

TABLE 1 Thickness of fibroblast lamellipodia

Label	Group	Mean thickness \pm SD (<i>n</i>), in nm
Rhodamine phalloidin (fixed F-actin)	All	113 \pm 15 (19)
	Protruding	118 \pm 10 (6)
	Stable	125 \pm 15 (3)
Cytoplasmic volume marker (living cytoplasm)	All	176 \pm 14 (11)