

Lehninger

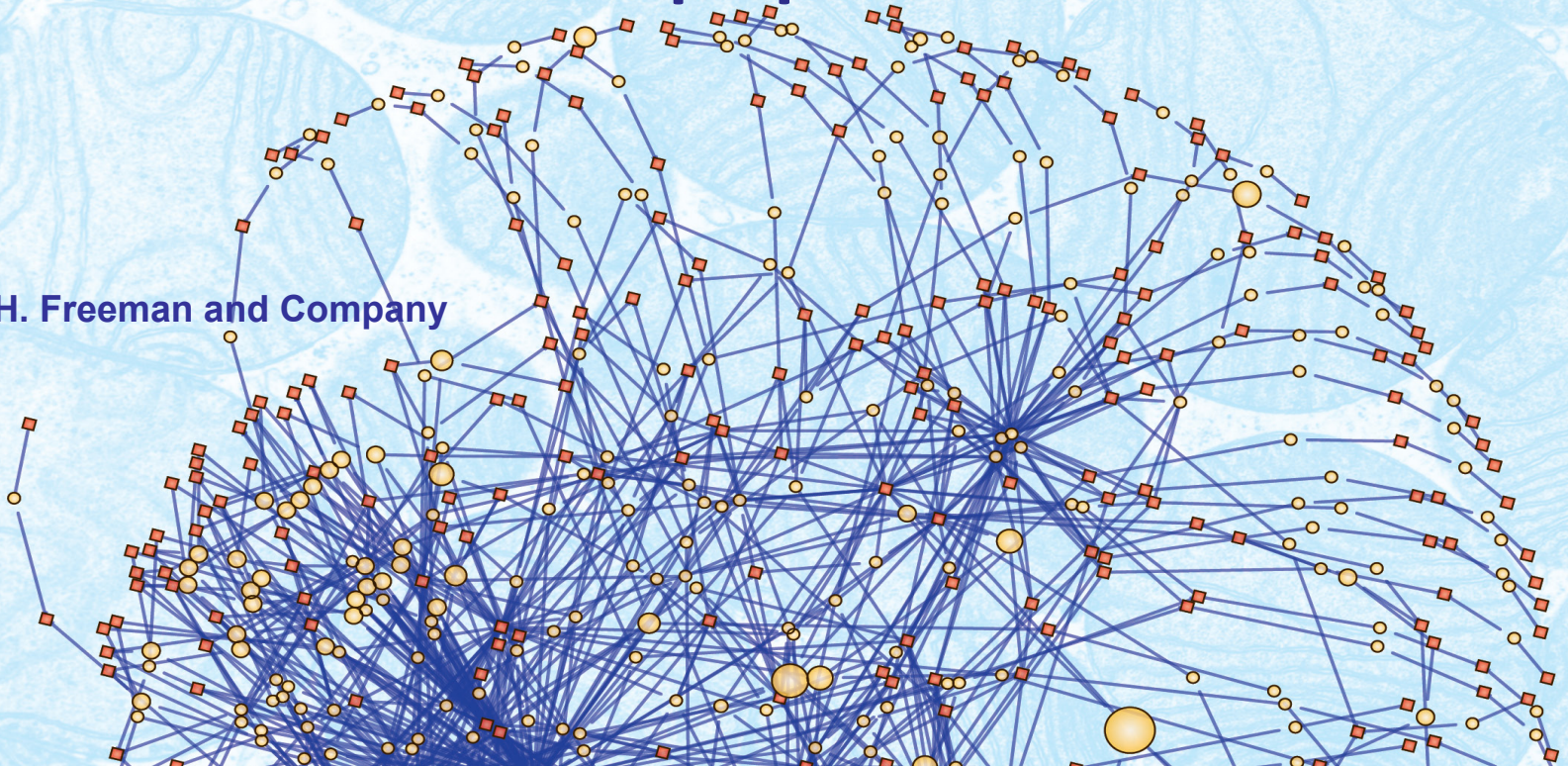
SIXTH EDITION

Principles of Biochemistry

David L. Nelson | Michael M. Cox

10 | Lipids

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Lipids: Structurally Diverse Class

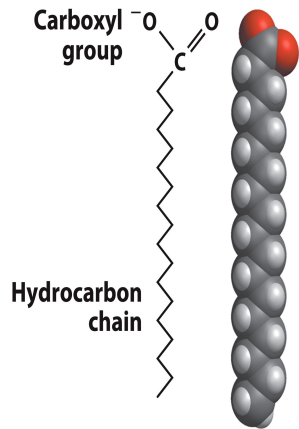
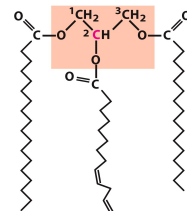
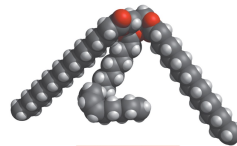
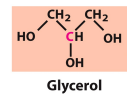


Figure 10-2a
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1-Stearoyl, 2-linoleoyl, 3-palmitoyl glycerol,
a mixed triacylglycerol

Figure 10-3
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Saturated fatty acid
(e.g., palmitic acid)
Unsaturated fatty acid
(e.g., linoleic acid)

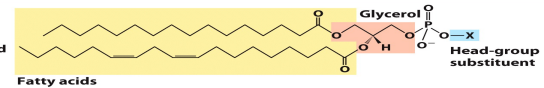


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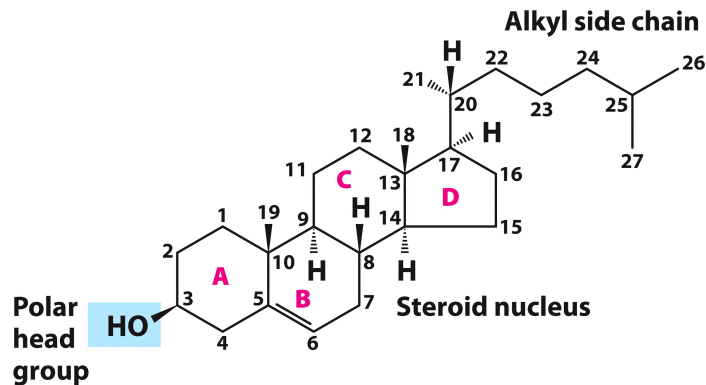


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(d)
Ubiquinone: a mitochondrial
electron carrier (coenzyme Q)
(n = 4 to 8)

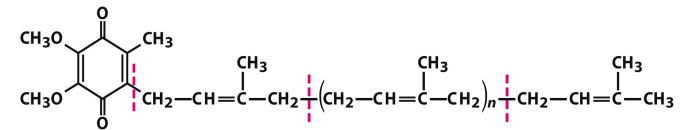
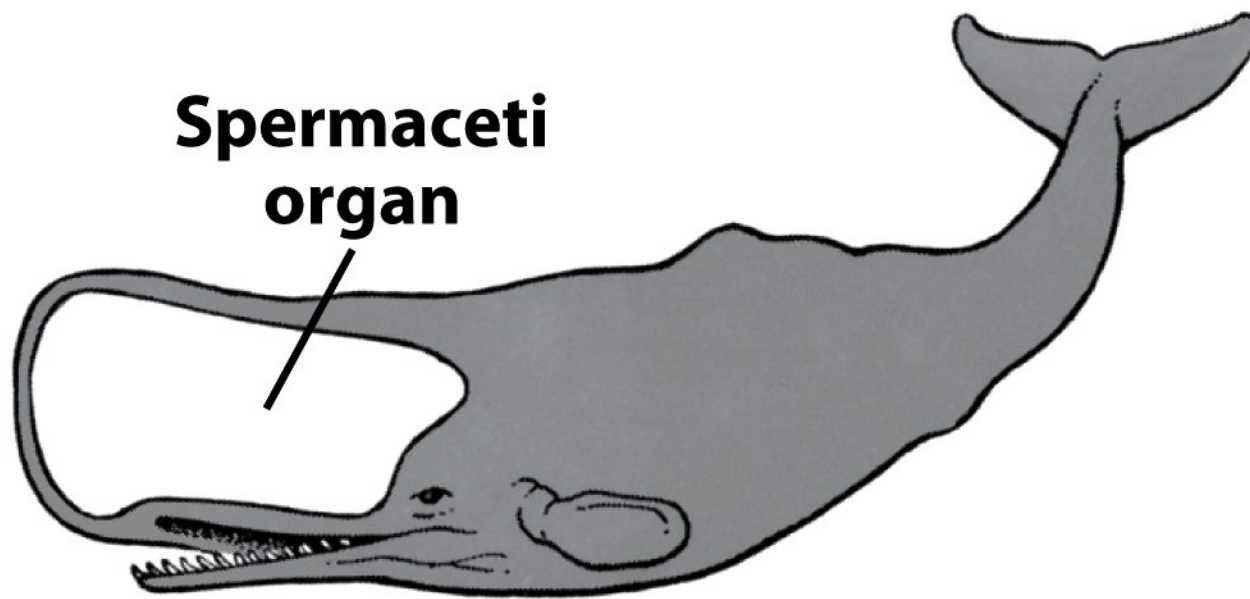


Figure 10-22d
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Organic molecules that are characterized by low solubility in water, that is, are relatively hydrophobic.

Biological Functions of Lipids

- **Storage of energy**
 - Reduced compounds: lots of available energy
 - Hydrophobic nature: good packing
- **Insulation from environment**
 - Low thermal conductivity
 - High heat capacity (can “absorb” heat)
 - Mechanical protection (can absorb shocks)
- **Water repellent**
 - Hydrophobic nature: keeps surface of the organism dry
 - Prevents excessive wetting (birds)
 - Prevents loss of water via evaporation
- **Buoyancy control and acoustics in marine mammals**
 - Increased density while diving deep helps sinking (just a hypothesis)
 - Spermaceti organ may focus sound energy: sound stun gun?



Box 10-1

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- Feeds on squid (in very deep water $>1,000\text{m}$ deep)
- Rests quietly waiting (without constant swimming effort)
- In order to do so, its density must be equal to the surrounding water \rightarrow changes in buoyancy
- Deep sea water is colder than the surface, spermaceti oil freezes (becomes denser) \rightarrow matching the density of water
- When the whale returns to the surface, the oil warms up and melts decreasing the density to match surface water density

More Functions

- Membrane structure
 - Main structure of cell membranes
- Cofactors for enzymes
 - Vitamin K: blood clot formation
 - Coenzyme Q: ATP synthesis in mitochondria
- Signaling molecules
 - Paracrine hormones (act locally)
 - Steroid hormones (act body-wide)
 - Growth factors
 - Vitamins A and D (hormone precursors)
- Pigments
 - Color of tomatoes, carrots, pumpkins, some birds
- Antioxidants
 - Vitamin E

Classification of Lipids

- Based on the structure and function
 - Lipids that do not contain fatty acids: cholesterol, terpenes, ...
 - Lipids that contain fatty acids (complex lipids)
 - can be further separated into:
 - storage lipids and membrane lipids

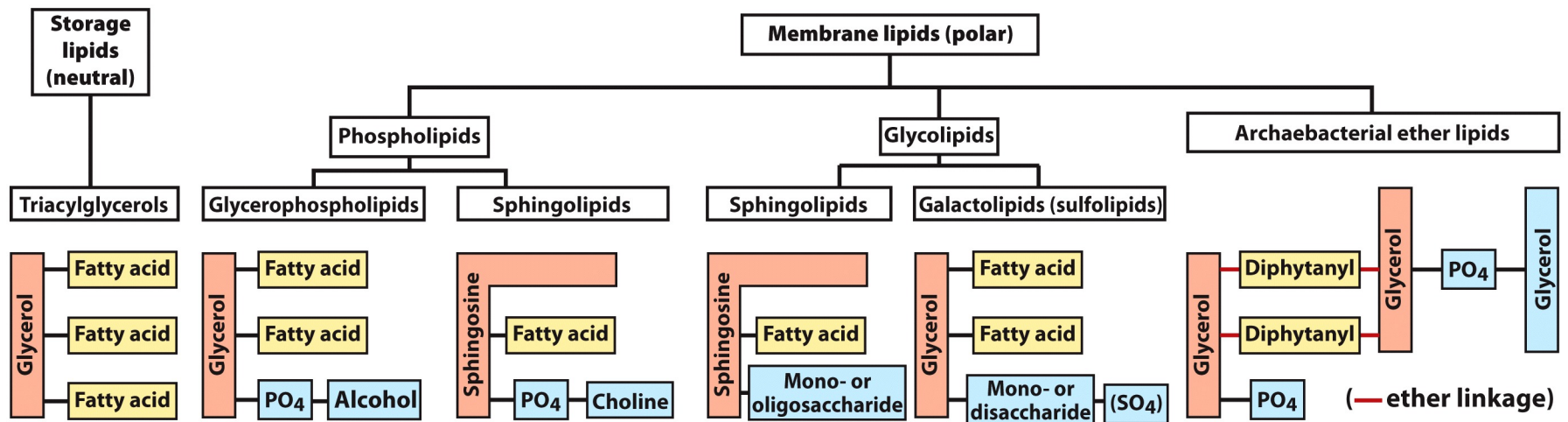


Figure 10-7
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10.1 Storage Lipids

- Derivatives of fatty acids
- Fatty acids are hydrocarbon derivatives
- Low oxidation state (highly reduced)
- Cellular oxidation is highly exergonic

Fatty Acids

- Carboxylic acids with hydrocarbon chains containing between **4 to 36** carbons
- Almost all natural fatty acids have an **even** number of carbons
- Most natural fatty acids are **unbranched**
- **Saturated:** no double bonds between carbons in the chain
- **Monounsaturated:** one double bond between carbons in the alkyl chain
- **Polyunsaturated:** more than one double bond in the alkyl chain

Fatty Acid Nomenclature

TABLE 10-1 Some Naturally Occurring Fatty Acids: Structure, Properties, and Nomenclature

Carbon skeleton	Structure*	Systematic name†	Common name (derivation)	Melting point (°C)	Solubility at 30 °C (mg/g solvent)	
					Water	Benzene
12:0	CH ₃ (CH ₂) ₁₀ COOH	<i>n</i> -Dodecanoic acid	Lauric acid (Latin <i>laurus</i> , "laurel plant")	44.2	0.063	2,600
14:0	CH ₃ (CH ₂) ₁₂ COOH	<i>n</i> -Tetradecanoic acid	Myristic acid (Latin <i>Myristica</i> , nutmeg genus)	53.9	0.024	874
16:0	CH ₃ (CH ₂) ₁₄ COOH	<i>n</i> -Hexadecanoic acid	Palmitic acid (Latin <i>palma</i> , "palm tree")	63.1	0.0083	348
18:0	CH ₃ (CH ₂) ₁₆ COOH	<i>n</i> -Octadecanoic acid	Stearic acid (Greek <i>stear</i> , "hard fat")	69.6	0.0034	124
20:0	CH ₃ (CH ₂) ₁₈ COOH	<i>n</i> -Eicosanoic acid	Arachidic acid (Latin <i>Arachis</i> , legume genus)	76.5		
24:0	CH ₃ (CH ₂) ₂₂ COOH	<i>n</i> -Tetracosanoic acid	Lignoceric acid (Latin <i>lignum</i> , "wood" + <i>cera</i> , "wax")	86.0		
16:1(Δ ⁹)	CH ₃ (CH ₂) ₅ CH=CH(CH ₂) ₇ COOH	<i>cis</i> -9-Hexadecenoic acid	Palmitoleic acid	1 to -0.5		
18:1(Δ ⁹)	CH ₃ (CH ₂) ₇ CH=CH(CH ₂) ₇ COOH	<i>cis</i> -9-Octadecenoic acid	Oleic acid (Latin <i>oleum</i> , "oil")	13.4		
18:2(Δ ^{9,12})	CH ₃ (CH ₂) ₄ CH=CHCH ₂ CH=CH(CH ₂) ₇ COOH	<i>cis</i> -, <i>cis</i> -9,12-Octadecadienoic acid	Linoleic acid (Greek <i>linon</i> , "flax")	1-5		
18:3(Δ ^{9,12,15})	CH ₃ CH ₂ CH=CHCH ₂ CH=CHCH ₂ CH=CH(CH ₂) ₇ COOH	<i>cis</i> -, <i>cis</i> -, <i>cis</i> -9,12,15-Octadecatrienoic acid	α-Linolenic acid	-11		
20:4(Δ ^{5,8,11,14})	CH ₃ (CH ₂) ₄ CH=CHCH ₂ CH=CHCH ₂ CH=CHCH ₂ CH=CH(CH ₂) ₃ COOH	<i>cis</i> -, <i>cis</i> -, <i>cis</i> -, <i>cis</i> -5,8,11,14-Icosatetraenoic acid	Arachidonic acid	-49.5		

*All acids are shown in their nonionized form. At pH 7, all free fatty acids have an ionized carboxylate. Note that numbering of carbon atoms begins at the carboxyl carbon.

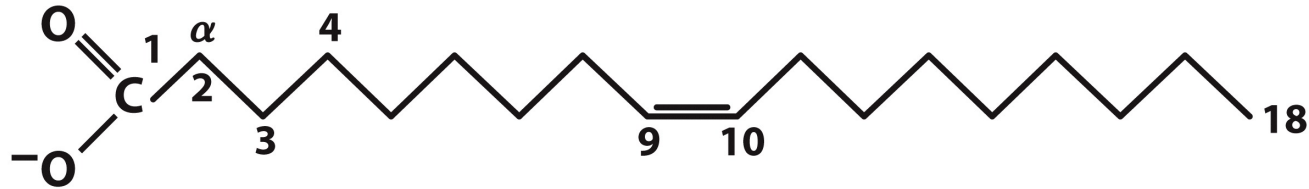
†The prefix *n*- indicates the "normal" unbranched structure. For instance, "dodecanoic" simply indicates 12 carbon atoms, which could be arranged in a variety of branched forms; "*n*-dodecanoic" specifies the linear, unbranched form. For unsaturated fatty acids, the configuration of each double bond is indicated; in biological fatty acids the configuration is almost always *cis*.

Table 10-1

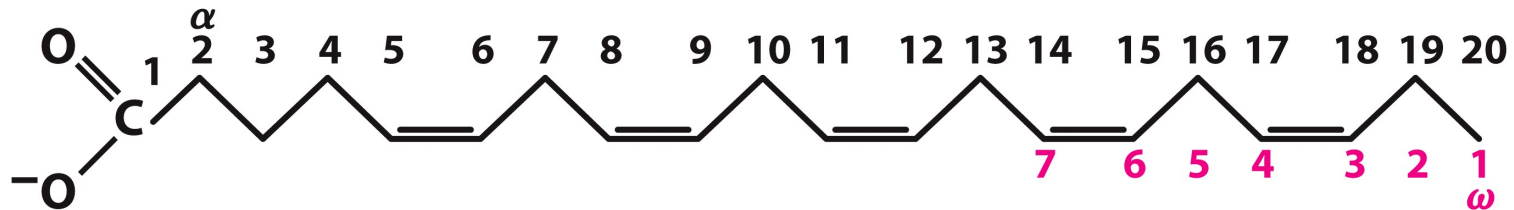
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Fatty Acid Nomenclature



(a) 18:1(Δ^9) *cis*-9-Octadecenoic acid



**(b) 20:5($\Delta^{5,8,11,14,17}$) Eicosapentaenoic acid (EPA),
an omega-3 fatty acid**

(a) Standard nomenclature – # 1 to the carboxyl carbon (C-1), and α to the carbon next to it. The position of any double bond(s) is indicated by Δ followed by a superscript number indicating the lower-numbered carbon in the double bond.

(b) Polyunsaturated fatty acids (PUFAs) nomenclature – # 1 to the methyl carbon at the other end of the chain (also designated ω ; the last letter in the Greek alphabet). The positions of the double bonds are indicated relative to the ω carbon.

Omega-3 PUFA

- Omega-3 fatty acids are essential nutrients
 - Humans need them but cannot synthesize one
 - No synthetic pathway in humans to make the ω -3 PUFA α -linolenic acid; 18:3($\Delta^{9,12,15}$) ALA
- Must be obtained in the diet
 - Including ALA, DHA, and EPA
 - Although DHA and EPA can be synthesized from ALA
- Imbalance in ω -6 and ω -3 leads to an increased risk of cardiovascular disease

Solubility and Melting Point of Fatty Acids

- Solubility

- decreases as the chain length increases

- Melting Point

- decreases as the chain length decreases
- decreases as the number of double bonds increases

At room temperature, saturated fatty acids (from 12:0 to 24:0) have a waxy consistency, whereas unsaturated fatty acids of the same lengths are oily liquids

Conformation of Fatty Acids

- The saturated chain tends to adopt extended conformations
- The double bonds in natural unsaturated fatty acids are commonly in **cis configuration**, which **kinks** the chain

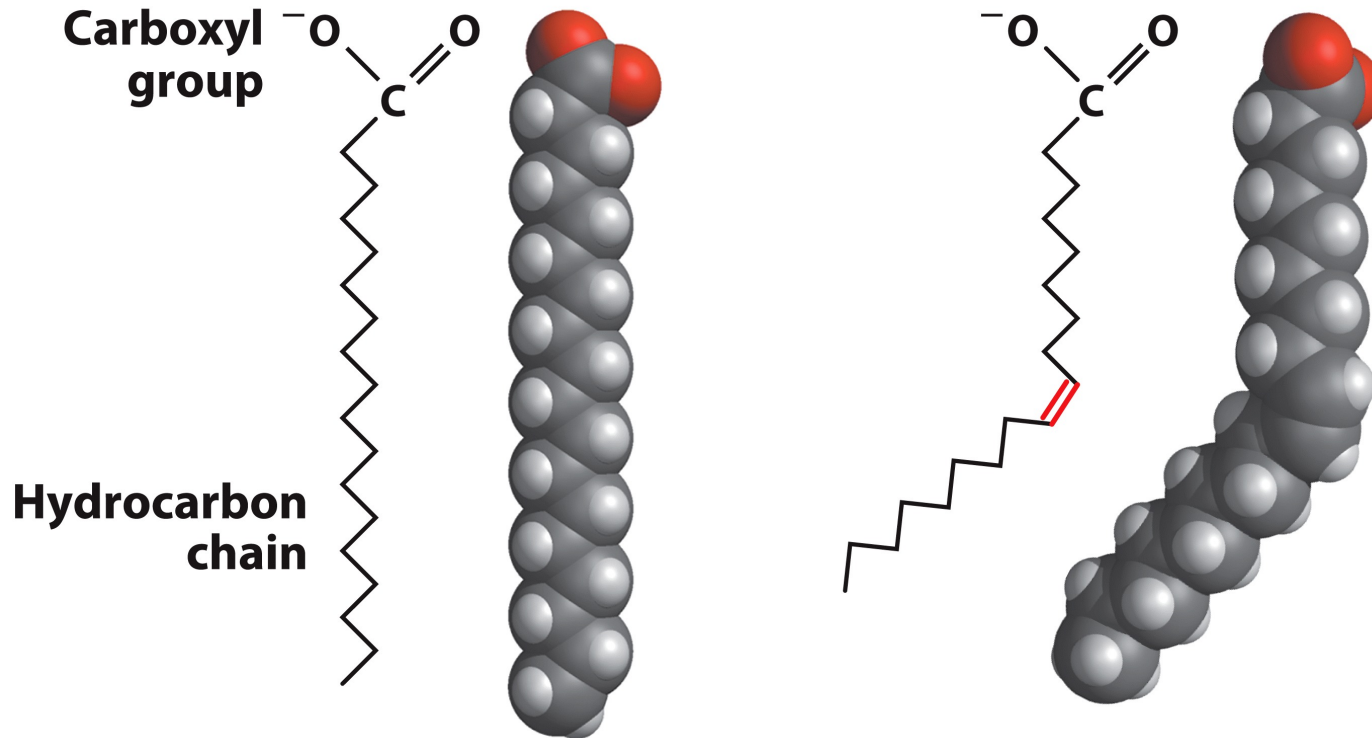
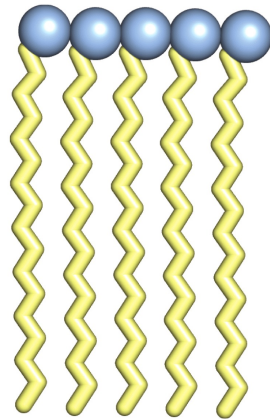


Figure 10-2ab
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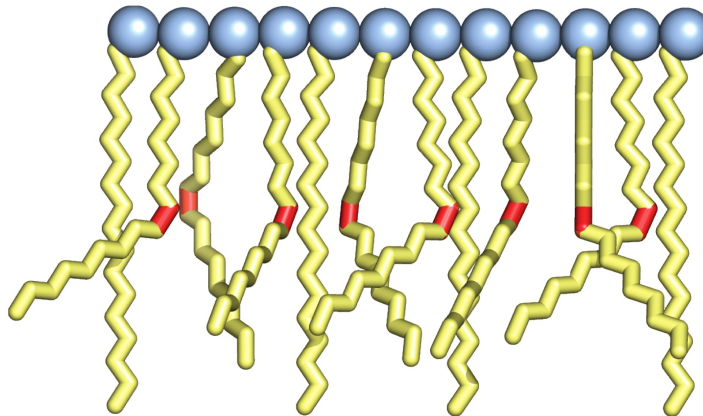
Melting Point and Double Bonds

- Saturated fatty acids pack in a fairly orderly way
 - extensive favorable interactions
- Unsaturated cis fatty acid pack less orderly due to the kink
 - less-extensive favorable interactions
- It takes less thermal energy to disrupt disordered packing of unsaturated fatty acids:
 - unsaturated cis fatty acids have a lower melting point

Saturated fatty acids



Mixture of saturated and unsaturated fatty acids



Trans Fatty Acids

- Trans fatty acids form by partial dehydrogenation of unsaturated fatty acids
 - Done to increase shelf life or stability at high temperature of oils used in cooking (especially deep frying)
- A **trans double bond** allows a given fatty acid to adopt an extended conformation
- Trans fatty acids can pack more regularly and show **higher melting points** than cis forms
- **Consuming trans fats increases risk of cardiovascular disease**
 - Avoid deep-frying partially hydrogenated vegetable oils
 - Current trend: reduce trans fats in foods (Wendy's, KFC)

TABLE 10–2**Trans Fatty Acids in Some Typical Fast Foods and Snacks**

	Trans fatty acid content	
	In a typical serving (g)	As % of total fatty acids
French fries	4.7–6.1	28–36
Breaded fish burger	5.6	28
Breaded chicken nuggets	5.0	25
Pizza	1.1	9
Corn tortilla chips	1.6	22
Doughnut	2.7	25
Muffin	0.7	14
Chocolate bar	0.2	2

Source: Adapted from Table 1 in Mozaffarian, D., Katan, M.B., Ascherio, P.H., Stampfer, M.J., & Willet, W.C. (2006). Trans fatty acids and cardiovascular disease. *N. Engl. J. Med.* 354, 1604–1605.

Note: All data for foods prepared with partially hydrogenated vegetable oil in the United States in 2002.

Table 10-2

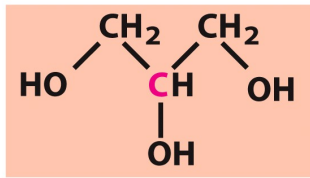
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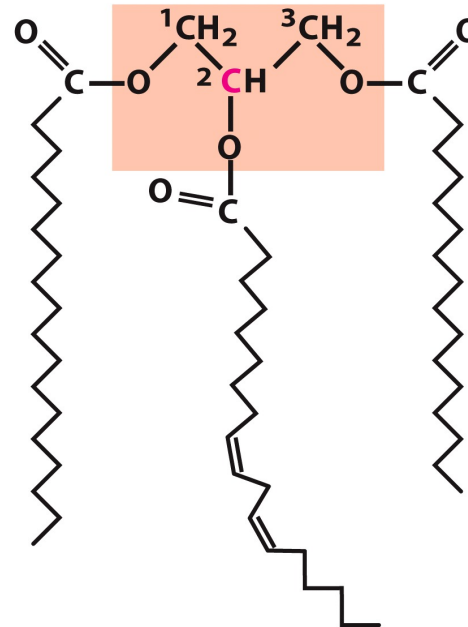
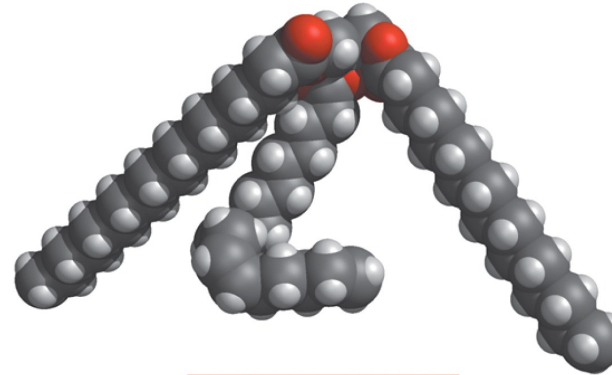
Triacylglycerols (Nonpolar)

- Majority of fatty acids in biological systems are found in the form of **triacylglycerols**
- Solid ones are called **fats**
- Liquid ones are called **oils**
- The primary storage form of lipids (**body fat**)
- Less soluble in water than fatty acids due to the lack of charged carboxylate group
- Less dense than water: **fats and oils float**

Triacylglycerols



Glycerol

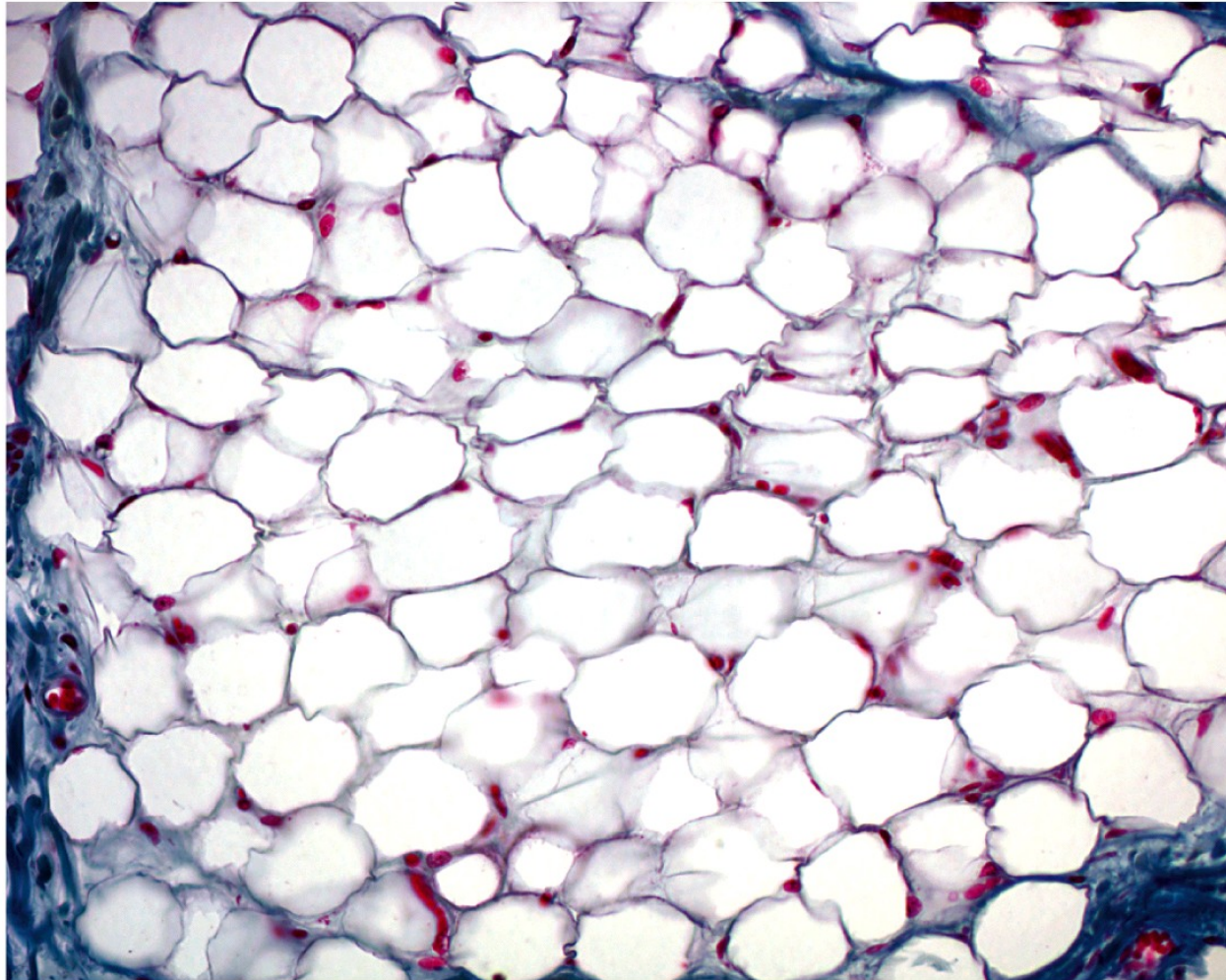


**1-Stearoyl, 2-linoleoyl, 3-palmitoyl glycerol,
a mixed triacylglycerol**

Fats Provide Efficient Fuel Storage

- The advantage of fats over polysaccharides:
 - Fatty acids carry more energy per carbon because they are more reduced
 - Fatty acids carry less water per gram because they are nonpolar
- Glucose and glycogen are for short-term energy needs, quick delivery
- Fats are for long-term (months) energy needs, good storage, slow delivery

Fats Provide Efficient Fuel Storage

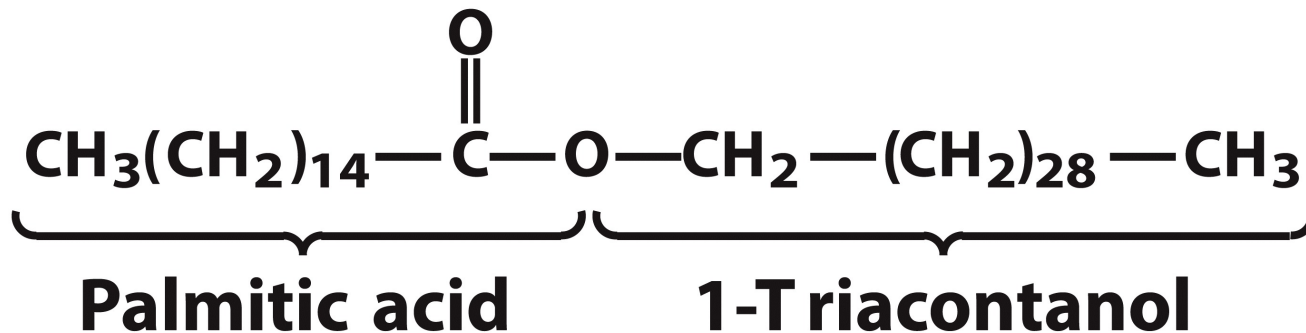


125 μm

Figure 10-4a
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Waxes

- Waxes are **esters of** long-chain saturated and unsaturated **fatty acids** with **long-chain alcohols**
- Insoluble and have high melting points ~ 60 – 100 °C
- Variety of functions:
 - Storage of metabolic fuel in plankton
 - Protection and pliability for hair and skin in vertebrates
 - Waterproofing of feathers in birds
 - Protection from evaporation in tropical plants and ivy
 - Used by people in lotions, ointments, and polishes



Wax: The Material of the Honeycomb

Beeswax is a mixture of a large number of lipids, including esters of triacontanol, and a long-chain alkane hentriacontane



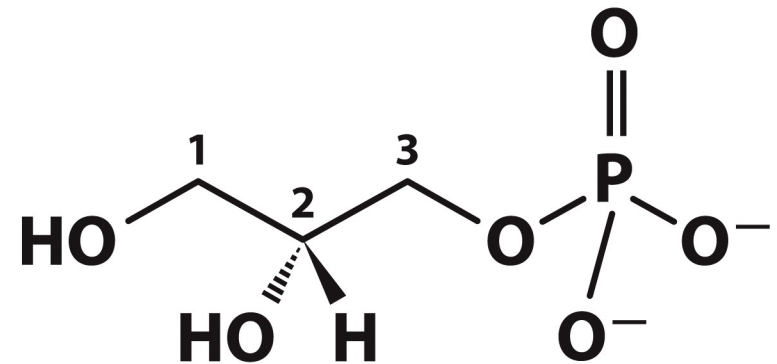
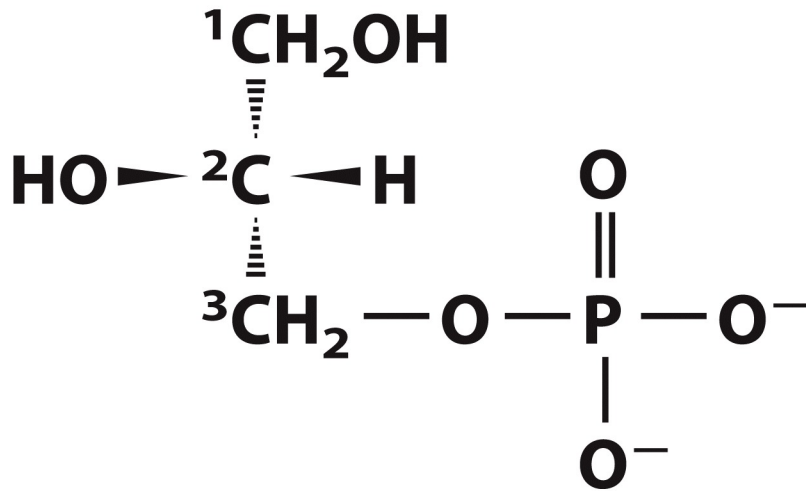
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Structural Lipids in Membranes (Polar)

- Contain polar head groups and nonpolar tails (usually attached fatty acids)
- Diversification can come from:
 - modifying a different backbone
 - changing the fatty acids
 - modifying the head groups
- The properties of head groups determine the surface properties of membranes
- Different organisms have different membrane lipid head group compositions
- Different tissues have different membrane lipid head group compositions

Glycerophospholipids

- Primary **constituents of cell membranes**
- Two fatty acids form ester linkages with the first and second hydroxyl groups of **L-glycerol-3-phosphate**
- **Head group is charged at physiological pH**



L-Glycerol 3-phosphate (*sn*-glycerol 3-phosphate)

Glycerol itself is not chiral.

*However, glycerol is **prochiral** – it can be converted to a chiral compound by adding a substituent such as phosphate to either of the –CH₂OH groups.*

General Structure of Glycerophospholipids

- Unsaturated fatty acids are commonly found connected to C2
- The highly polar phosphate group may be further esterified by an alcohol; such substituent groups are called the head groups

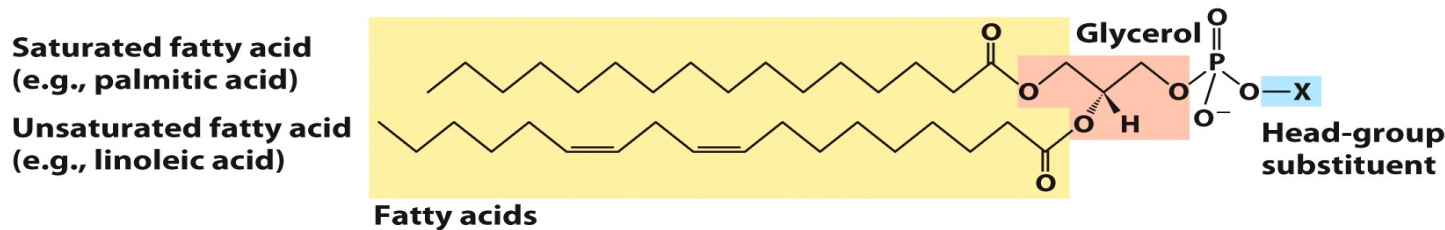


Figure 10-9

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Examples of Glycerophospholipids

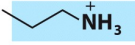
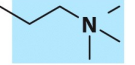
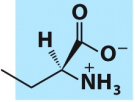
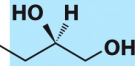
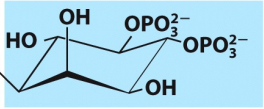
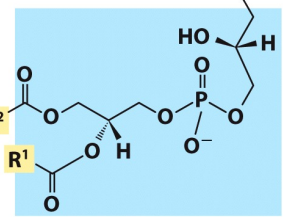
Name of glycerophospholipid	Name of X — O	Formula of X	Net charge (at pH 7)
Phosphatidic acid	—	— H	-2
Phosphatidylethanolamine	Ethanolamine		0
Phosphatidylcholine	Choline		0
Phosphatidylserine	Serine		-1
Phosphatidylglycerol	Glycerol		-1
Phosphatidylinositol 4,5-bisphosphate	<i>myo</i> -Inositol 4,5-bisphosphate		-4*
Cardiolipin	Phosphatidylglycerol		-2

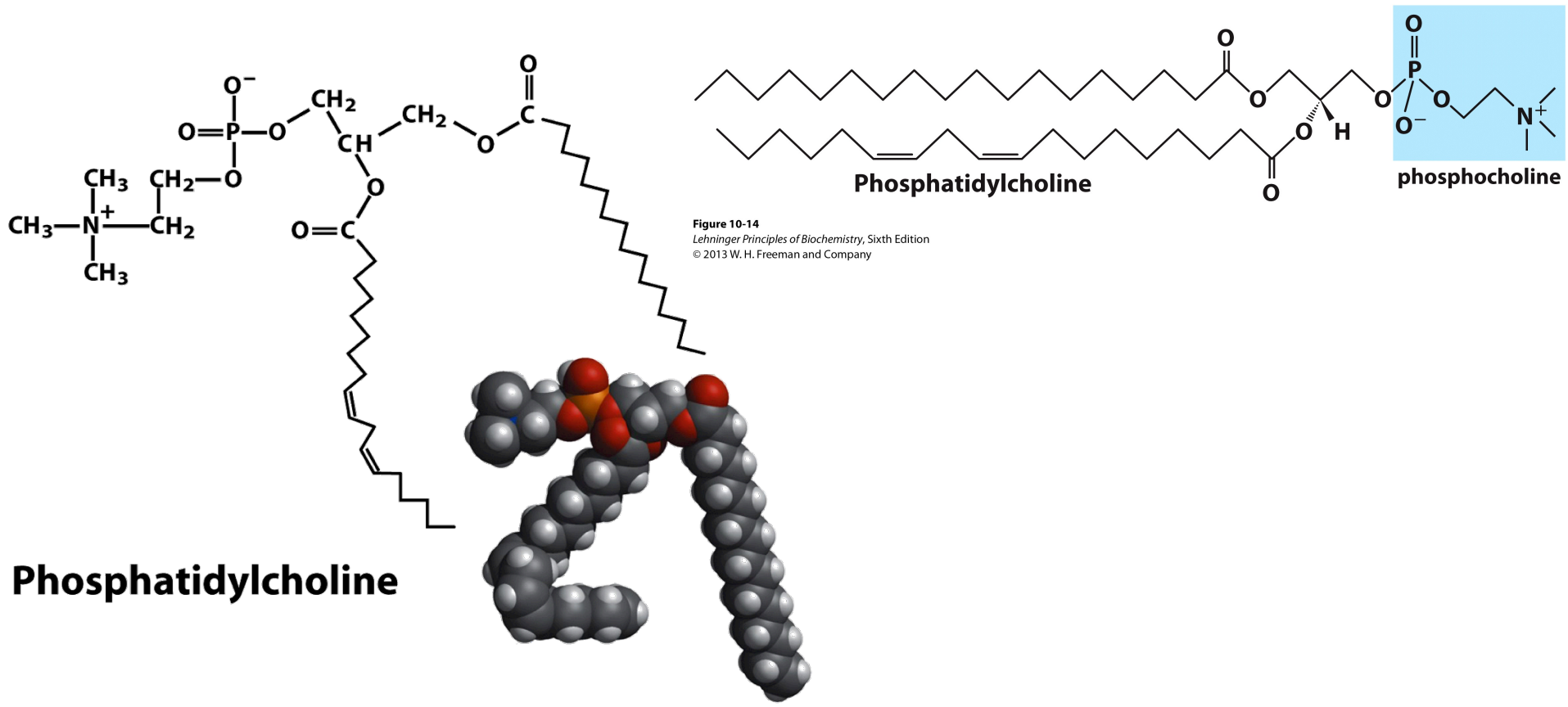
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Phosphatidylcholine

- Phosphatidylcholine is the major component of most eukaryotic cell membranes
- Many prokaryotes, including *E. coli*, cannot synthesize this lipid; their membranes do not contain phosphatidylcholine



Ether Lipids: Plasmalogen

- Vinyl ether analog of phosphatidylethanolamine
- Common in vertebrate heart tissue
- Also found in some protozoa and anaerobic bacteria
- Function is not well understood
 - Resistant to cleavage by common lipases but cleaved by few specific lipases
 - Increase membrane rigidity?
 - Sources of signaling lipids?
 - May be antioxidants?

Ether Lipids: Plasmalogen

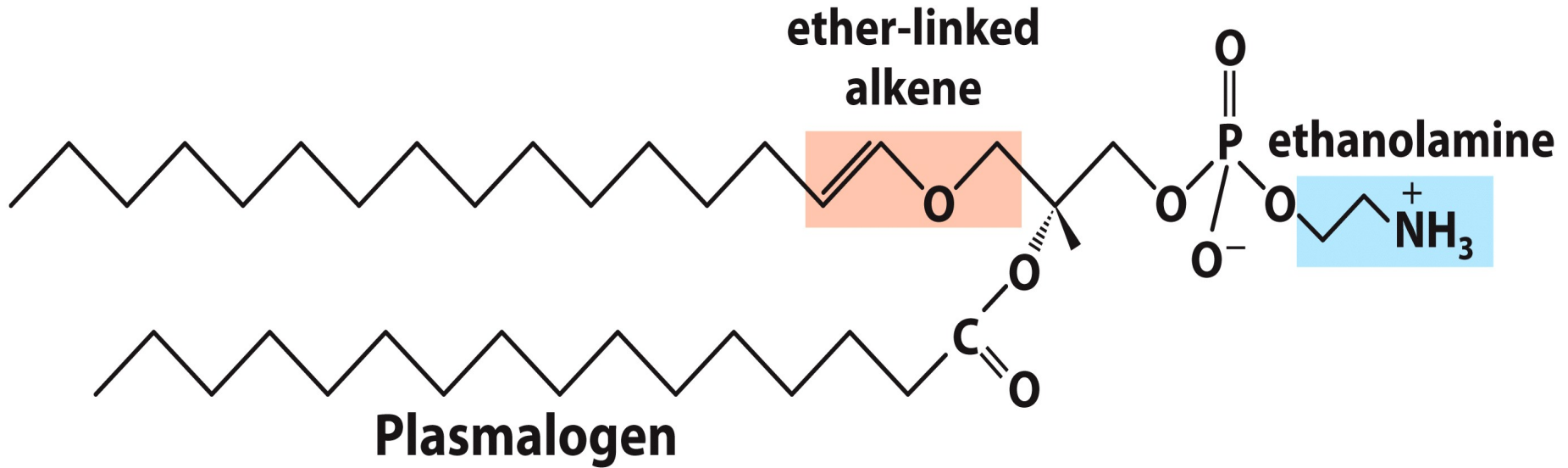


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Ether Lipids: Platelets-Activating Factor

- Aliphatic ether analog of phosphatidylcholine
- Acetic acid has esterified position C2
- First signaling lipid to be identified
- Stimulates aggregation of blood platelets
- Plays role in mediation of inflammation

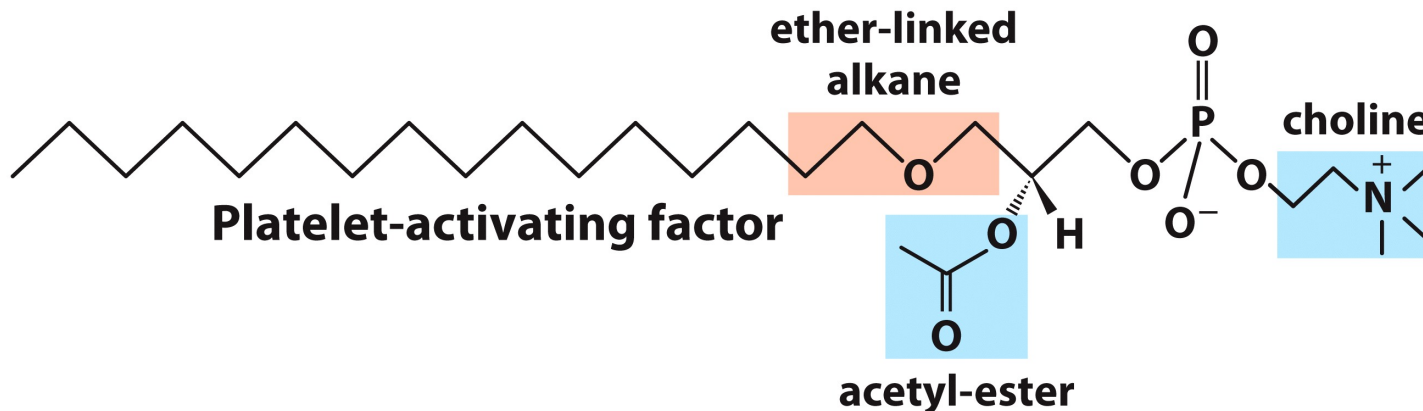


Figure 10-10

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Sphingolipids

- The backbone of sphingolipids is NOT glycerol
- The backbone of sphingolipids is a long-chain amino alcohol **sphingosine**
- A fatty acid is joined to sphingosine via an **amide linkage** rather than an ester linkage as usually seen in lipids
- A polar head group is connected to sphingosine by a glycosidic or phosphodiester linkage
- The sugar-containing glycosphingolipids are found largely in the outer face of plasma membranes

Sphingolipids

Ceramide is the parent compound for this group (structurally similar to diacylglycerol).

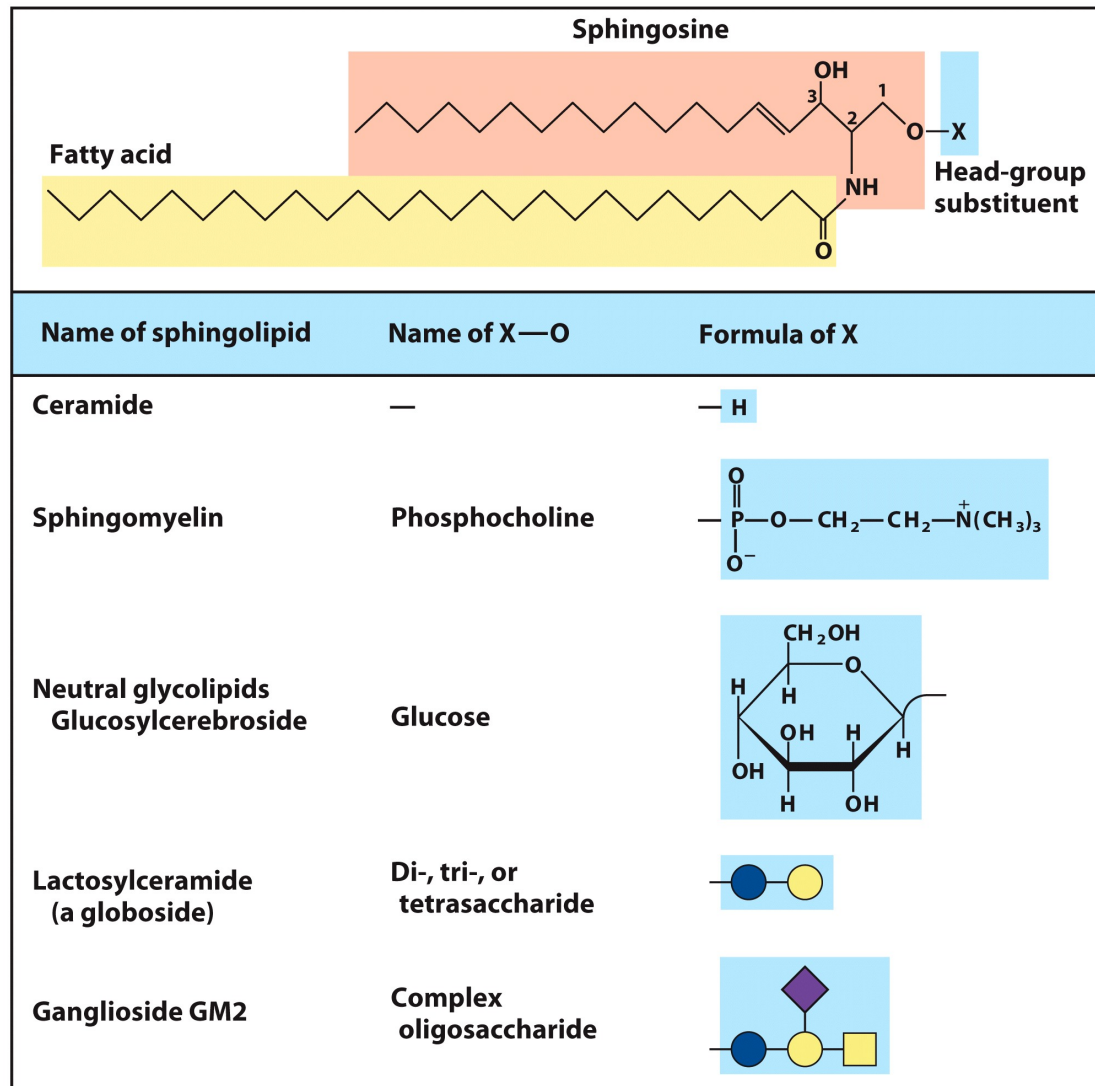
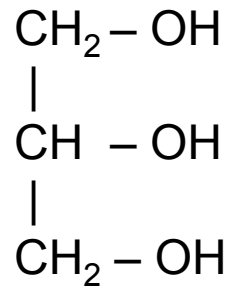
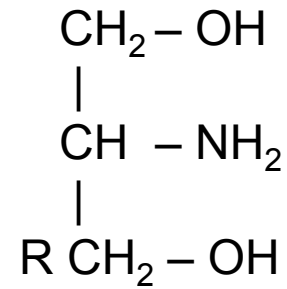


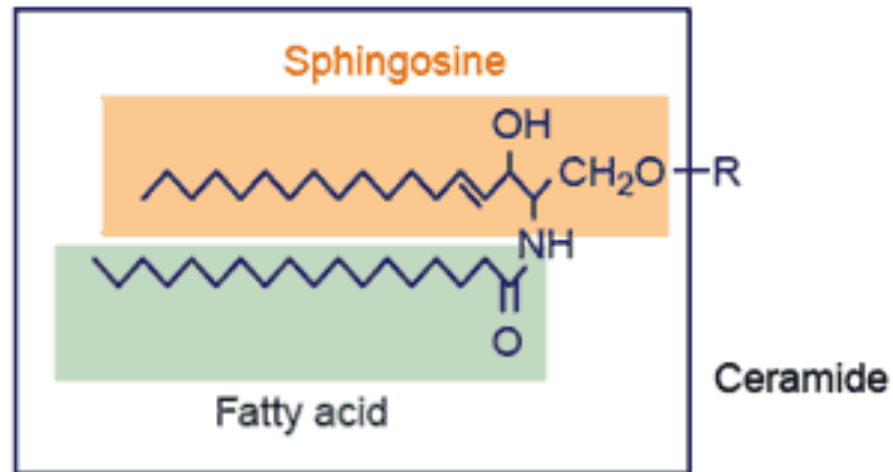
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glycerol



sphingosine



Substituent (R)	Sphingolipid
H	Ceramide
Phosphocholine	Sphingomyelin
Sugar(s)	Glycosphingolipid

1. **J. Stiban**, D. Fistere and M. Colombini (2006) Dihydroceramide hinders **ceramide** channel formation: Implications on apoptosis. *Apoptosis*. 11(5): 773-780.
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7. **J. Stiban** and M. Perera (2015) Very long chain **ceramides** interfere with C16-ceramide channel formation: A plausible mechanism for regulating the initiation of intrinsic apoptosis. *Biochim. Biophys. Acta* 1848(2): 561-567.
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Sphingomyelin

- Ceramide (sphingosine + amide-linked fatty acid) + phosphocholine attached to the alcohol
- Sphingomyelin is abundant in **myelin sheath that surrounds some nerve cells** in animals

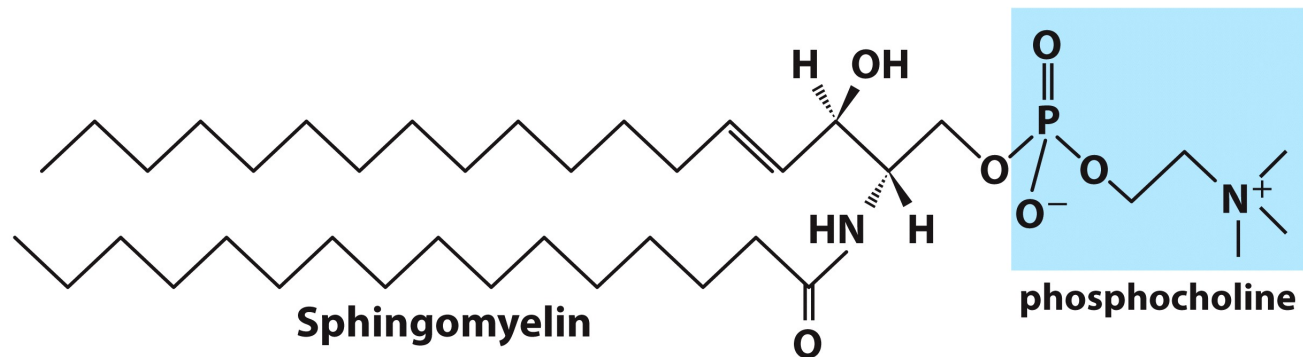


Figure 10-14

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Sphingomyelin is structurally similar to phosphatidylcholine

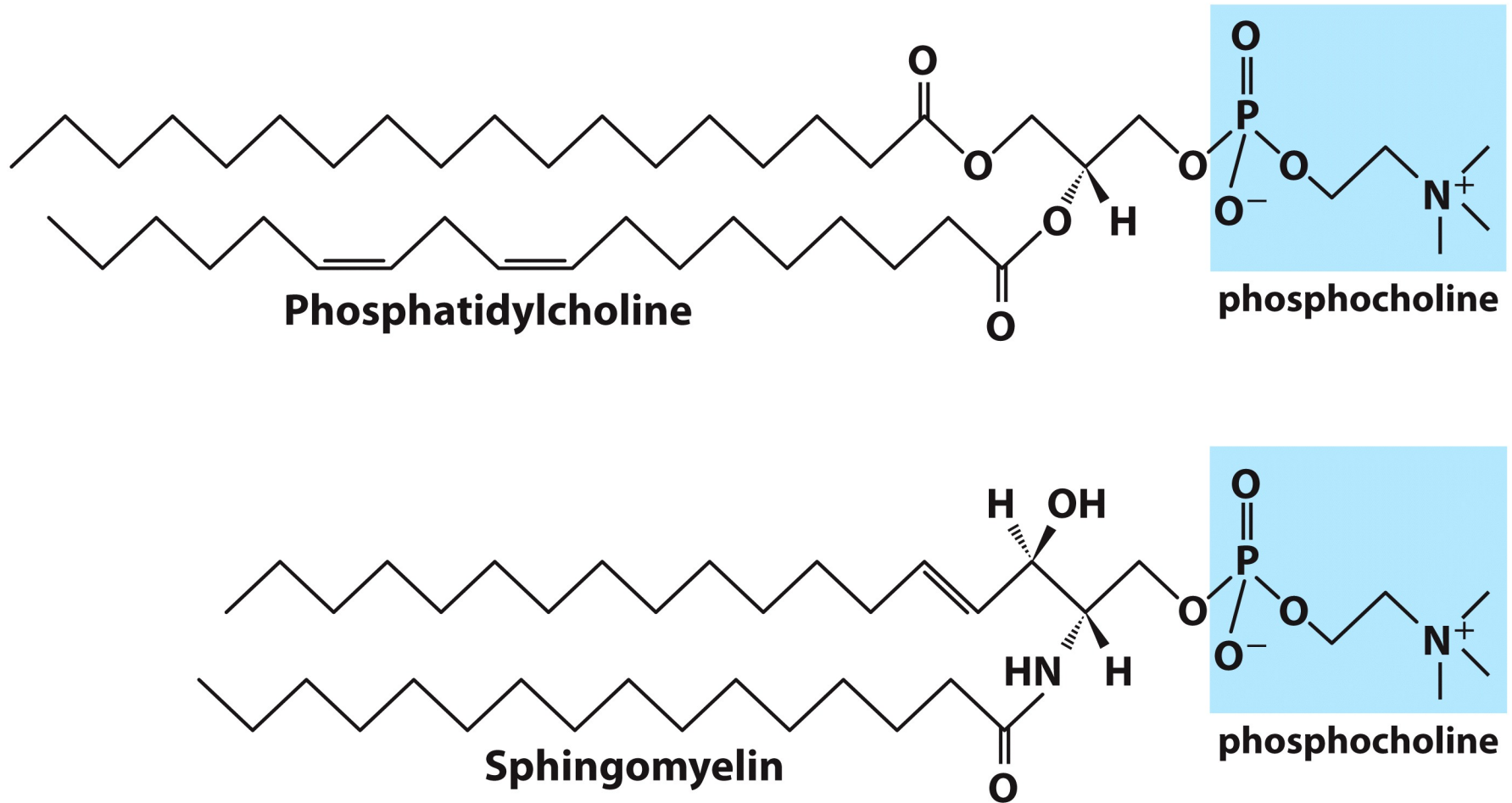


Figure 10-14

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Glycosphingolipids and Blood Groups

- The blood groups are determined in part by the **type of sugars located on the head groups** in glycosphingolipids.
- The structure of sugar is determined by an expression of specific **glycosyltransferases**
 - Individuals with **no active** glycosyltransferase will have the **O antigen**
 - Individuals with a glycosyltransferase that transfers an **N-acetylgalactosamine** group have **A blood group**
 - Individuals with a glycosyltransferase that transfers a **galactose** group have **B blood group**

Glycosphingolipids determine blood groups

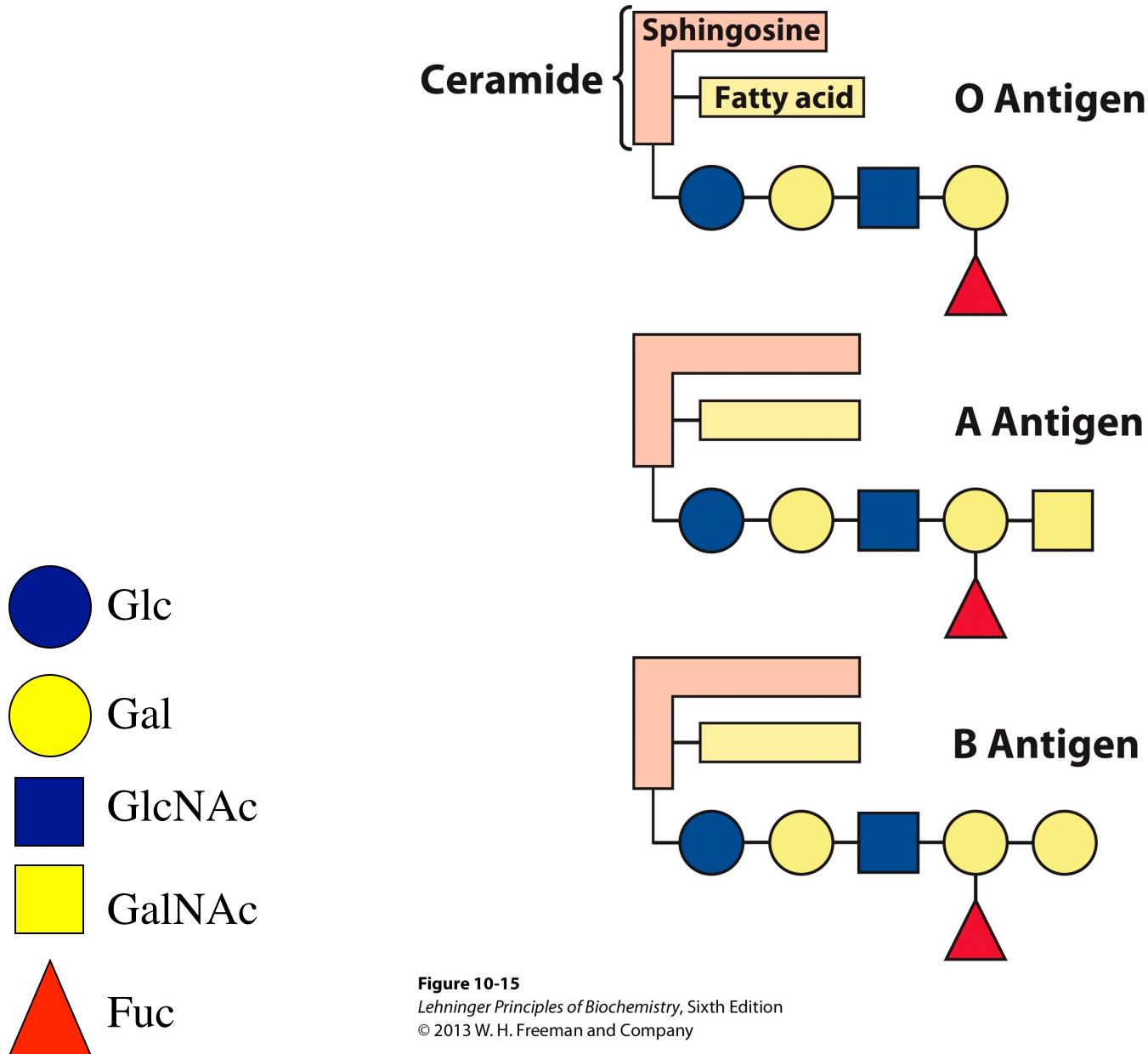
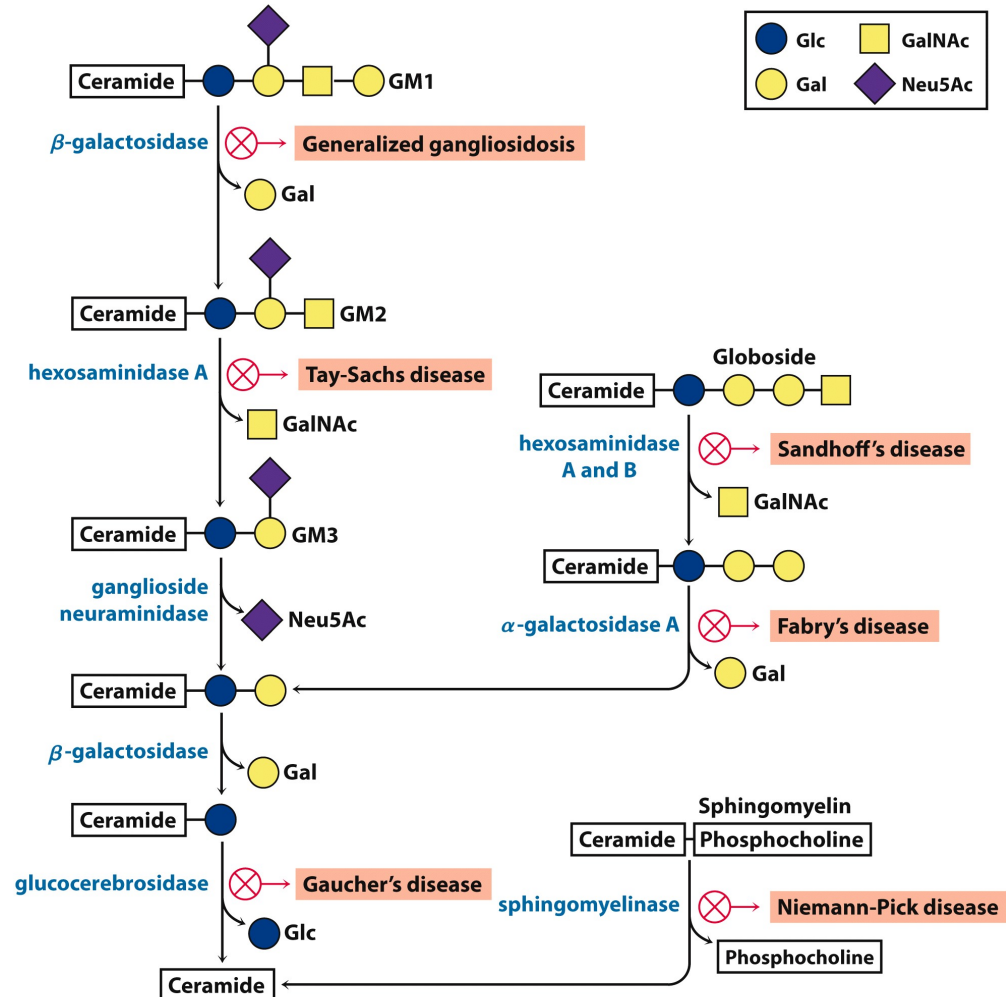


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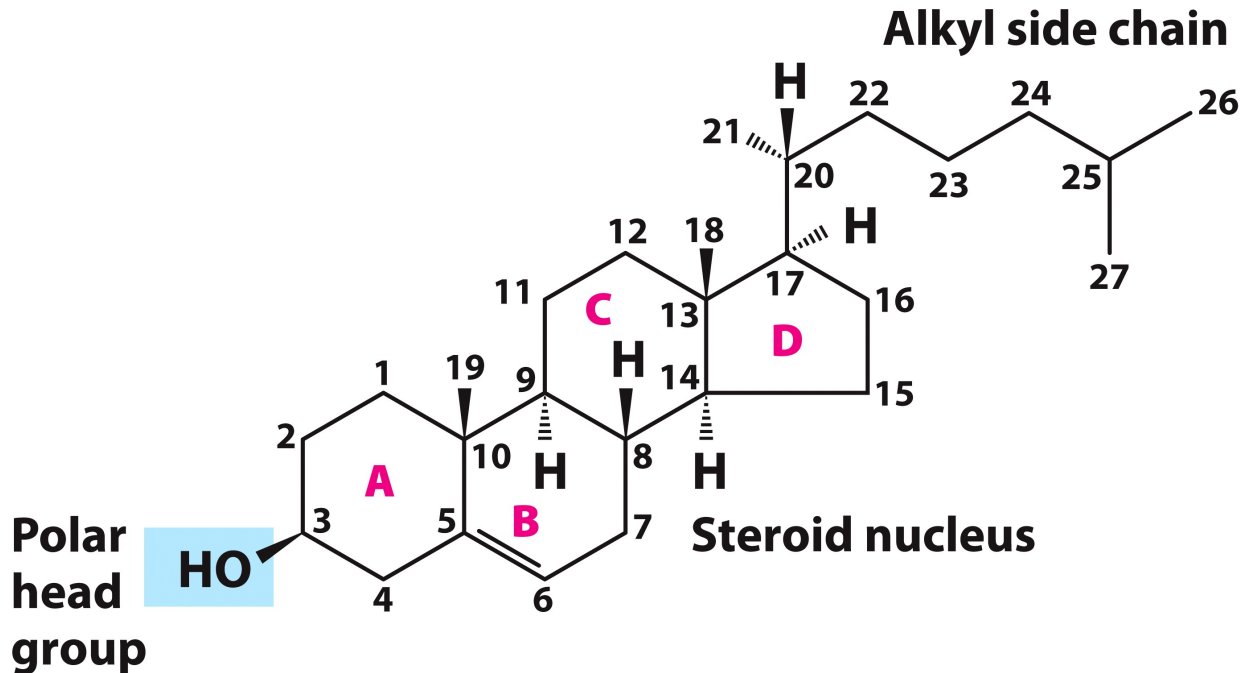
Defects in the turnover of membrane lipids lead to a number of diseases



Box 10-1 figure 1
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Sterols and Cholesterol

- Sterol
 - Steroid nucleus: four fused rings
 - Hydroxyl group (polar head) in the A-ring
 - Various nonpolar side chains
- The steroid nucleus is almost planar



Physiological Role of Sterols

- **Cholesterol** and related sterols are present in the membranes of most eukaryotic cells
 - Modulate fluidity and permeability
 - Thicken the plasma membrane
 - Most bacteria lack sterols
- Mammals obtain cholesterol from **food** or **synthesize** it *de novo* in the liver
- Cholesterol, bound to proteins, is transported to tissues via blood vessels
 - Cholesterol in **low-density lipoproteins** tends to deposit and clog arteries
- Many **hormones** are derivatives of sterols

Membrane microdomains (rafts)

**Raft, enriched in
sphingolipids, cholesterol**

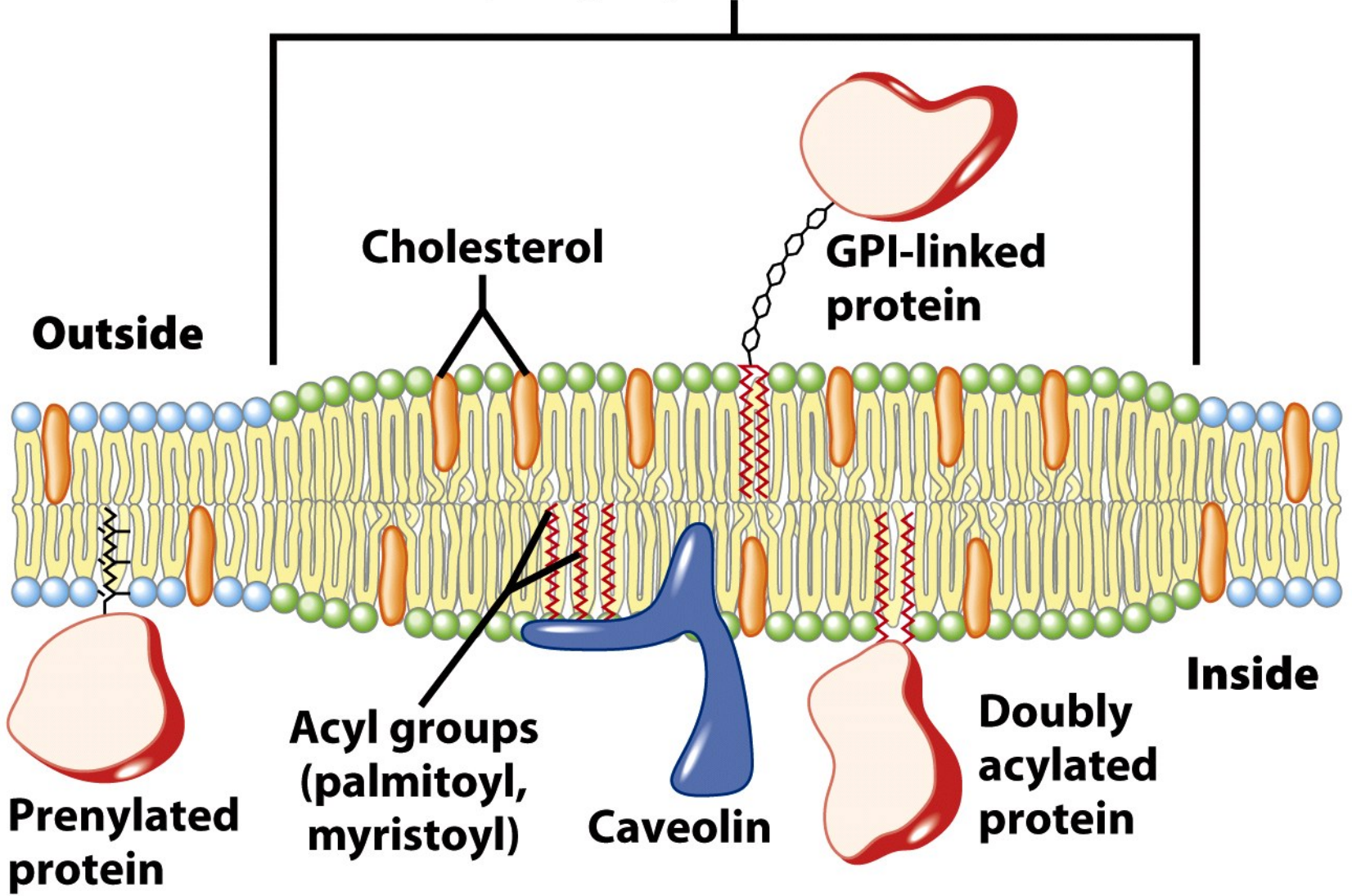


Figure 11-20a
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Synthesis of cholesteryl esters

Esterification converts cholesterol to an even more hydrophobic form for storage and transport.

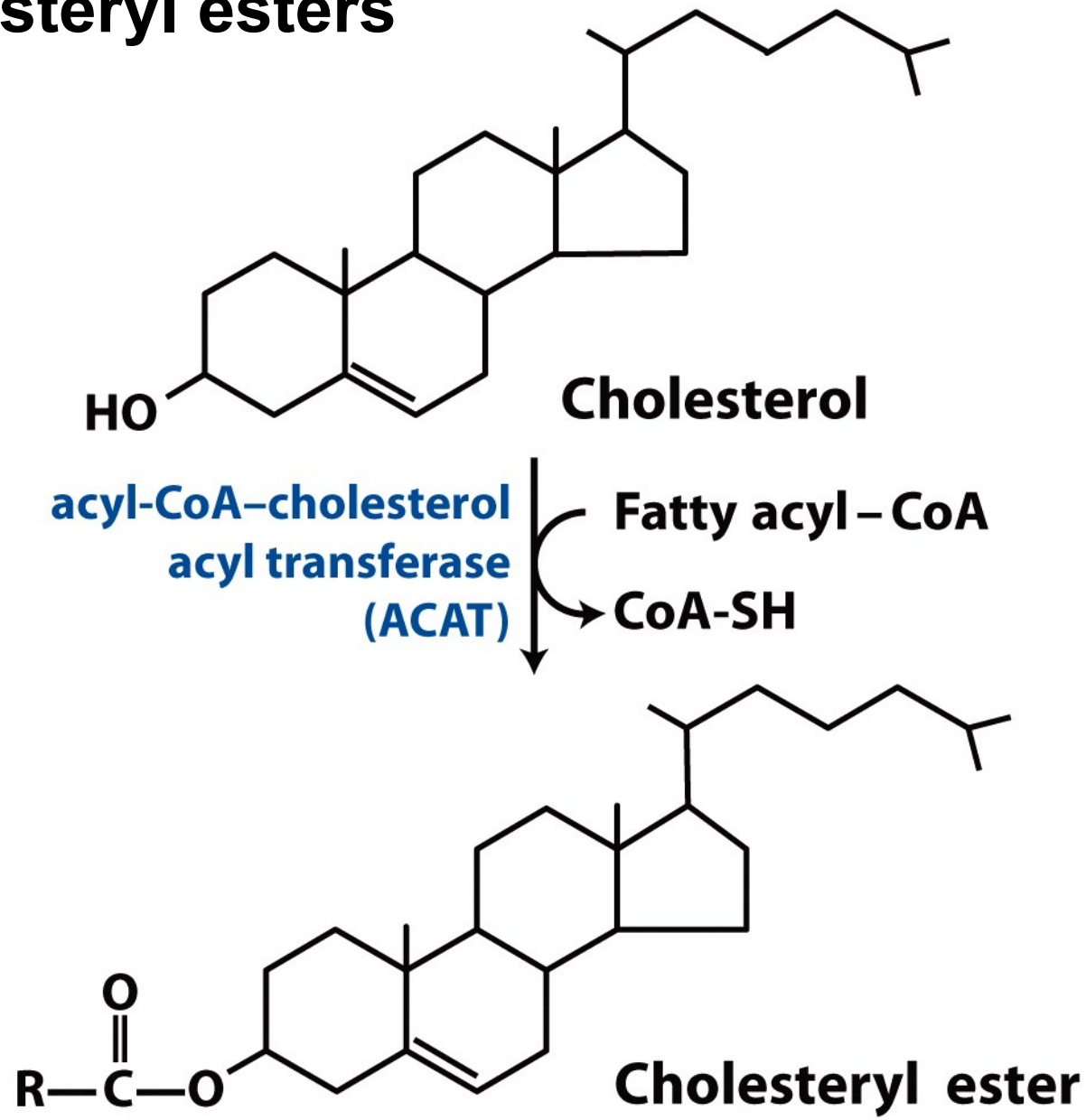


Figure 21-38
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**Blood plasma
after fast**

**Blood plasma
after meal**

Figure 21-40b

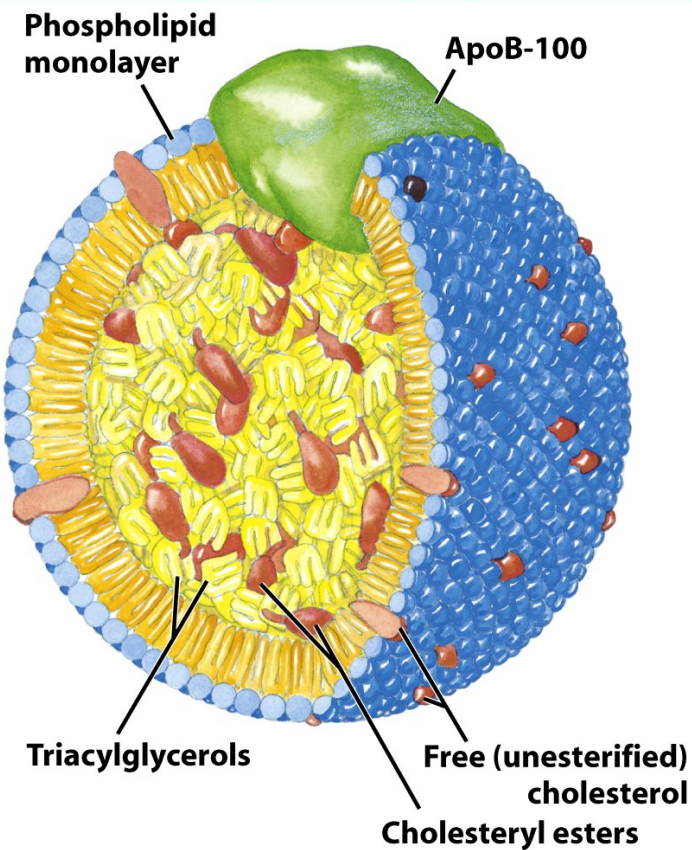
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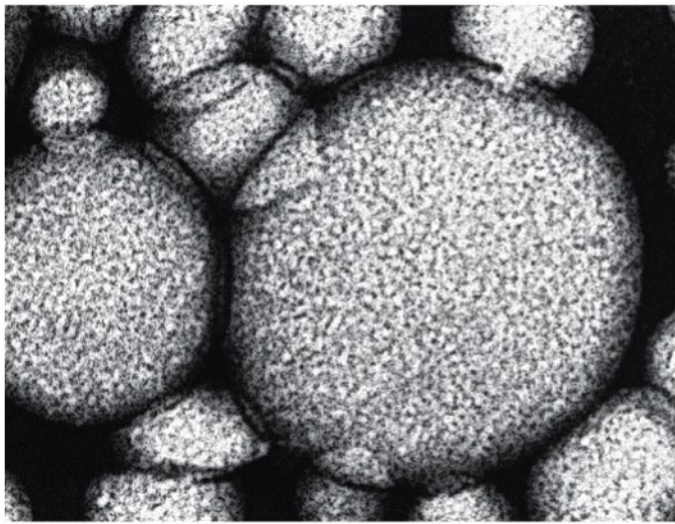
TABLE 21-1

Major Classes of Human Plasma Lipoproteins: Some Properties

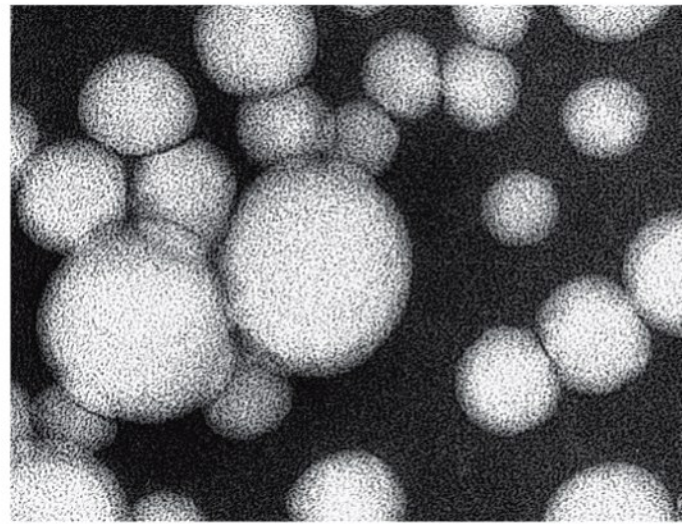
Lipoprotein	Density (g/mL)	Composition (wt %)				
		Protein	Phospholipids	Free cholesterol	Cholesteryl esters	Triacylglycerols
Chylomicrons	<1.006	2	9	1	3	85
VLDL	0.95–1.006	10	18	7	12	50
LDL	1.006–1.063	23	20	8	37	10
HDL	1.063–1.210	55	24	2	15	4



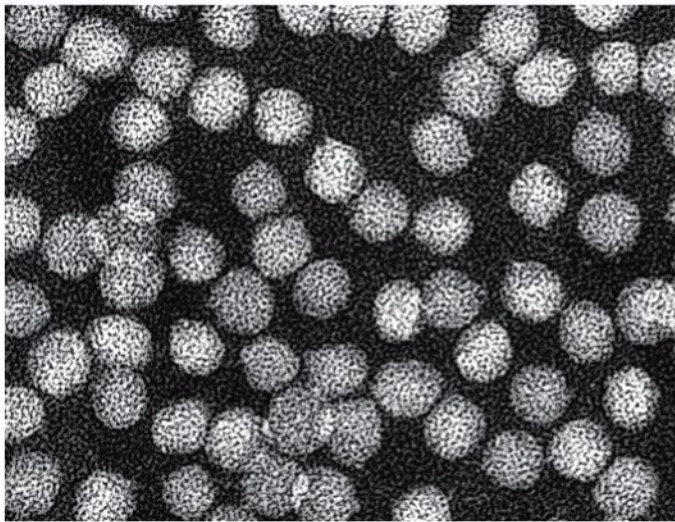
- ❑ Structure of an LDL molecule
- ❑ Apolipoprotein B-100 (apoB-100) is one of the largest single polypeptide chains known (4,636 aa; M_r 513,000)
- ❑ One particle of LDL contains a core with about **1,500 molecules of cholesteryl esters**, surrounded by a shell composed of about **500 more molecules of cholesterol**, **800 molecules of phospholipids**, and **one molecule of apoB-100**



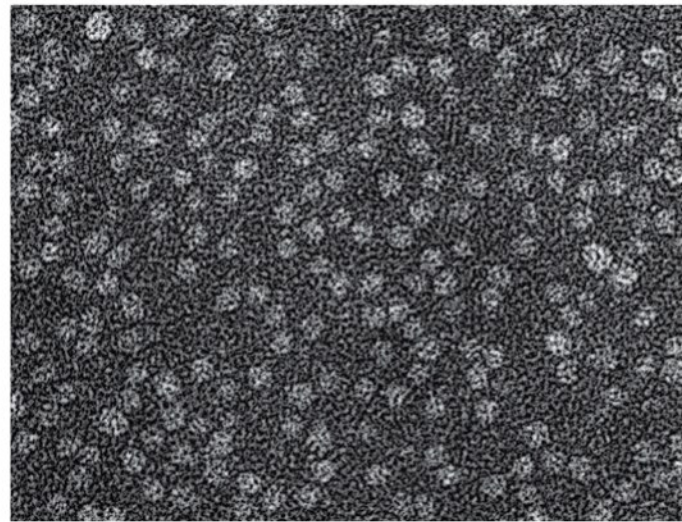
Chylomicrons ($\times 60,000$)



VLDL ($\times 180,000$)



LDL ($\times 180,000$)



HDL ($\times 180,000$)

Lipoproteins and lipid transport

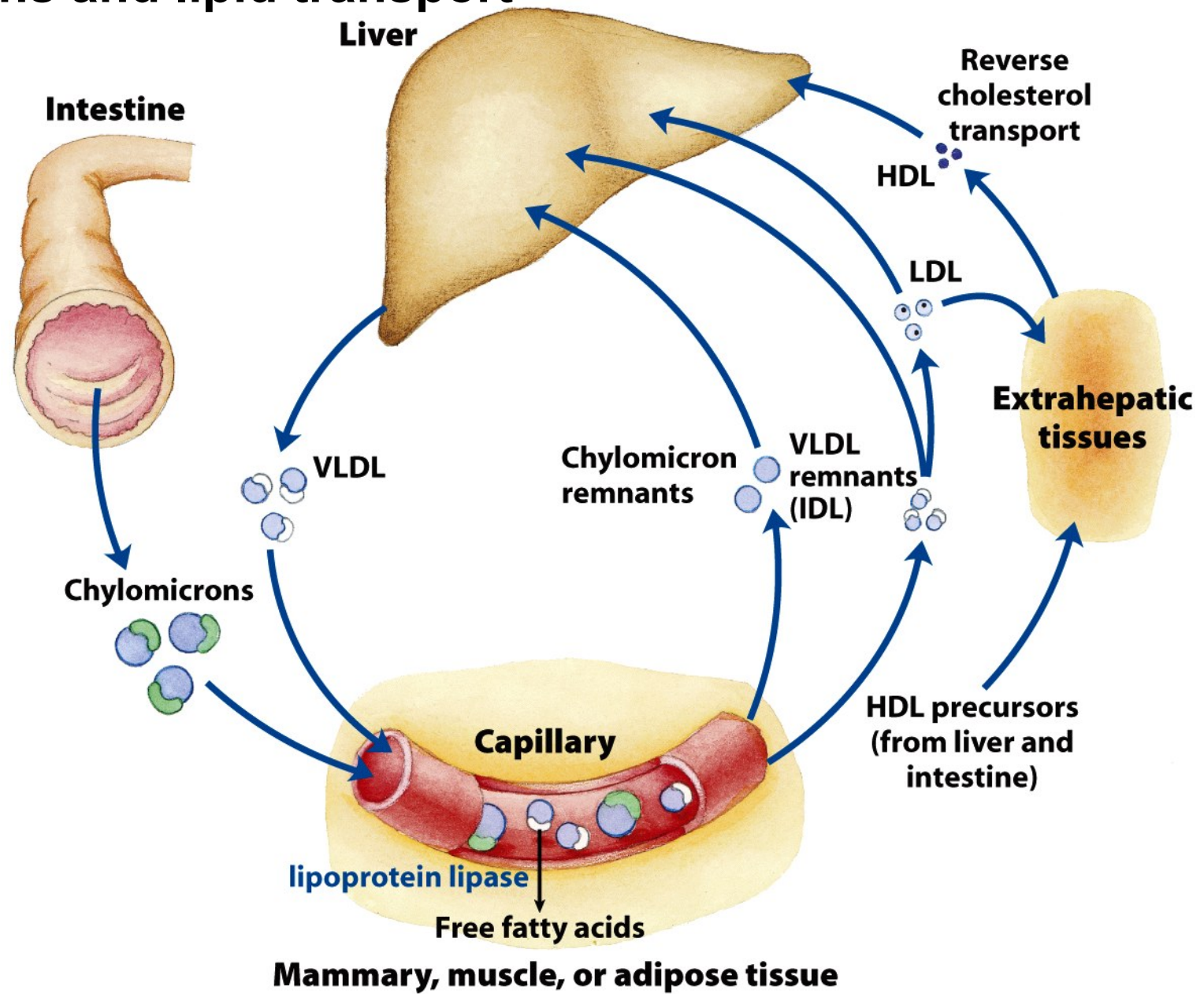


Figure 21-40a
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- Dietary lipids are packaged into **chylomicrons**
- Much of their triacylglycerol content is released by lipoprotein lipase to adipose and muscle tissues during transport through capillaries
- Remaining chylomicrons (containing largely protein and cholesterol) are taken up by the liver
- Endogenous lipids and cholesterol from the liver are delivered to adipose and muscle tissue by **VLDL**
- Extraction of lipid from VLDL (along with loss of some apolipoproteins) gradually converts some of it to **LDL**, which delivers cholesterol to extrahepatic tissues or returns to the liver
- The liver takes up LDL, VLDL remnants, and chylomicron remnants by **receptor mediated endocytosis**
- Excess cholesterol in extrahepatic tissues is transported back to the liver as **HDL**
- In the liver, some cholesterol is converted to **bile salts**

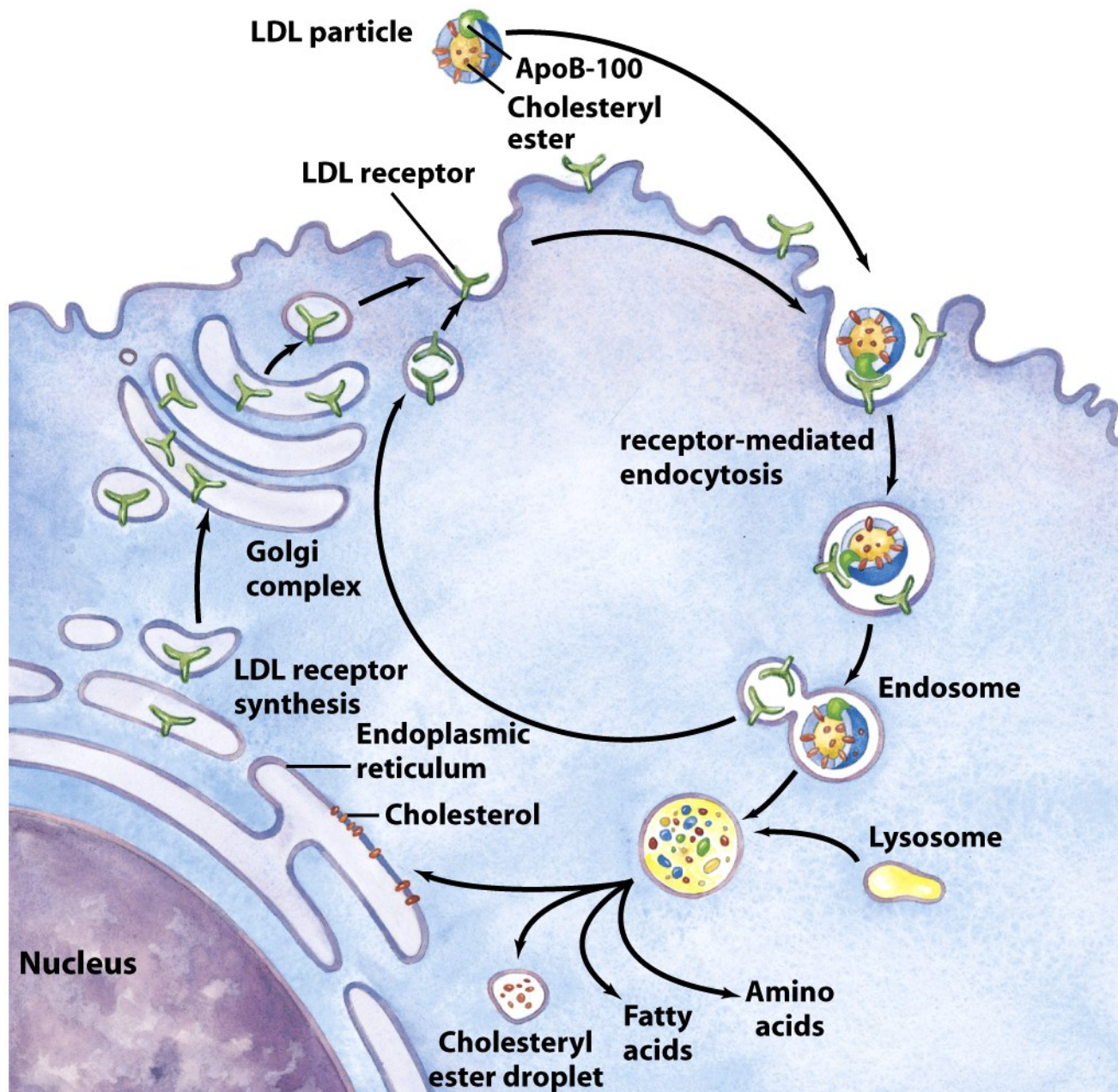


Figure 21-42

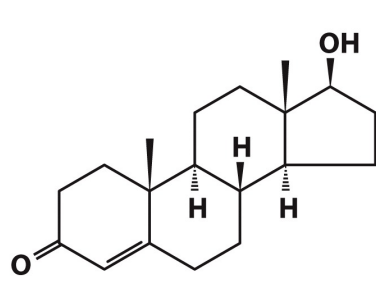
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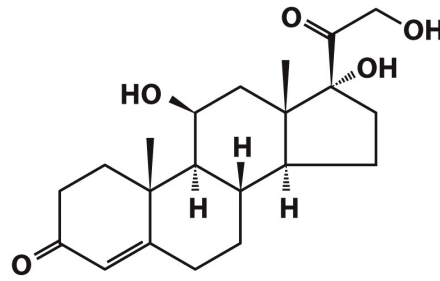
Steroid Hormones

- Steroids are oxidized derivatives of sterols
- Steroids have the sterol nucleus, but lack the alkyl chain found in cholesterol
- More polar than cholesterol
- Steroid hormones are synthesized from cholesterol in gonads and adrenal glands
- They are carried through the body in the bloodstream, usually attached to carrier proteins
- Many of the steroid hormones are male and female sex hormones

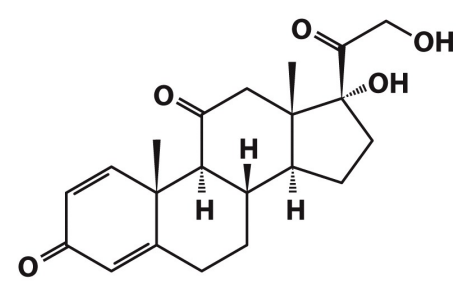
Steroid Hormones



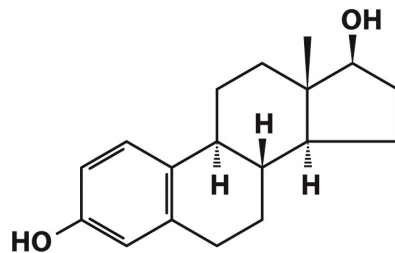
Testosterone



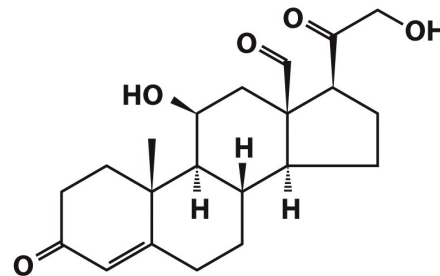
Cortisol



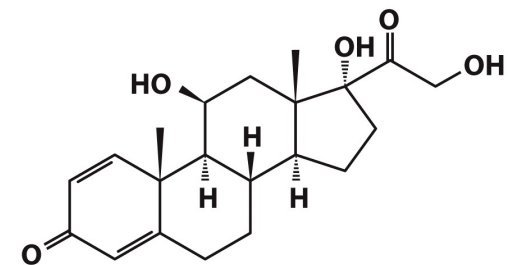
Prednisone



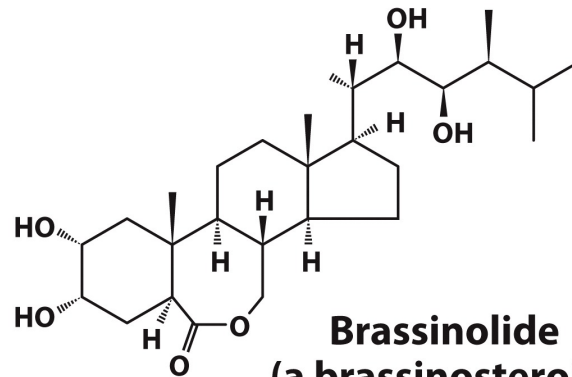
β -Estradiol



Aldosterone



Prednisolone



**Brassinolide
(a brassinosteroid)**

Figure 10-19

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Biologically Active Lipids

- Are present in much smaller amounts than storage or structural lipids
- Play vital roles as signaling molecules between nearby cells
- Lipid soluble vitamins (A, D, E, and K)

Signaling Lipids

- **Paracrine lipid** hormones are present in small amounts but play vital roles as **signaling molecules between nearby cells**
- Enzymatic oxidation of **arachidonic acid** yields
 - prostaglandins,
 - thromboxanes,
 - leukotrienes
- Arachidonic acid: 20:4($\Delta^{5,8,11,14}$)

Arachidonic Acid Derivatives as Signaling Lipids

- Variety of functions:
 - Inflammation and fever, increase in body temperature (prostaglandins)
 - Formation of blood clots (thromboxanes)
 - Smooth muscle contraction in lungs; overproduction causes asthmatic attacks (leukotrienes)
 - Smooth muscle contraction in uterus during labor and menstruation (prostaglandins)

Nonsteroidal antiinflammatory drugs (NSAIDs) such as **aspirin** and **ibuprofen** block the formation of prostaglandins and thromboxanes from arachidonate by inhibiting the enzyme cyclooxygenase (prostaglandin H2 synthase).

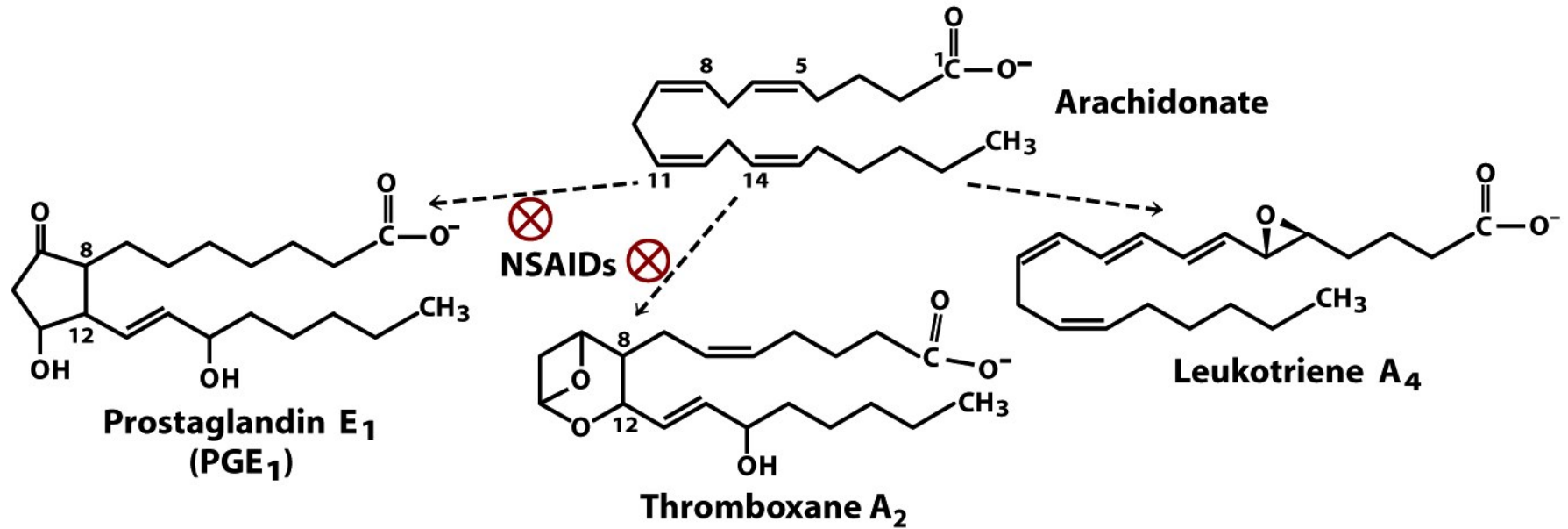


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Vitamin D regulates calcium uptake

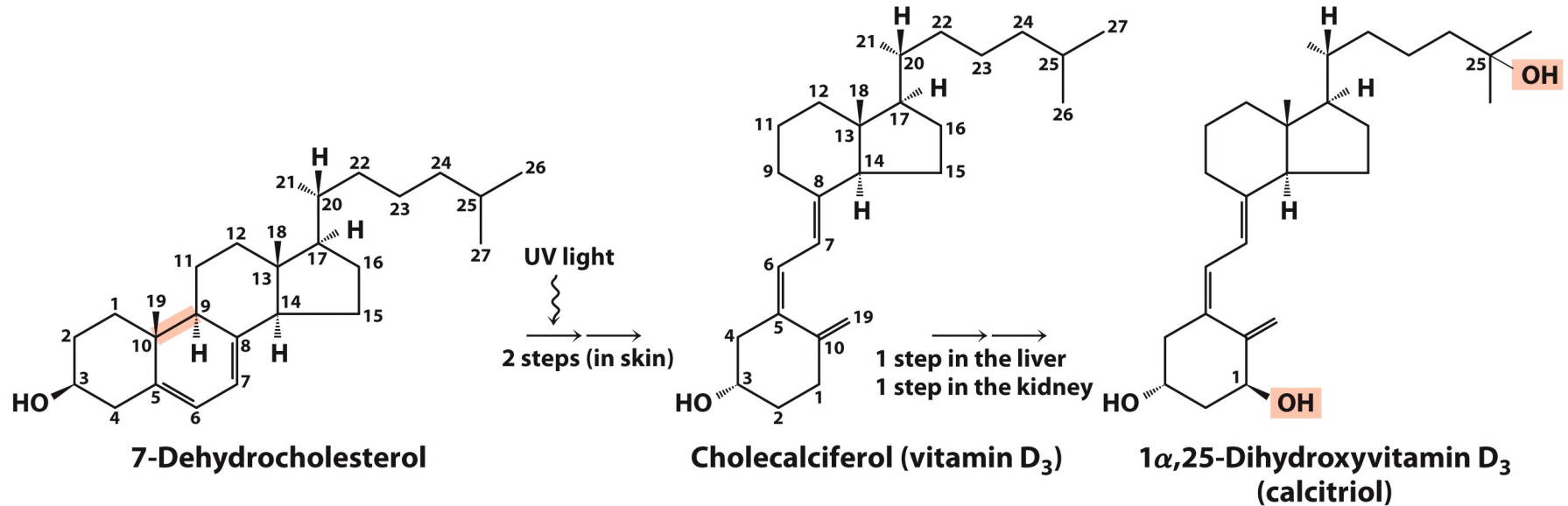


Figure 10-20a

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Vitamin A (Retinol)

- Involved in visual pigment
- Precursor for other hormones involved in signaling

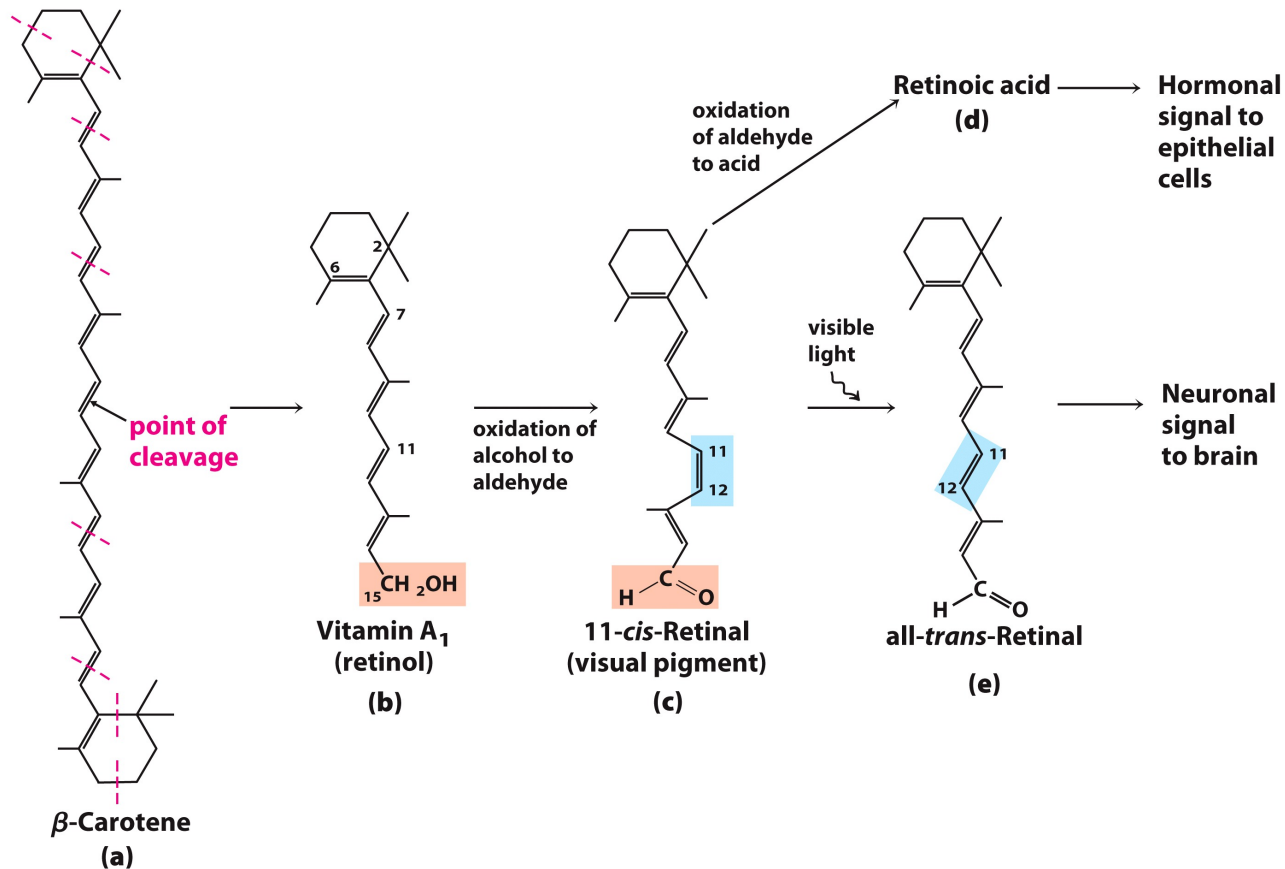


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Vitamin E, K, and other lipid quinones are antioxidants

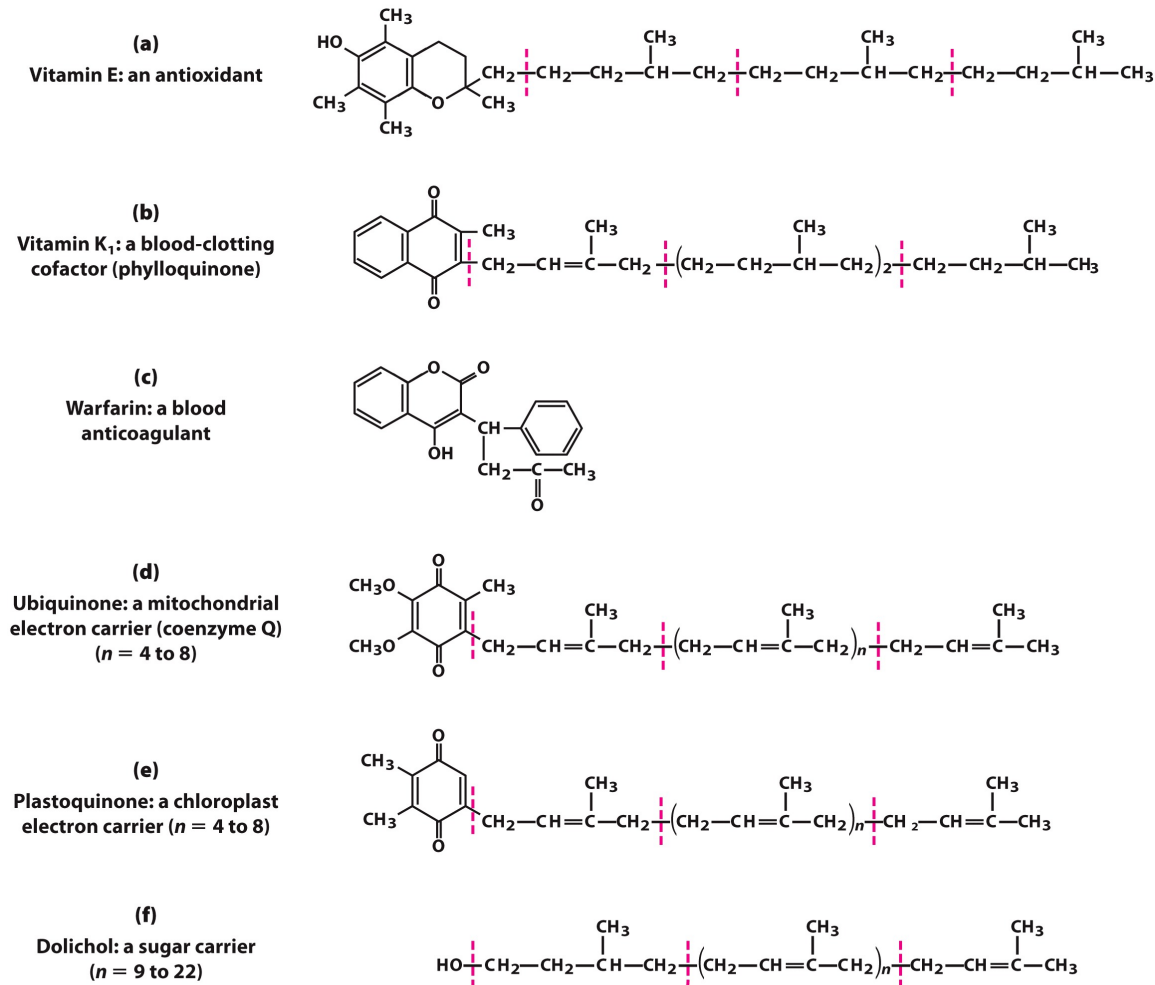
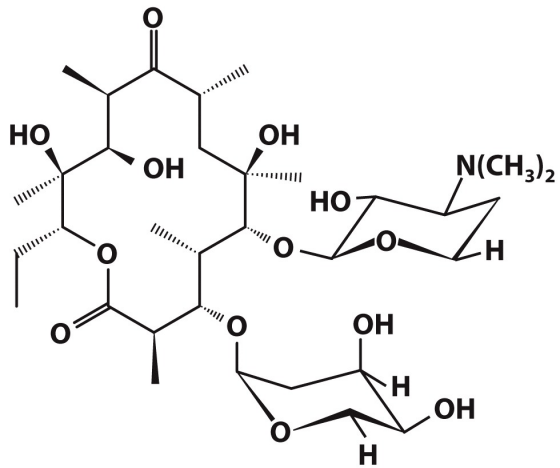


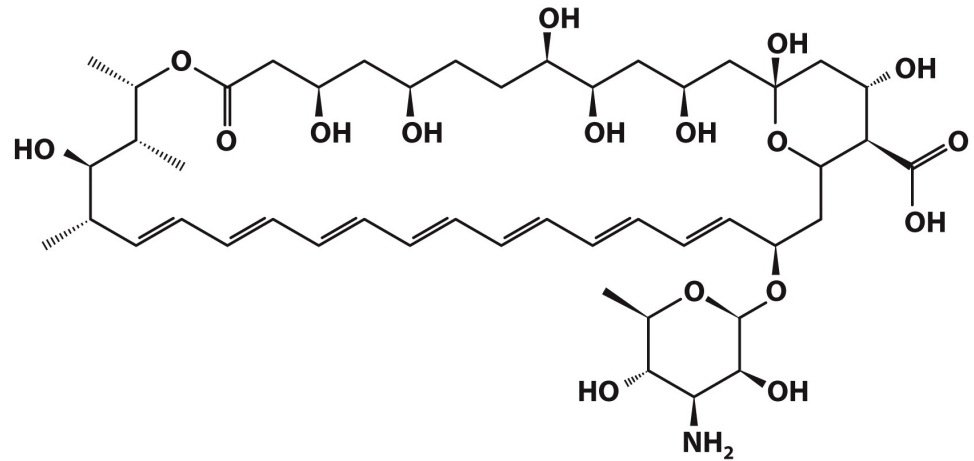
Figure 10-22

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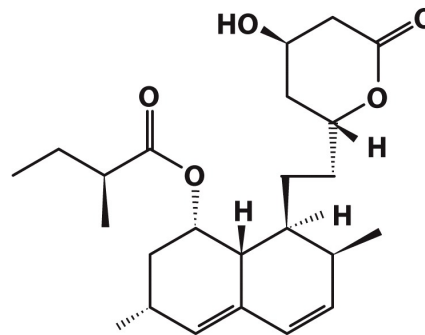
Polyketides are biologically active lipids with medicinal uses



Erythromycin (antibiotic)



Amphotericin B (antifungal)



Lovastatin (statin)

Figure 10-24