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# Muscular System: Body System Outline

## Summary of system functions:

Muscles help a person to move, speak and chew, in short, they are the primary components that help in various functions of the body. The muscular system not only aids in the movement of various body parts but also helps in maintaining posture, stabilizing the joints and producing heat during multiple activities.

## System Interactions

| **System List** | **List of Interactions with each system** |
| --- | --- |
| **Integumentary** | The integumentary system works in collaboration with the muscular system by maintaining the right temperature, the right amount of pressure, and by controlling what comes out of the body and skin. |
| **Skeletal** | Muscles are connected to the skeleton and they help in the movement of the skeleton. |
| **Endocrine** | The endocrine system is responsible for the production and excretion of the hormones, which affects the muscles such as the testosterone that makes the muscles grow. |
| **Nervous** | The receptors in the muscles provide the brain with information about what action to take. This information between the brain and the muscles is carried on by the |
| **Cardiovascular** | Muscles need energy for the movement. So, the cardiovascular system provided the essential nutrients and oxygen to the muscles. |
| **Lymphatic** | A lesser-known but very important function of the muscles is to help the movement of the body fluids, like blood and lymph, which aids in the strengthening of the immune system. |
| **Respiratory** | The respiratory system is aided by the muscles to push air inside and outside of the system through the contraction and the relation of the diaphragm which is a muscle as well. |
| **Digestive** | The muscles in the digestive tract control the movement of the food throughout the digestive canal. |
| **Urinary** | The muscular system and the urinary system work in collaboration to create, store and carry the urine. |
| **Reproductive** | The reproductive system along with the muscular system helps in the production and the release of the hormones, eggs, and sperms. |

## Major and Minor Organs List:

|  |  |
| --- | --- |
| Major Organs | Minor Organs |
| * Brain | * Teeth |
| * Heart | * Arteries |
| * Liver | * Tendons |
| * Kidneys | * Adrenal Glands |
| * Lungs | * Uterus |

## Major Diseases/Disorders List:

* Ischemic heart disease, or coronary artery disease.
* Stroke
* Lower respiratory infections.
* Chronic obstructive pulmonary disease.
* Trachea, bronchus, and lung cancers.
* Diabetes mellitus.
* Alzheimer’s disease and other dementias
* Dehydration due to diarrheal diseases
* Tuberculosis
* Cirrhosis

## Brief Details on One Major Disease or Disorder

There are top 10 diseases that progress slowly but are proven to be most deadly of all the diseases. An example can be Ischemic Heart Disease which caused 8.8 million deaths last year worldwide.