

## Autonomic Nervous System

1. sympathetic
  1. anatomy
    1. T1 through L2
    2. sympathetic trunk
    3. viscera innervated
  2. physiology
    1. adrenergic
    2. fight-or-flight
    3. stress
    4. lag time to “come down”
2. parasympathetic
  1. anatomy
    1. first neurons in brain nuclei & sacral level of spinal cord
  2. physiology
    1. cholinergic
    2. resting & digestion/ maintenance
3. counterbalancing of the two systems
  1. parasympathetic
    1. erection
    2. deep breath leads to prolongation of sex via parasympathetic activity
  2. sympathetic
    1. ejaculation
    2. stress leads to premature ejaculation