Reticular Fibrocollagenous CT:
- Network of reticular fibres in a loose ground substance.
- Reticular fibres are made of collagen type III.
- Fibres form a soft internal skeleton that support other cell types, mostly WBCs.
- Found in bone marrow, the spleen and lymph nodes (lymphoid organs).

Histology Cells:
- Fibroblasts have elongated nuclei and cells.
- Lymphocytes stain heavily, appearing as purple units.
- Plasma cells have a cytoplasm that stains very darkly; they are similar to the appearance of lymphocytes but have more cytoplasm.
- Macrophages are very large and red.

Adipose Tissue:
- Has high density of cells.

White Adipose:
- Main fat storing tissue in adults.
- Acts as an energy reserve.
- Insulates the skin.
- Acts as a shock absorber for organs.
- Made of unilocular adipocytes (1 large droplet).
- Has a widespread distribution.
- Nucleus found towards the side.
- Matrix is similar to areolar CT.
Glial Cells:
- Supporting cells of nervous tissue.
- 10x more abundant than neurones.
- Have protective roles.
- Important in repairs of nervous system lesions.
- CNS has 4 glial cells.
- PNS has 2 glial cells.

Astrocytes:
- Found in the CNS.
- Look like a star.
- Form part of the BBB.
- Regulate the composition of the extracellular environment.
- Proliferate at the site of injury to form glial scars.

Oligodendrocytes:
- Found in the CNS.
- Produce myelin by wrapping their plasma membrane around axons.
- 1 oligodendrocyte can myelinate many axons.
- Myelination increases action potential speed greatly.

Microglia:
- Found in the CNS.
- Act as specialised macrophages.
- Activated by damage where they then increase in size and proliferate.
- They are the smallest cells in the CNS.

Ependymal Cells:
- Found in the CNS.
- Ciliated, cuboidal epithelium.
- Lines ventricles.
- Modified to form the choroid plexus.
- The choroid plexus generates the CSF.

Satellite Cells:
- Found in the PNS.
- Perform the same job as astrocytes do in the CNS.

Schwann Cells:
- Envelop all axons in the PNS.
- Many Schwann cells are needed to myelinate 1 whole axon.
- 1 Schwann cell can myelinate 1 segment of 1 axon.