

THE HUMAN PANCREAS

Anatomy & Biological Functions

[Diagram: Pancreas Location & Structure]

Primary Anatomy

- **Head:** Nestled in the curve of the duodenum.
- **Body:** The central section extending horizontally.
- **Tail:** The tapered end reaching toward the spleen.
- **Pancreatic Duct:** Joins the common bile duct.

Dual Functions

1. **Exocrine System:** Produces enzymes (Amylase, Lipase, Protease) to aid digestion in the small intestine.
2. **Endocrine System:** Secretes hormones directly into the bloodstream.

Key Hormones

- **Insulin:** Lowers blood glucose levels.
- **Glucagon:** Raises blood glucose levels.
- **Somatostatin:** Regulates the release of other hormones.

Optimal Pancreatic Health

- Maintain a low-sugar, high-fiber diet.
- Stay hydrated to support enzyme production.
- Limit processed fats and alcohol consumption.
- Engage in regular cardiovascular exercise.
- Monitor blood glucose levels regularly.
- Avoid smoking to reduce inflammation risks.