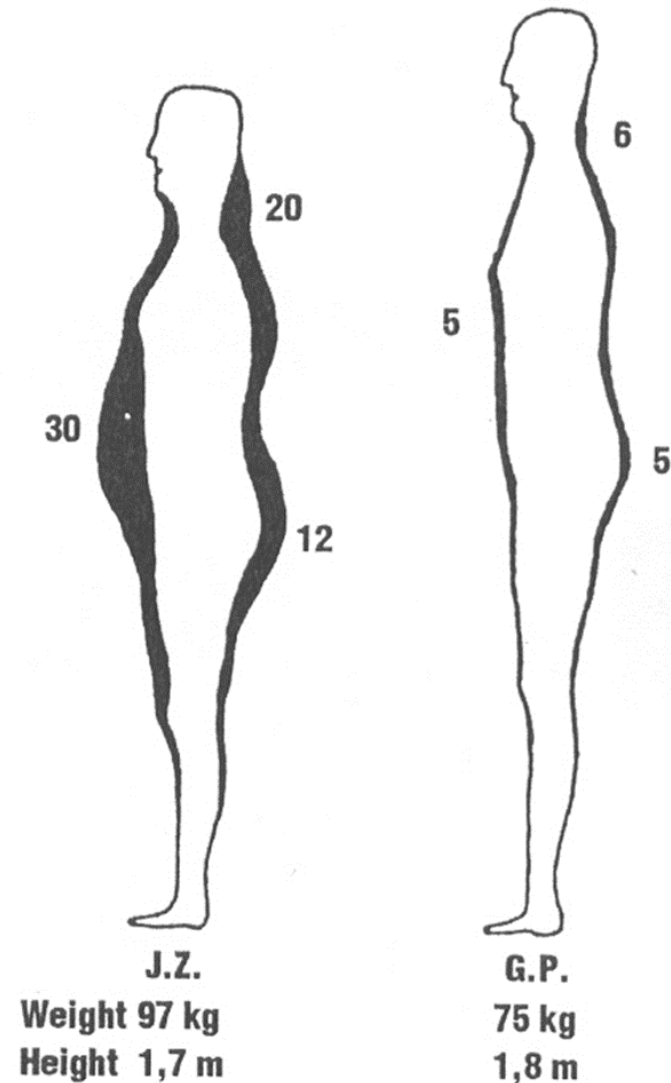
In humans always all three mechanisms activated during adaptation.

In adapted subject – O₂ consumption decreases, HR not changed, BP

increases (by 20 – 40mmHg), feeling of discomfort is lower (starts at lower
temperature), downward shift of set-point (by 0.75°C)

COLD ADAPTATION PROCESS

- Mainly re-setting of set-point (new value)
- Changed diet preferences (higher energy intake, mass increase, slow increase in body fat percentage)
- Cold diuresis (Na^+ and K^+ excretion) – up to 20% increase in urine volume, increased haemoconcentration, increased leucocytes and platelets
- Changed glycaemia: in non-adapted decrease, in adapted increases (no more stress)
- Decreased skin threshold for pain (total halved); stress analgesia during adaptation
- Decreased threshold for shivering



Adaptation to cold

THM

- Strategy: decrease heat loss (+ increase heat production)
- Increased appetite
- Increased subcutaneous adipose tissue
- Re-setting of thermoregulatory centre
 - Decreased temperature for activation of shivering thermogenesis

ADAPTATION TO HEAT

SWEAT PRODUCTION increases (may be even doubled)

THRESHOLD FOR SWEATING decreases to lower temperatures (both core and periphery)

DECREASED CONTENT OF ELECTROLYTES IN SWEAT

PERCEPTION OF THIRST increases

HIDROMEIOSIS (decreased production of sweat in humid hot climate, after the period of profuse sweating; decreases idle dropping of sweat)

ADAPTATION OF TOLERANCE TO HEAT in inhabitants in the tropics, threshold for sweating is increased to higher body temperatures.

ATTENTION must be paid to physical exercise !!!

Adaptation to heat

THM

- Strategy: increase heat output + decrease heat production
- Decreased appetite
- Adaptation of sweating
 - Dependent on humidity; decreased sweat production, decreased ionic concentration
- Re-setting of thermoregulatory centre
 - Increased temperature for sweating activation

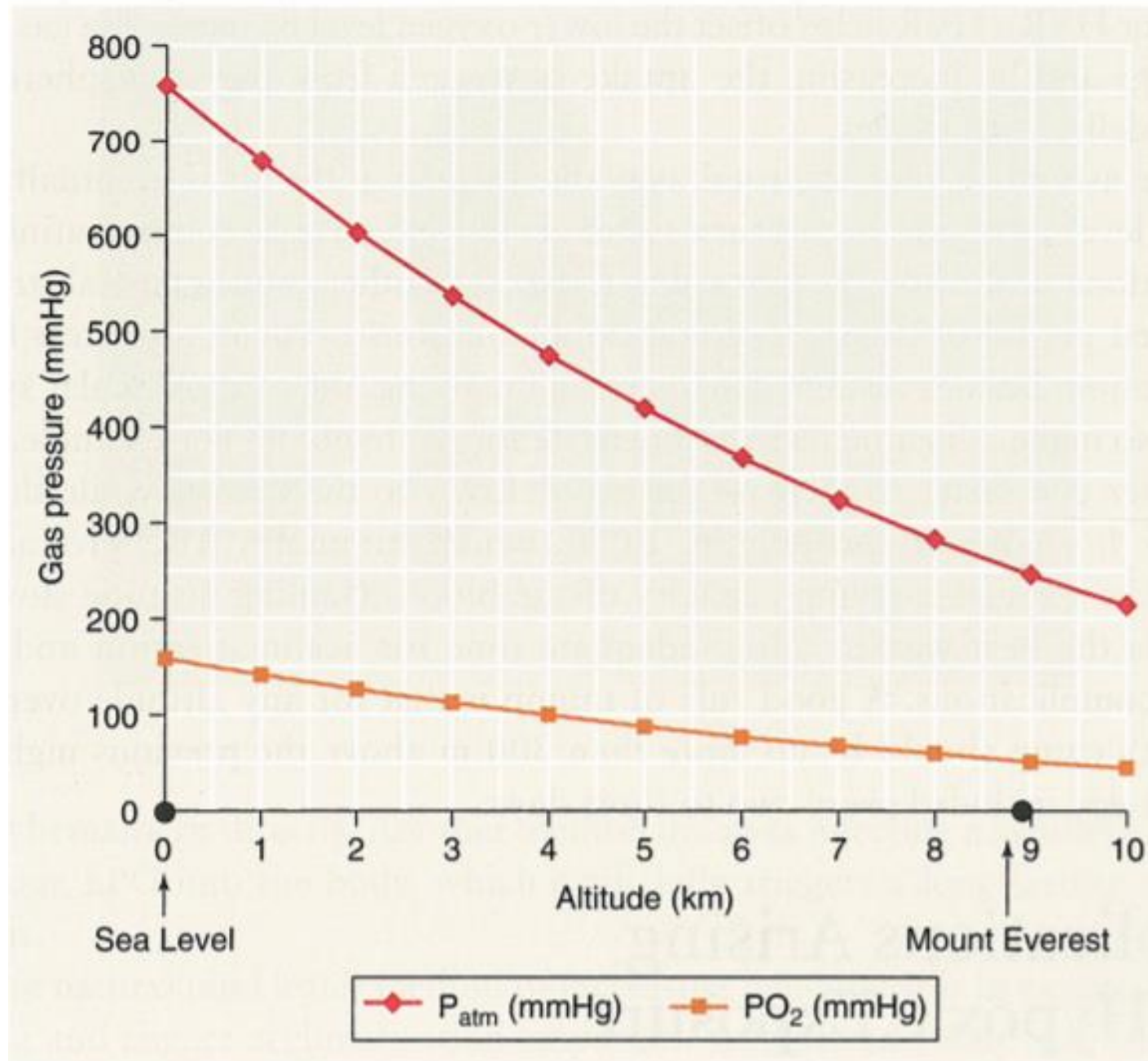
ADAPTATION TO HIGH ALTITUDE

PHOTO B. Sir Edmund Hillary and Sherpa Tenzing Norgay on Everest.

This photograph shows Hillary and Norgay summiting Everest for the first time on May 1953. They used supplementary oxygen during their ascent.

Source: © The Kobal Collection.





HIGH ALTITUDE ACCLIMATION

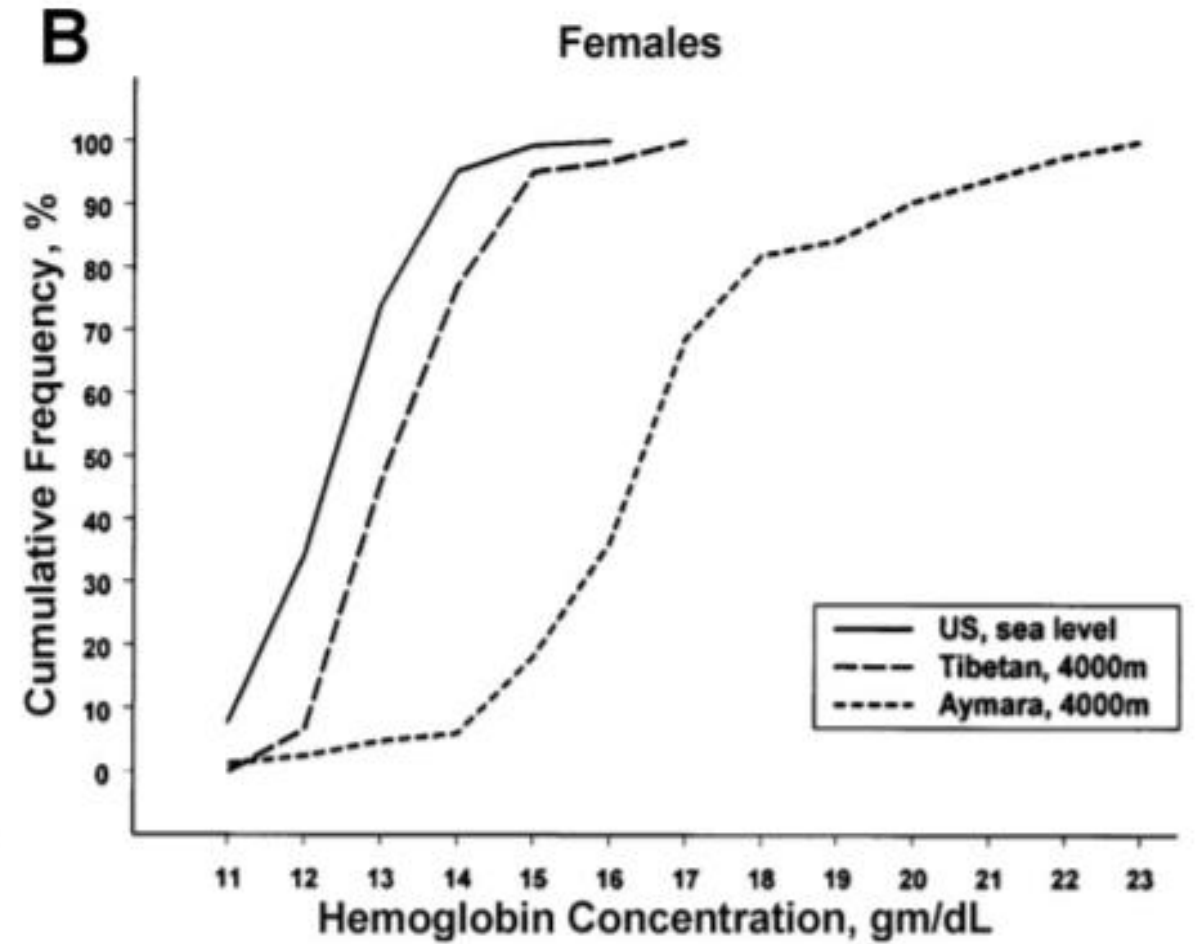
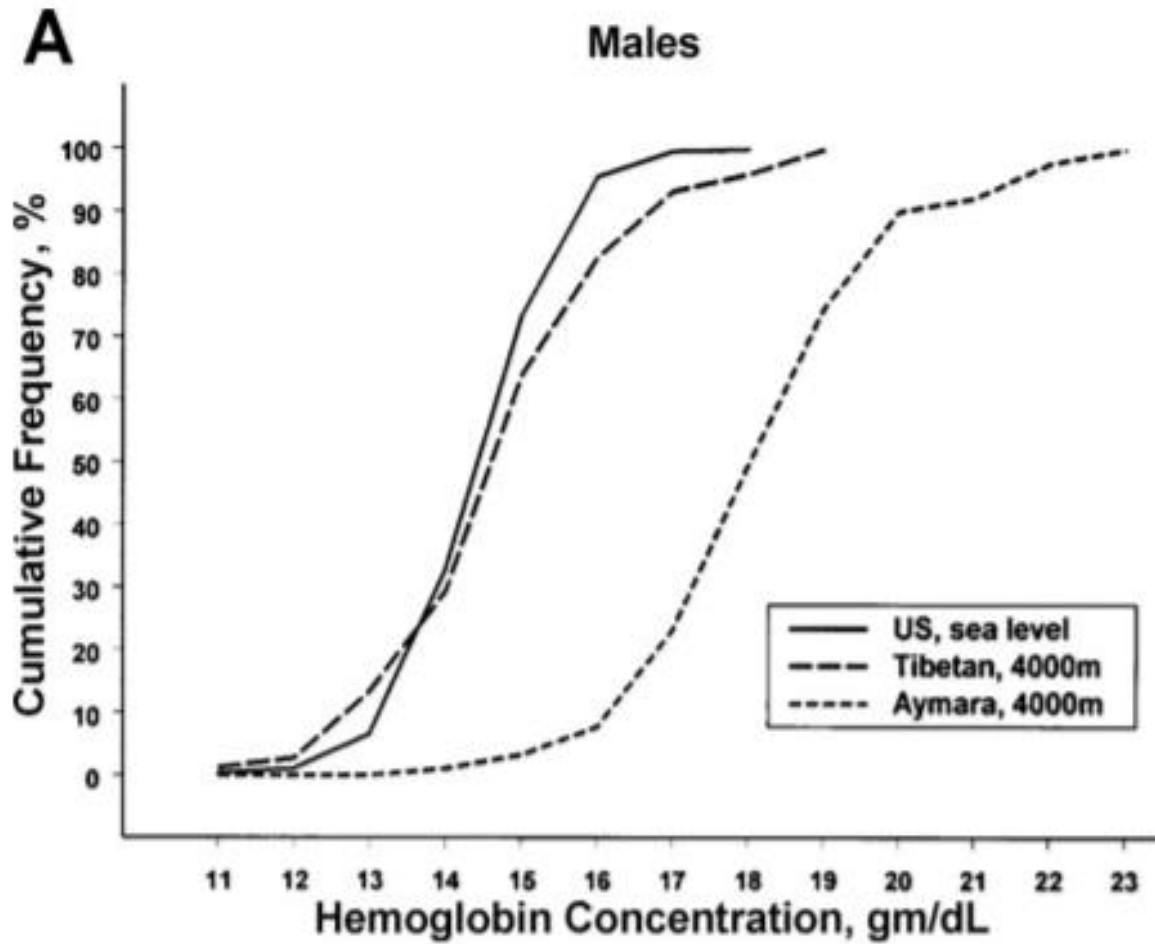
(long-lasting stay)

At least several weeks, fully developed after several months or years.

CARDIOVASCULAR REACTIONS: HR and SV normalize, pulmonary arterioles constrict – pulmonary hypertension

RESPIRATORY REACTIONS : minute ventilation stabilises (directly proportional to high altitude hypoxia), central chemoreceptors adapt

INCREASED ERYTHROPOETIN SECRETION: polyglobulia, increased transport capacity of blood for O₂, blood viscosity, density of mitochondria, and myoglobin content



ACCLIMATISATION TO HIGH ALTITUDE - RECOMMENDATIONS

After 3 days: A-B balance restores, Hb concentration increases

After several weeks: exercising is possible

GENETIC ADAPTATION IN ALPINE TRIBES

- Bigger chest
- Higher density of pulmonary capillary net
- Bigger heart (EDV)
- Higher cardiac output
- Higher Hb concentration
- Bigger bone marrow

Adaptation from birth???

Adaptation to physical exercise: Static vs. Dynamic work



Source: www.freepik.com - photo created by gpointstudio

Source: www.freepik.com - photo created by alexeyzhilkin

Stimuli triggering adaptation

- Overthreshold change of either external and/or internal environment
- Long-lasting and/or repeated stimuli

Adaptation to physical exercise

THM

- Skeletal muscle
 - Hypertrophy, neovascularisation
- Cardiovascular system
 - Heart adaptation (concentric hypertrophy vs. athletes' heart)
 - Polyglobulia, resp. increased haemoglobin concentration
 - Adaptation of blood pressure and perfusion regulations (skeletal muscle, heart, kidney)
- Respiratory system
 - Lungs growth (event. also chest growth), improved a-c diffusion
- Metabolism

Variable	Sedentary man		
	Pretraining	Posttraining	Runner
Cardiovascular			
HR at rest (beats • min ⁻¹)	71	59	36
HR max (beats • min ⁻¹)	185	183	174
SV rest (ml)	65	80	125
SV max (ml)	120	140	200
Q̇ rest (L • min ⁻¹)	4.6	4.7	4.5
Q̇ max (L • min ⁻¹)	22.2	25.6	32.5
Heart volume (ml)	750	820	1,200
Blood volume (L)	4.7	5.1	6.0
Systolic BP rest (mmHg)	135	130	120
Systolic BP max (mmHg)	210	205	210
Diastolic BP rest (mmHg)	78	76	65
Diastolic BP max (mmHg)	82	80	65
Respiratory			
Ṁ _E rest (L • min ⁻¹)	7	6	6
Ṁ _E max (L • min ⁻¹)	110	135	195
TV rest (L)	0.5	0.5	0.5
TV max (L)	2.75	3.0	3.9
RR rest (breaths • min ⁻¹)	14	12	12
RR max (breaths • min ⁻¹)	40	45	50
Metabolic			
A-ṽO ₂ diff rest (ml • 100 ml ⁻¹)	6.0	6.0	6.0
A-ṽO ₂ diff max (ml • 100 ml ⁻¹)	14.5	15.0	16.0
ṀO ₂ rest (ml • kg ⁻¹ • min ⁻¹)	3.5	3.5	3.5
ṀO ₂ max (ml • kg ⁻¹ • min ⁻¹)	40.5	49.8	76.5
Blood lactate rest (mmol • L ⁻¹)	1.0	1.0	1.0
Blood lactate max (mmol • L ⁻¹)	7.5	8.5	9.0

Oxygen uptake by lungs

– Spiroergometry

– Resting \dot{V}_{O_2} : ~**3.6** mL O₂ / (min x kg)

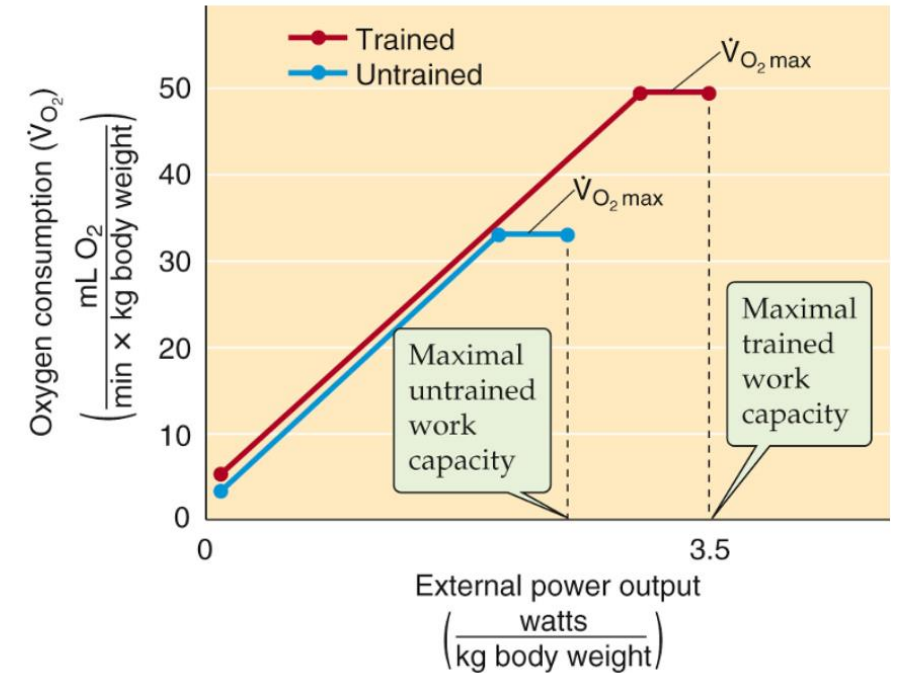
– $\dot{V}_{O_2 \max}$ – objective index for aerobic power

– untrained middle age person: **30 – 40** mL O₂ / (min x kg)

– elite endurance athletes: **80 – 90** mL O₂ / (min x kg)

– HF / COPD patients: **10 – 20** mL O₂ / (min x kg)

Adopted from:
<https://studentconsult.inkling.com/read/boron-medical-physiology-3e/chapter-60/figure-60-6>

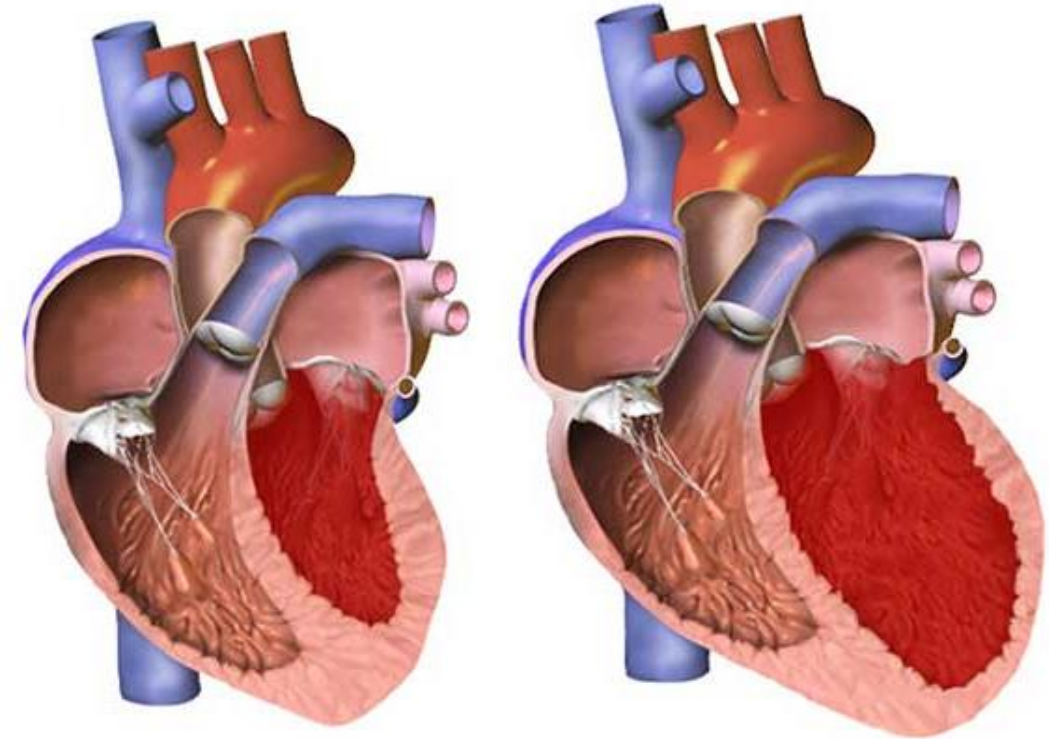


Determinants of $V_{O_2 \text{ max}}$

1. Uptake of O_2 by the lungs
 - pulmonary ventilation
2. O_2 delivery to the muscles
 - blood flow (pressure gradient – cardiac output x resistance)
 - hemoglobin concentration
3. Extraction of O_2 from blood by muscle
 - pO_2 gradient: blood - mitochondria

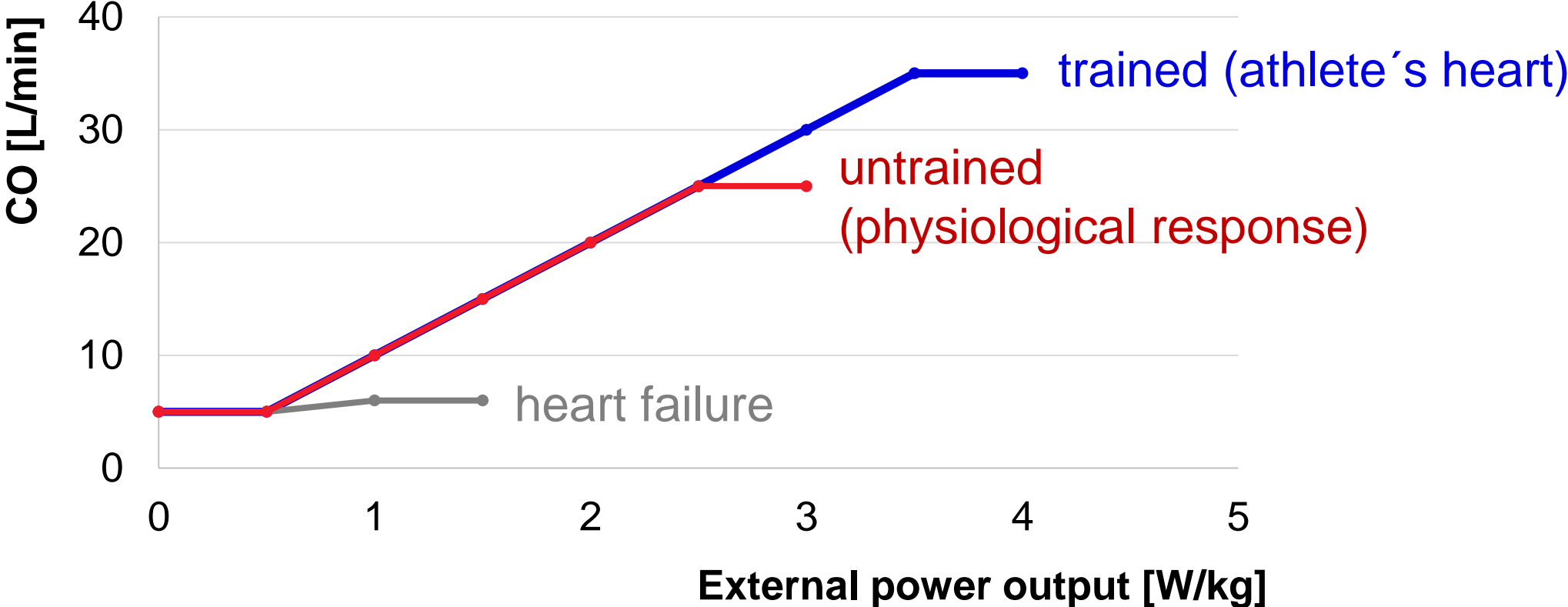
Athletes' heart

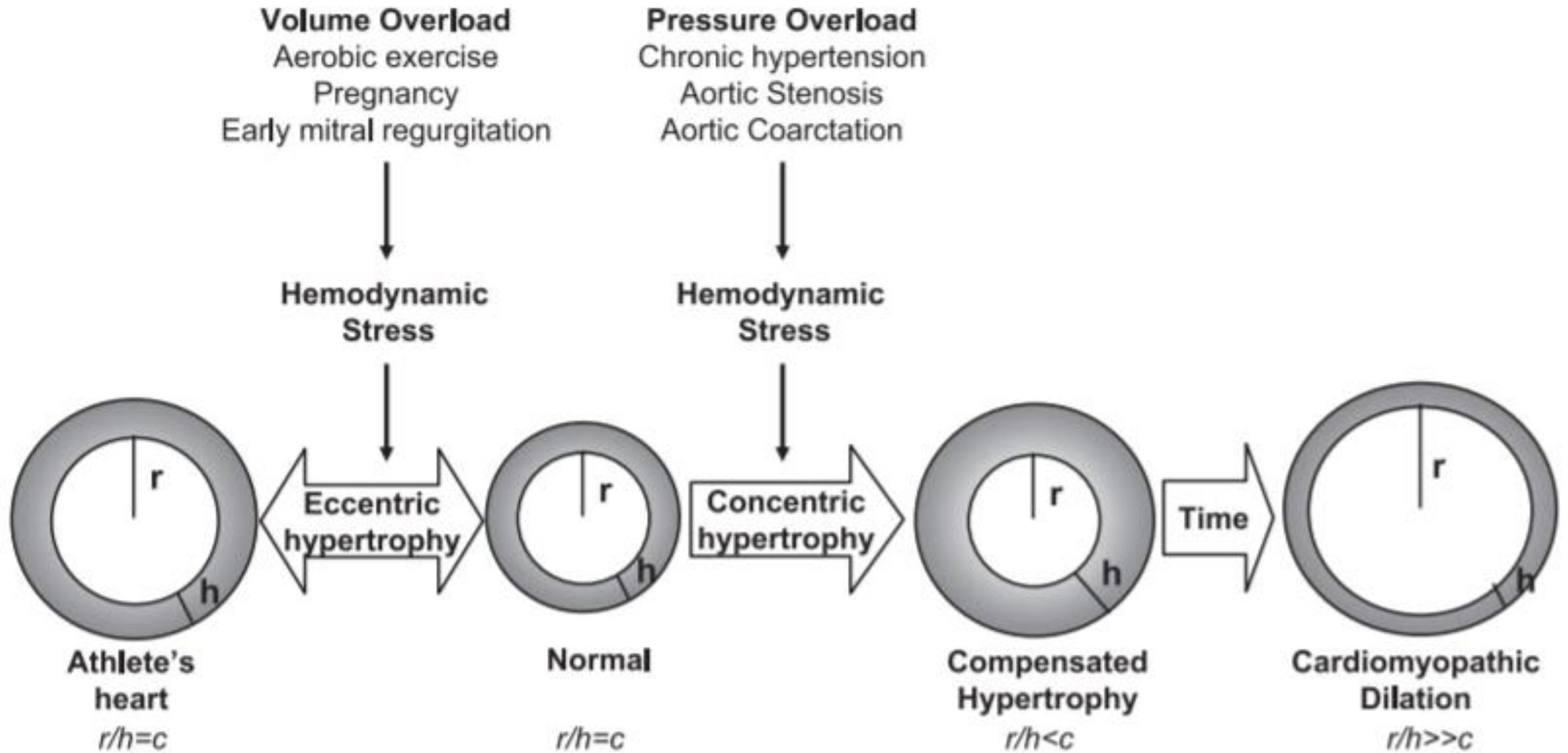
- Adaptation to dynamic exercise
- \uparrow LVEDV - \uparrow SV - (baroreflex) \downarrow HR
- \sim CO at rest
- \uparrow cardiac reserve

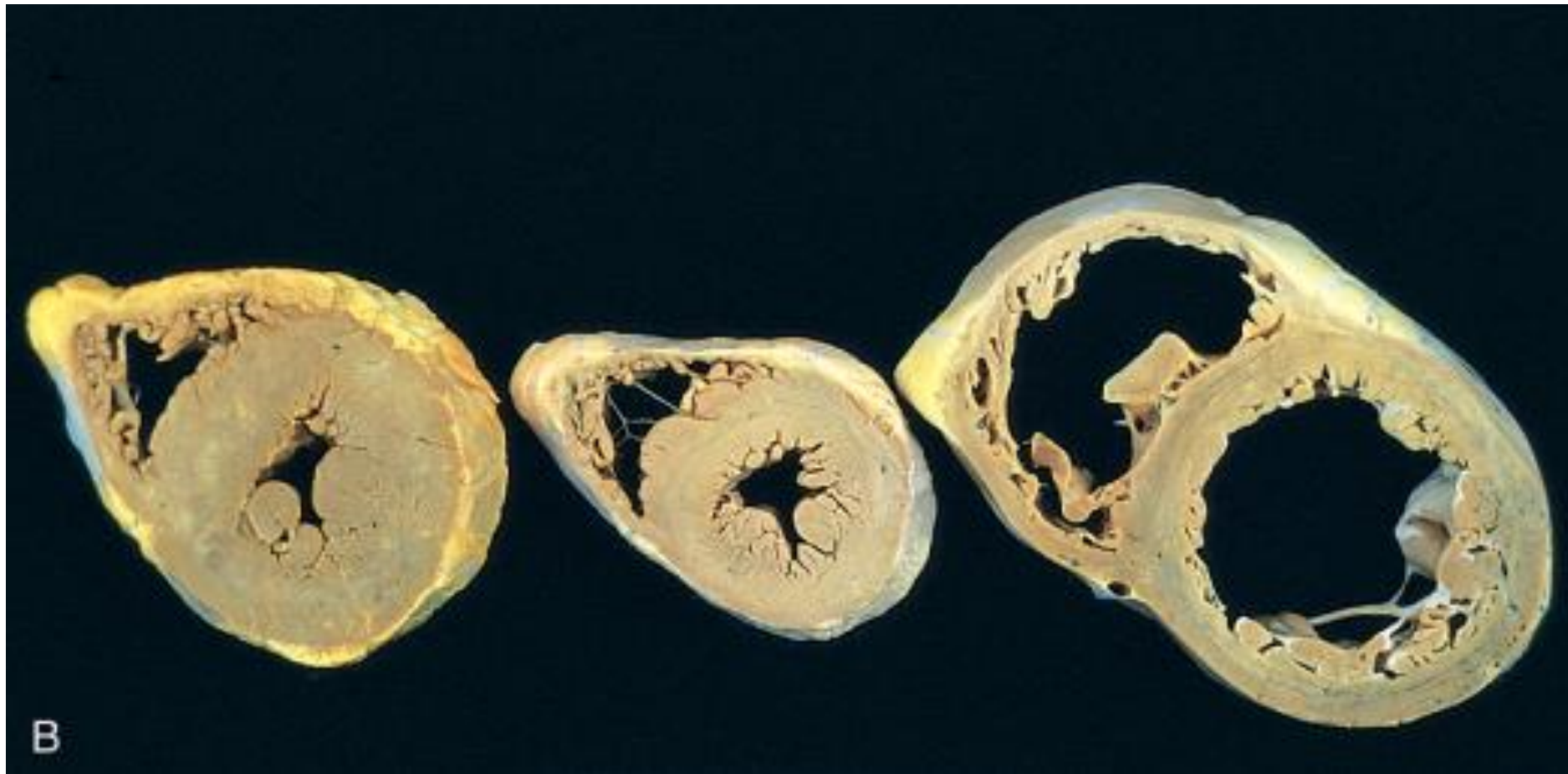


Source: <https://assets.beta.meta.org/discover/thematic-feed/83-athletic-heart-syndrome.jpg>

Cardiac reserve in healthy and failing heart







Transversal heart sections:

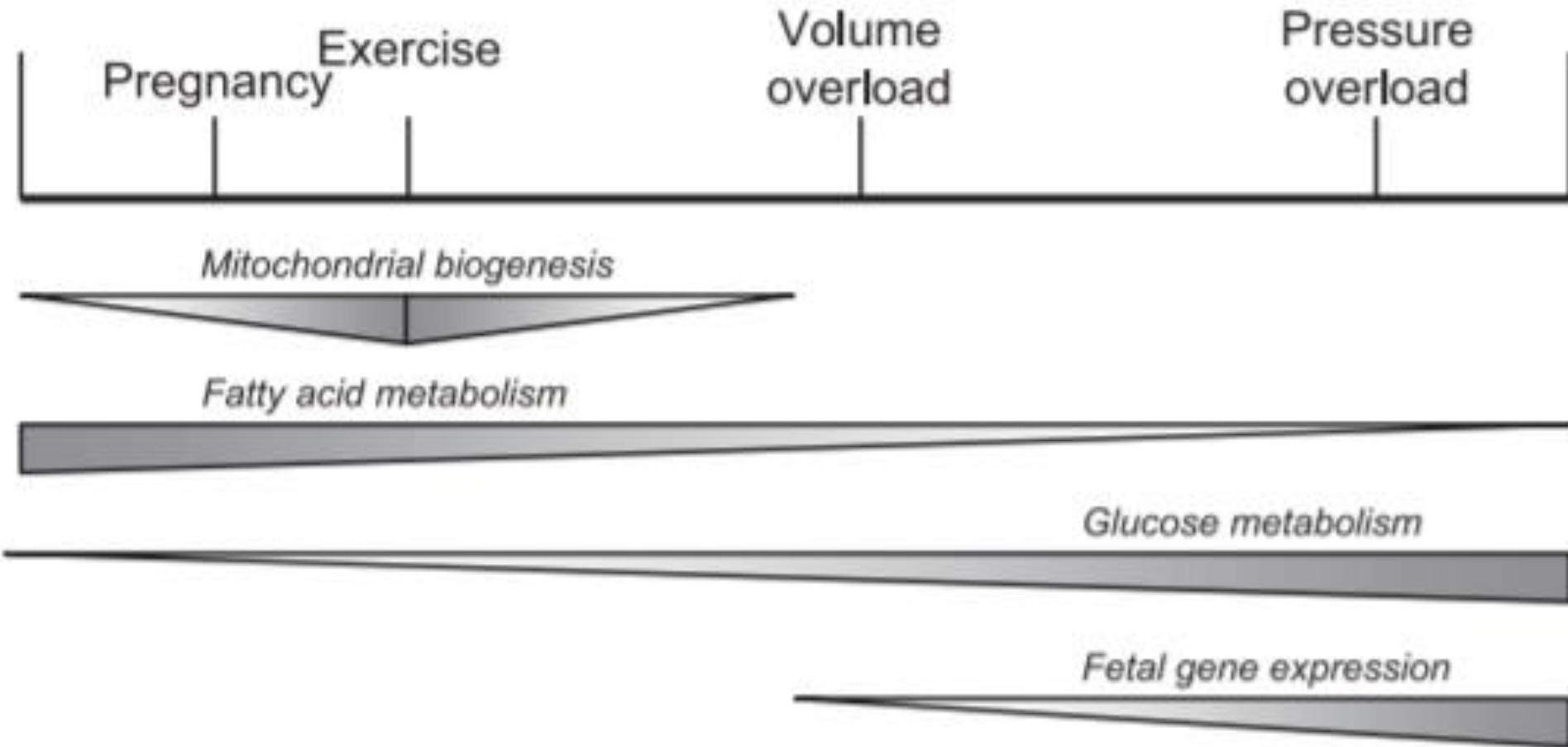
heart with concentric hypertrophy (left)

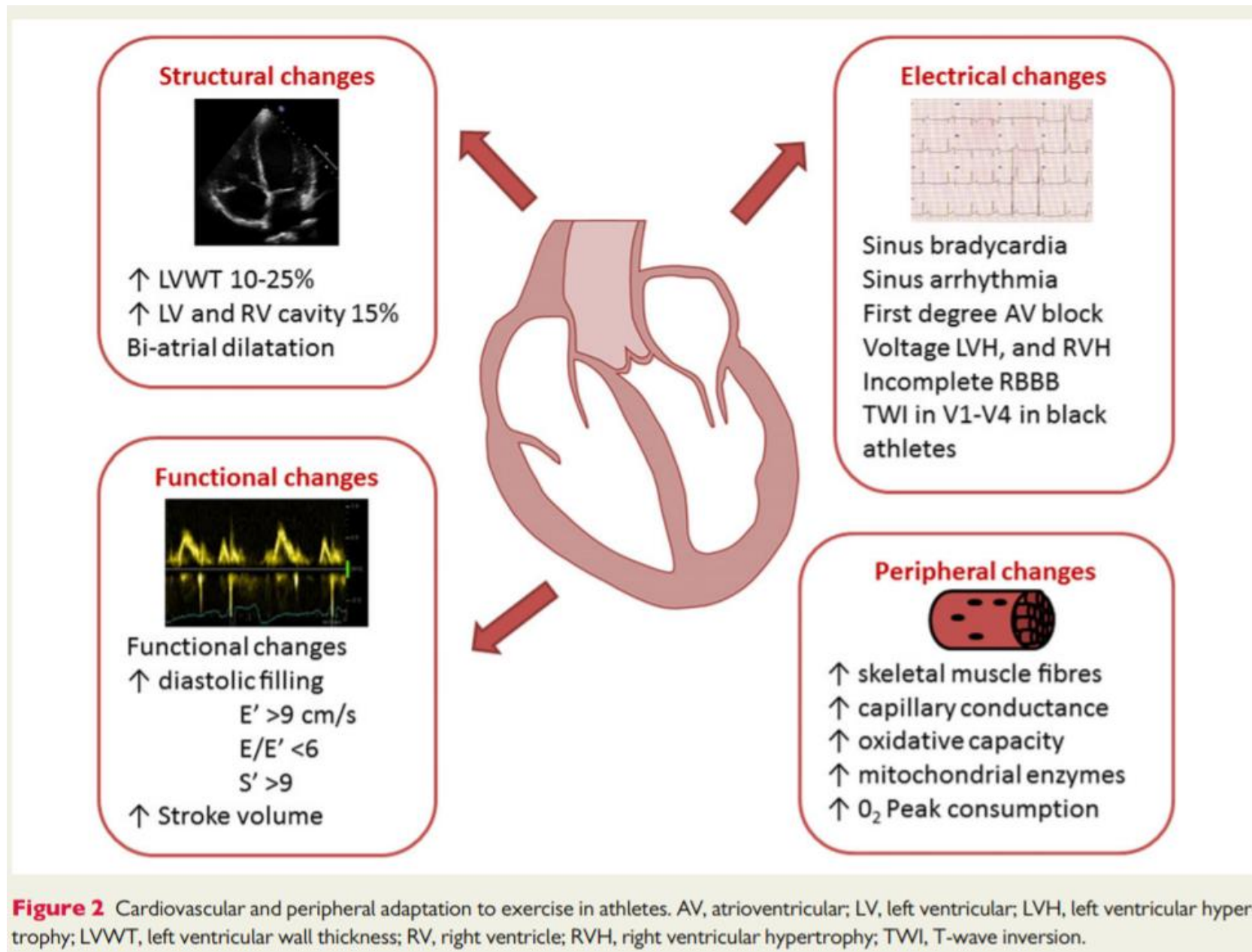
healthy heart (centre)

heart with excentric hypertrophy = hypertrophy + dilation (right)

**Physiologically
normal**

**Pathological
heart failure**





CVIČENÍ A SRDCE – DOBRÉ, ŠPATNÉ, ŠKODLIVÉ ???

