Medical Facts

On Average

- A human being loses an average of 40 to 100 strands of hair a day.
- An average human drinks about 16,000 gallons of water in a lifetime.
- Every square inch of the human body has an average of 32 million bacteria on it.
- Humans shed about 600,000 particles of skin every hour — about 1.5 pounds a year. By 70 years of age, an average person will have lost 105 pounds of skin.
- On average, women blink nearly twice as much as men.
- The average adult falls asleep seven minutes after turning the light off.
- The average human being will accidentally eat about a pound in weight of insects over the course of a lifetime.
- Right-handed people, on average, live nine years longer than left-handed people.
- The average human body has enough fat to make seven bars of soap.
- The average human body has enough iron to make a nail.
- The average human body contains enough sulfur to kill all fleas on a dog.
- The average human body has enough carbon to make 900 pencils.
- The average adult stands 0.4 inches (1 cm) taller in the morning than in the evening, because the cartilage in the spine compresses during the day.
- The average surface of the human intestine is 656 square feet (200 m).
- The average human will shed 40 pounds of skin in a lifetime.
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- The average talker sprays about 300 microscopic saliva droplets per minute (about 2.5 droplets per word).
- The average human will shed 40 pounds of skin in a lifetime.
- The average human dream lasts only 2-3 seconds.

Body Parts

- A fingernail or toenail takes about six months to a year to grow from base to tip.
- The smile is the most frequently used facial expression. A smile can use anywhere from a pair of five to 53 facial muscles.
- There are approximately 250,000 sweat glands in your feet, and they sweat as much as eight ounces of moisture per day.
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- The average person’s hair will grow approximately 590 inches in a lifetime.
- The average adult loses 540 calories with every liter of sweat. Men sweat about 40 percent more than women.
- The average person’s hand flexes its finger joints 25 million times during a lifetime.
- There are approximately 250,000 sweat glands in your feet, and they sweat as much as eight ounces of moisture per day.
- The average woman’s muscles make up about 30 percent of body weight, or about 43 pounds. The average man’s muscles comprise about 40 percent of body weight, or about 75 pounds.

- The average healthy person can lose as much as one-third of his or her blood without fatal results.
- The average person who stops smoking requires one hour less sleep a night.
- The average person’s field of vision encompasses a 200-degree wide angle.
The human body has 70,000 miles of blood vessels.
The thymus gland grows the slowest; the middle finger grows the fastest.
The eye muscles are the most active muscles in the entire human body.
Human teeth are almost as hard as rocks.
The space between your eyebrows is called the glabella.
The stomach can break down goat’s milk faster than cow’s milk.
It takes the stomach an hour to break down cow’s milk.
The stomach of an adult can hold 1.5 liters of material.
There are 400 species of bacteria in the human colon.
There are approximately 60 muscles in the face.
There are five million scent receptors located in a human being’s nose.
There are more than 640 muscles in the human body.

The strongest muscle in the body is the tongue.
Tongue prints are as unique as fingerprints.
There are approximately 9,000 taste buds on the tongue.

The skull is made up of 29 different bones.
The surface of the human skin is 6.5 square feet (2m).
The stomach has to produce a new layer of mucus every two weeks or else it will digest itself.
The eye is the only part of the human body that can function at 100 percent ability at any moment, day or night.
The only part of the human body that never changes size from birth to death is the eyes.
The brain has no sensation of pain, even when it is cut!
The longest human bone is the femur (or thigh bone), which is 48 cm long.
The adjective “metopic” pertains to the forehead.
The pop you hear when you crack your knuckles is actually a bubble of gas bursting.
Our eyes never grow; our nose and ears never stop growing.
The skin is the body’s largest organ. It helps keep the body at the ideal temperature by insulating it in the cold and allowing heat to escape when it is warm.
The strongest bone in the body, the thigh bone, is hollow. Ounce for ounce, it has a greater pressure tolerance and bearing strength than a rod of equivalent size in cast steel.
The human brain stops growing at age 18, and is 80 percent water. The skin weighs twice as much as the brain. The storage capacity of the human brain is about four terabytes (4,000 gigabytes).
The valves of the human heart are as thick as a single piece of tissue paper.
The white part of the fingernail is called the lunula.
There are 20 teeth in any human’s first set of teeth. By adulthood, humans have 32 teeth that must last for a lifetime.
There are 22 bones in the adult human skull.
There are 230 joints in the human body.
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There are 35 million digestive glands in the stomach.
There are eight bones in the human wrist.
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The longest muscle in the human body is the sartorius. This narrow muscle of the thigh passes obliquely across the front of the thigh and helps rotate the leg to the position assumed in sitting cross-legged. Its name is a derivation of the adjective “sartorial,” a reference to what was the traditional cross-legged position of tailors (“sartors”) at work.
The only bone in the human body not connected to another is the hyoid, a V-shaped bone located at the base of the tongue between the mandible and the voice box. Its function is to support the tongue and its muscles.
The tips of fingers and the soles of feet are covered by a thick, tough layer of skin called the stratum corneum.
The skin is only about as deep as the tip of a ballpoint pen. First-degree burns affect only the very top layers of the skin; second-degree burns, midway through the skin’s thickness. Third-degree burns penetrate and damage the entire thickness of the skin.
In dentistry, a “mulberry molar” is a tooth with more than the usual four cusps.
The soft mass of the adult brain is motionless. Though it consumes up to 25 percent of the blood’s oxygen supply, it does not grow, divide or contract.
The smooth muscles of the human body operate involuntarily and are located inside organs, such as the stomach and intestines.
The thumb is such a major player in the human body that it has a special section, separate from the area that controls the fingers, reserved for it in the brain.
A shank is the part of the sole between the heel and the ball of the foot. Also, a shank refers to a steel, plastic or wood piece inserted in the arch of a shoe.
The right lung takes in more air than the left.
The pancreas produces insulin.
The arteries and veins surrounding the brain stem, called the “circle of Willis,” look like a stick person with a large head.
Each square inch of human skin consists of 20 feet of blood vessels.
The two lines that connect your top lip to the bottom of your nose are known as the philtrum.
Human hair is estimated to grow at 0.00000001 miles per hour.
An adult esophagus can range from 10 to 14 inches in length and is one inch in diameter.
The aorta, which is the largest artery located in the body, is about the diameter of a garden hose.
The average ear grows 0.01 inches in length every year.
The average human head weighs about eight pounds.
The big toe is the foot reflexology pressure point for the head.
The human liver performs over 500 functions.
The kidneys filter over 400 gallons of blood each day.
The purpose of tonsils is to destroy foreign substances that are swallowed or breathed in.

Pregnancy, Babies & Children

• Weight can affect a woman’s ability to conceive.
  • A fetus acquires fingerprints at the age of three months.
  • Babies are born with 300 bones, but by adulthood we have only 206 in our bodies.
  • On average, a baby’s heart will beat about 60 million times before it is born.
  • In England the chance of a woman having twins has doubled since World War II. At this rate, every pregnancy will result in twins by the year 2060.
  • A three-week-old embryo is no larger than a sesame seed. Its hand is no larger than a teardrop.
  • A one-month-old fetus’s body is no heavier than an envelope and a sheet of paper. Its head is no larger than a teardrop.
  • A baby’s head is about one-quarter of its total height. By the age of 15 years, the head makes up about one-eighth of total height.
  • A boy’s voice breaks during puberty because his vocal cords are lengthening. Up until that point, girls’ and boys’ vocal cords are the same length.
  • The weight of a fetus increases about 2.4 billion times in nine months.
  • The world’s first test-tube twins were born in June 1981.
  • Twins are born less frequently in the eastern part of the world than in the western.
  • Until about age 12, boys cry about as often as girls.
  • Up to the age of six or seven months, a child can breathe and swallow at the same time. An adult cannot do this.
  • One in every 2,000 babies is born with a tooth.
  • Pregnancy in humans lasts about 270 days (from conception to birth).
  • The permanent teeth that erupt to replace children’s primary predecessors (baby teeth) are called succedaneous teeth.
  • The “spring up, fall out” phenomenon says children grow twice as fast in the spring as they do in the fall, while they gain more weight in the fall.
• A fetus that is four months old will become startled and turn away if a light is flashed on the mother’s stomach.
• Babies that are exposed to cats and dogs in their first year of life have a lower chance of developing allergies when they grow older.
• Babies’ eyes do not produce tears until the baby is approximately six to eight weeks old.
• Children who are breast fed tend to have an IQ seven points higher than children who are not.
• 80 percent of 10-year-old girls in the USA go on a diet.
• Infants spend more time dreaming than adults do.

Functions

• A cough releases an explosive charge of air that moves at speeds up to 60 mph.
• A sneeze can exceed the speed of 100 mph.
• A blink of an eye lasts about one-tenth of a second.
• It requires the use of 72 muscles to speak a single word.
• When you sneeze, all your bodily functions stop — even your heart.
• If you fart consistently for six years and nine months, enough gas is produced to create the energy of an atomic bomb.
• There are 110 calories per hour consumed during an hour of typing — only 30 more than those used while sleeping.
• Three pints (1.3 liters) of blood per minute flow through the kidneys.
• Half the body’s red blood cells are replaced every seven days.
• Men can read smaller print than women but women can hear better.
• A kiss for one minute can burn 26 calories.
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• We filter out 99 percent of the sights, sounds and other sensations around us if they don’t seem threatening or important. If we didn’t filter, the sensory overload would drive us insane.
• We think we cannot see at night. But given enough time to adjust, the human eye can, for a time, see almost as well as an owl’s. Ultimately, as the amount of light decreases, an owl detects shapes after a human no longer can.
• Coughing can cause air to move through your windpipe faster than the speed of sound — over 1,000 feet per second!
• It takes food seven seconds to go from the mouth to the stomach via the esophagus.
• The farthest you can see with the naked eye is 2.4 million light years away! (140,000,000,000,000,000,000 miles.) That’s the distance to the giant Andromeda Galaxy. You can see it easily as a dim, large gray “cloud” almost directly overhead in a clear night sky.
• The old myth that eating carrots will improve eyesight is TRUE! Carrots contain carotene which our body converts to vitamin A. Vitamin A is necessary for the production of visual purple, which helps you see in the dark. Without vitamin A, you could develop night blindness.
• The substance that human blood resembles most closely in terms of chemical composition is sea water.
• There is evidence that many people gain and lose weight in accordance with the cycles of the moon.
• Today, American dentists use some 13 tons of gold each year for crowns, bridges, inlays and dentures. Gold is non-toxic, it can be shaped easily, and it is tough — it never wears, corrodes or tarnishes.
• Two out of three adults in the United States wear glasses at some time.

Did You Know?

• Every time you lick a stamp, you’re consuming 1/10 of a calorie.
• According to German researchers, the risk of heart attack is higher on Monday than any other day of the week.
• After spending hours working at a computer display, if you look at a blank piece of white paper, it will probably appear pink.
• Beards are the fastest growing hairs on the human body. If the average man never trimmed his beard, it would grow to nearly 30 feet long in his lifetime.
• By the time you turn 70, your heart will have beat some 2.5 billion times (figuring on an average of 70 beats per minute.)
• Each square inch of human skin consists of 20 feet of blood vessels.
• Every human spent about half an hour as a single cell.
• It has been estimated that 17 percent of human beings are left-handed, which is roughly the same figure as for gorillas and chimpanzees.
• If you are right-handed, you tend to chew on the right-hand side of your mouth and if you are left-handed, you tend to chew on the left-hand side of your mouth.
• The liquid inside of young coconuts can be used as a substitute for blood plasma.
• The lifespan of a taste bud is 10 days.
• Intelligent people have more zinc and copper in their hair.
• If you yellow for eight years, seven months and six days, you will have produced enough sound energy to heat one cup of coffee.
• You can’t kill yourself by holding your breath.
• The sound heard by a listener when holding a seashell to his ear does NOT come from the shell itself. It is the echo of the blood pulsing in the listener’s own ear.
• The sound of a snore (up to 69 decibels) can be almost as loud as the noise of a pneumatic drill (70–90 decibels).
• The sense of touch: Electrical impulses travel from the skin toward the spinal cord at a rate of up to 425 feet per second.
• A bowl of lime Jell-O, when hooked up to an EEG machine, exhibits movement of white paper, it will probably appear pink.
• Dentists have recommended that a toothbrush be kept at least six feet away from a toilet to avoid airborne particles resulting from the flush.
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• It’s not impossible to sneeze with your eyes open, but it could make your eyes feel uncomfortable due to extra pressure on them.
• Laughing lowers levels of stress hormones and strengthens the immune system.
• Two out of three adults in the United States wear glasses at some time.
• There are three million stutterers in the United States and a similar proportion in every other part of the world.
• There are 62,000 miles of arteries, capillaries, and veins in the adult human body.
• There are more than 10 trillion living cells in the human body.
• The bacteria found on human skin is roughly the numerical equivalent of all the humans on Earth.
• There are more than 100 different viruses that cause the common cold.
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- Visual scientists have estimated that, by the age of 60, our eyes have been exposed to more light energy than would be released by a nuclear blast.
- Water makes up 60 percent of our body weight. Of the water, eight percent is in the blood, 25 percent in the spaces between cells, and 67 percent inside the cells.
- Gatorade was named for the University of Florida Gators, where it was first developed.
- By the time you are 70, you will have easily drunk over 12,000 gallons of water.
- Your brain is more active and thinks more at night than during the day.
- 85 percent of the population can curl their tongue into a tube.
- Your forearm (from inside of elbow to inside of wrist) is the same length as your foot.
- The longest bout of hiccups lasted 69 years!
- People are the only animals in the world who cry tears.
- In your very own lifetime, you’ll produce enough saliva to fill two swimming pools.
- A person will die from total lack of sleep sooner than from starvation. Death will occur after about 10 days without sleep, while starvation takes a few weeks.
- Blondes have more hair than dark-haired people.
- Blood-sucking hookworms inhabit 700 million people worldwide.
- If you are locked in a completely sealed room, you will die of carbon dioxide poisoning before you will die of oxygen deprivation.
- If you go blind in one eye, you’ll only lose about one-fifth of your vision (but all your depth perception.)
- The human body makes anywhere from one to three pints of saliva every 24 hours.
- Lab tests can detect traces of alcohol in urine six to 12 hours after a person has stopped drinking.
- The Neanderthal’s brain was bigger than ours.
- Women burn fat more slowly than men, at a rate of about 50 calories a day.
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- Visual scientists have estimated that, by the age of 60, our eyes have been exposed to more light energy than would be released by a nuclear blast.
- The eight most popular foods to cause food allergies are: milk, eggs, wheat, peanuts, soy, tree nuts, fish and shellfish.
- The world’s tallest woman is Sandy Allen. She’s 7 ft, 7 in.
- A person will burn seven percent more calories walking on hard dirt, as compared to pavement.
- Approximately 100 million people in the United States have a chronic illness.
- The smoke that is produced by a fire kills more people than a burn does because of carbon monoxide and other dangerous gases.
- Close to 50 percent of the bacteria in the mouth lives on the surface of our tongue.
- A headache and inflammatory pain can be reduced by eating 20 tart cherries.
- A person will burn seven percent more calories walking on hard dirt, as compared to pavement.
- At least seven percent of all health care costs in the United States are attributed to smoking.
- Between 10-15 percent of the population is left-handed.
- Between 1997 and 2002, there was an increase of 228 percent in cosmetic procedures in the United States.
- Carbon monoxide can kill a person in less than 15 minutes.
- Lab tests can detect traces of alcohol in urine six to 12 hours after a person has stopped drinking.
- In the average lifetime, a person will walk the equivalent of five times around the equator.
- The average human blinks their eyes 6,205,000 times each year.
- The entire length of all the eyelashes shed by a human in their life is over 98 feet (30 m).
- Odontophobia is the fear of teeth.
- After death, the body starts to dry out, creating the illusion that the hair and nails are still growing.
- Every year, about 98 percent of the atoms in the body are replaced.
- Human blood travels 60,000 miles (96,540 km) per day on its journey through the body.
- More than 2,500 left-handed people are killed every year from using right-handed products.
- A man’s beard contains between 7,000 and 15,000 hairs.
- Skin temperature does not go much above 95 degrees, even on the hottest days.
- One-third of all cancers are sun-related.
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