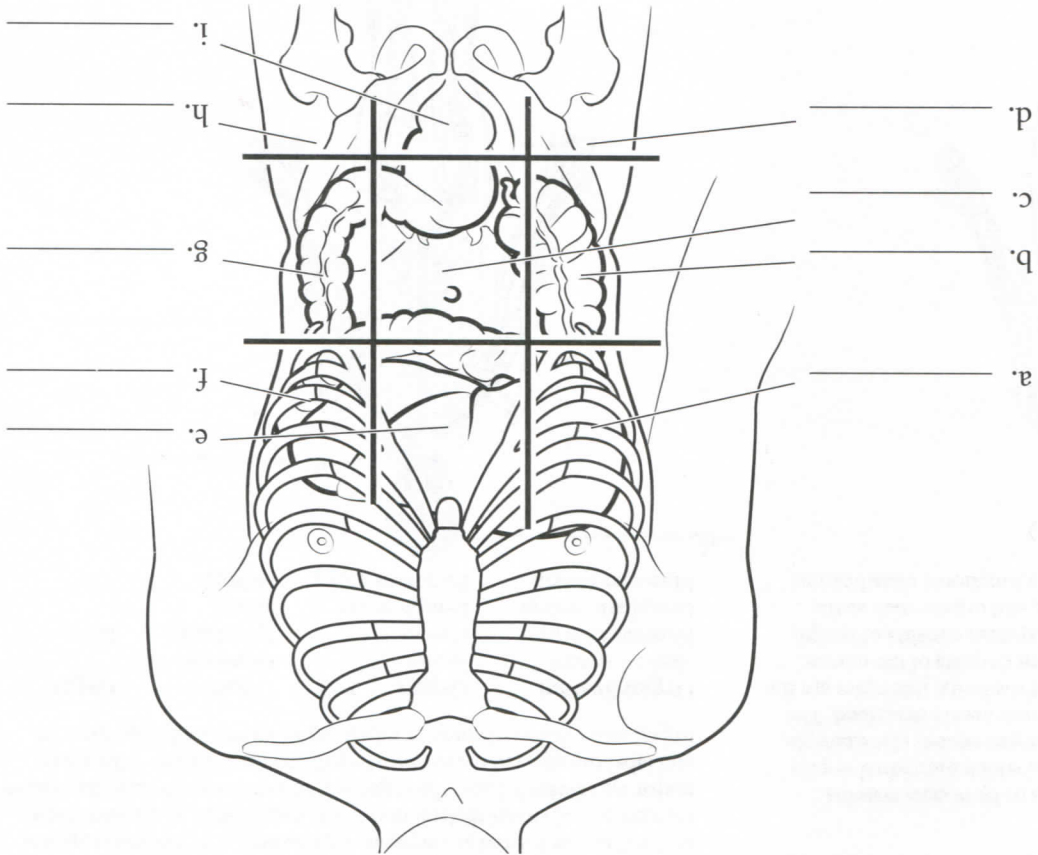
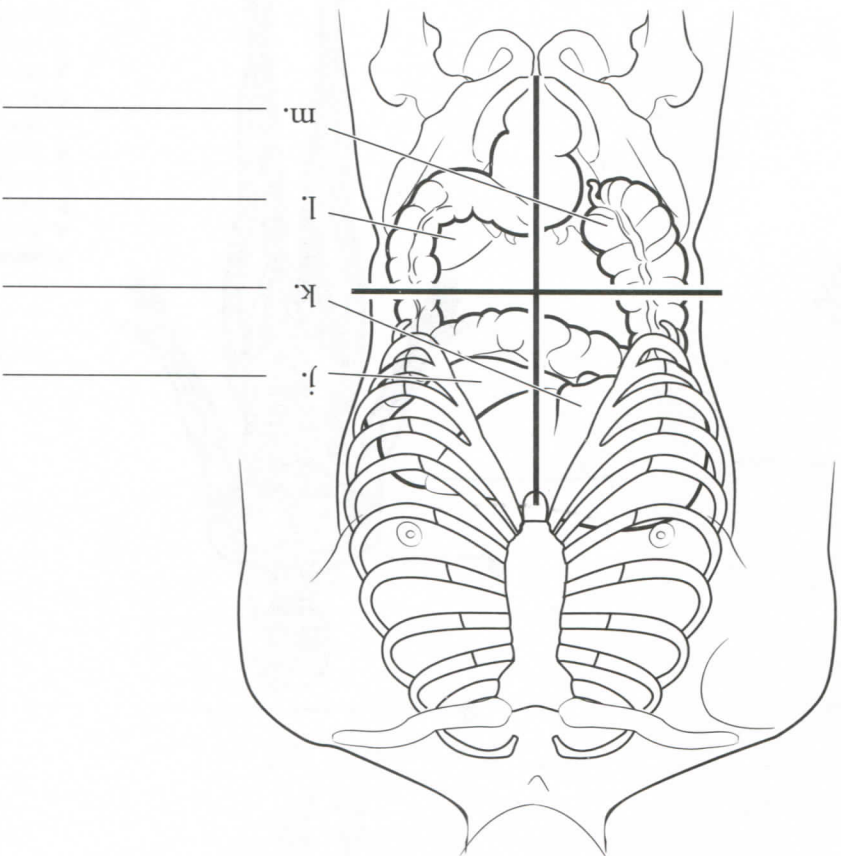


REGIONS OF THE ABDOMEN

In anatomy, the abdomen is divided into nine regions. Write the names of the regions in the spaces indicated. Color both the left and right **hypocondriac** regions in light blue. *Hypocondriac* means "below the cartilage." The common use of the word (someone who thinks they are sick all the time) reflects the Greek origin of the word as the ancient Greeks considered the region to be the center of sadness. Inferior to the hypocondriac regions are the **lumbar** or **lateral abdominal** regions. These are commonly known as the "love handles." Use yellow for these regions. Below the lumbar regions are the **inguinal** or **iliac** regions. You should color in these regions with the same shade of green. In the middle of the abdomen is the **umbilical** region. Color this region in red. Above this is the **epigastric** region (*epi* = above and *gastric* = stomach). Color this region in purple. Below the umbilical region is the **hypogastric** region (*hypo* = below). Color this region in a darker blue.



In clinical settings, a quadrant approach is used. Write the names of the regions (**right upper quadrant, left upper quadrant, right lower quadrant, left lower quadrant**) in the spaces provided. Color each quadrant a different color.



Answer Key: a. Right hypocondriac, b. Right lumbar (lateral abdominal), c. Umbilical, d. Right inguinal or iliac, e. Epigastric, f. Left hypocondriac, g. Left lumbar (lateral abdominal), h. Left inguinal or iliac, i. Hypogastric, j. Left upper quadrant, k. Right upper quadrant, l. Left lower quadrant, m. Right lower quadrant