

# BIOCHEMISTRY



## DAY 1

### USMLE Step 1 Biochemistry & Metabolism (Part 1)

Total Duration: 1 hour, 52 minutes, and 1 second (1:52:01)

- Introduction (19:50)
- Basics of Metabolism (4:28)
- Start Enzyme Terminology (5:59)
- Transamination Reactions (AST/ALT) (3:30)
- Dehydrogenase Enzymes (6:27)
- Overview of Metabolism for the USMLE (1:32)
- Glycolysis (13:10)
- Gluconeogenesis (11:50)
- Metabolic Regulation of Pyruvate (1:45)
- Ethanol Metabolism (3:30)
- Glycogen Storage Diseases (6:59)
- Fructose, Galactose, Lactose (14:18)
- Lipid Metabolism & Synthesis (10:19)
- Fatty Acid Oxidation (8:24)

## DAY 2

### USMLE Step 1 Biochemistry & Metabolism (Part 2)

Total Duration: 1 hour, 53 minutes, and 26 seconds (1:53:26)

- Odd Chain FA Metabolism (7:32)
- B12 Deficiency Integration (2:39)
- Summary of Lipids (1:02)
- Ketone Metabolism (4:59)
- DKA (Integration) (6:33)
- Amino Acid Metabolism (9:46)
- Urea Cycle (8:23)
- Collagen Synthesis (5:04)
- Energy Production (9:37)
- TCA Cycle (5:10)
- Electron Transport Chain (20:38)
- Uncoupling Agents (17:03)
- Cholesterol & Lipid Metabolism (9:58)
- VLDL (5:02)

# BIOCHEMISTRY

## DAY 3

### USMLE Step 1 Biochemistry & Metabolism (Part 3)

Total Duration: 1 hour, 36 minutes, and 23 seconds (1:08:59)

- IDL (2:26 )
- LDL & Atherosclerosis (5:30 )
- HDL (4:30 )
- Lipid Disorders for the USMLE (11:32 )
- HMP Shunt Pathway (9:19 )
- Nucleotide Synthesis (3:07 )
- Biochemistry of Nutrition (2:56 )
- Fat Soluble Vitamins (6:53 )
- Cystic Fibrosis (5:05 )
- Water Soluble Vitamins (12:27 )
- Approach to Pedigrees on the USMLE (15:18 )
- Lysosomal Storage Diseases (2:52 )
- Start Summary of Biochemical Pathways (6:11 )
- Chromosome Abnormalities for the USMLE (8:17 )