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# Alpha Helix

National Cancer Institute

## Source

National Cancer Institute. *Alpha Helix*. NCI Thesaurus. Code C13369.

A right-handed spiral conformation; the  $\alpha$ -helix has a pitch of 5.4 Å and has 3.6 amino acid residues per turn; every main chain C=O and N-H group is hydrogen-bonded to a peptide bond 4 residues away; the peptide planes are roughly parallel with the helix axis and the dipoles within the helix are aligned, i.e. all C=O groups point in the same direction and all N-H groups point the other way; side chains point outward from helix axis and are generally oriented towards its amino-terminal end. (from expasy.org)