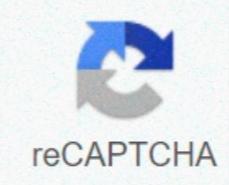


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## Endocrine review sheet

The endocrine system consists of organs, hormones, the thyroid gland and adrenal glands. These carry hormones around your body and get where they need to go. Hormones communicate digestion, metabolism, sleep cycles, stress, growth, reproduction and mood. The endocrine system is susceptible to certain diseases. These diseases include diabetes, thyroid disease and obesity. Hormones are susceptible to an imbalance, which in turn, can lead to a lot of problems in your body. Think of them as your body messengers for your most important post. If the mail doesn't get where it needs to go, parts of your body aren't getting instructions on how to function. This malfunction could make you sleep or sweat for apparently no reason. It is important that the endocrine system works and that hormone levels are balanced. The endocrine system consists of several glands located throughout the body. These glands secrete hormones - chemical messengers that indicate the body to perform essential functions, usually related to growth and metabolism. AndreyPopov / Getty Images There are two types of glands within the endocrine system. They secrete their hormones directly into the bloodstream, where they are taken to the place of action. Exocrine glands secrete their hormones directly into ducts. Examples of exocrine glands include sebaceous, breast, salivary and digestive glands. Many endocrine glands are sensitive to the concentration of the hormone they produce or to the substance that activates them. If the concentration of the hormone or substance is lower than normal, normally the gland will be activated. If the concentration is high, it will stop production of the hormone. This is what is known as a negative feedback system. When cell membrane receptors of an endocrine gland are activated by a particular hormone, a cascade of chemical events is triggered within the cell. Receptors and hormones are very specific. Only one type of hormone will fit into a given receptor. If the wrong hormone tries to fit into a receptor, no reaction will occur. Pituitary gland - This is often called the master gland due to its large number of functions related to metabolism and maintenance of homeostasis. There are two pituitary lobes: the previous and posterior. The anterior lobe produces many hormones, including: The secret posterior lobe: Anti-diuretic hormone Hypothalamoxocin - The hypothalamus is a small portion of the brain that is very close to the pituitary gland. It controls pituitary hormones by releasing hormones that stimulate or inhibit their release. For example, the hypothalamus secretes the gonadotropin-releasing hormone, which causes the production of gonadotropins (follicle-stimulating hormone and luteinizing hormone) by the pituitary. It also produces corticotrophin-releasing hormone, thyrohormone-releasing hormone, and growth hormone-releasing hormone. Around the time of puberty, your tissue is replaced by fat and is no longer necessary for normal immune function. Melatonin has been found to regulate the sleep cycle awake. It produces thyroxine (T4) and tri-iodothyronine (T3), known to regulate metabolism. It also secretes calcitonin, which helps regulate calcium levels. Parathyroid - Four small glands located in the thyroid constitute parathyroid. They produce parathyroid hormone. Its secretion controls calcium and phosphorus levels in the body. Adrenal glands - There are two adrenal glands, one located at the top of each kidney. Each of the glands is divided into two regions, the bark and the marrow, which have very different functions. Hormones produced by the cortex are vital for life and include glucocorticoids, mineralocorticoids and some of the sex hormones, such as androgens and small amounts of estrogen. Pancreas - The pancreas is a large gland in the abdomen that secretes insulin and glucagon. These two hormones are essential in regulating and maintaining normal blood sugar levels. Glucagon stimulates the liver to release more glucose into the body, while insulin causes the body's cells to take more glucose. Ovaries - Found only in women, these two small glands produce estrogen, progesterone and inhibition. Estrogen and progesterone are the primary sex hormones responsible for many of the female secondary sexual characteristics. Inhibit is a hormone that controls follicle-stimulating hormone levels, which regulates egg development. Whenever one of these hormones is out of balance, many other systems, glands and hormones can be affected. Women with polycystic ovary syndrome, for example, may show alterations in the follicle-stimulating hormone, luteinizing hormone, androgens (testosterone) and insulin, which can, in turn, affect their estrogen levels. Alterations of any of these hormones can cause changes in weight, metabolism and energy levels. The endocrine system consists of endocrine glands that release important hormones into the body's bloodstream. These hormones help control everything from metabolism to reproduction. The system regulates hormonal production, and hormones act as chemical messengers. Negative health consequences arise if there are disruptions in the endocrine system or if the system produces too much or too few hormones. Living creatures, including humans, mammals and birds, have an endocrine system made up of glands, hormones and receptors. The glands produce hormones. These hormones regulate many aspects of health, including growth, reproduction, metabolism, and more. They are chemical messengers that deliver important information to receptors located in various organs and tissues. These messages govern various health processes. The endocrine system plays an essential role in health. Too many hormones or too few can cause significant health problems, so the system should release only the correct amount into the bloodstream. Many factors, however, can affect these hormone levels. Things like stress and infection can affect the endocrine system in several ways. People with related disorders generally require medical treatment. tsz / Getty Images As chemical messengers, hormones transmit unique information depending on the role they play in the body. In addition, only certain types of receptors are equipped to respond to chemical messages delivered by hormones. The latter travel throughout the body, but recipients know which messages to respond to. Hormones report on the body's development, reproductive function, and more. tsz / Getty Images The body's hormones, as chemical messengers, control various bodily processes. They are involved in blood sugar control, body differentiation, the reproductive system, mood, and even energy production. For the body to grow and function normally, the system must work well. The hormone-receptor relationship is integral to human function and overall health. Estrogen and androgens are two examples of hormones produced within the endocrine system. Estrogens are essential for the development of the female reproductive system. Androgens support the development of male sexual characteristics. Testosterone, for example, is an androgen. Many other hormones have specific functions in the body. The glands of the endocrine system are responsible for the production of hormones. The thyroid gland, for example, produces two hormones: thyroxine and triiodothyronine. These hormones stimulate the body's cells and help control various processes such as growth, development, metabolism and reproduction. The body's adrenal glands make hormones in response to stress. They also help regulate things like blood pressure and water and salt balance. A problem with a gland can seriously affect the endocrine system. The pituitary gland is the master gland -- it's quite small, but it has a great job. It is located at the base of the brain and is about the size of a pea. The secret pituitary gland hormones that control other glands within the endocrine system. It makes growth hormone, prolactin (involved in the production of hormones that stimulate the thyroid, and even hormones that control the amount of fluid in the body. It also receives messages from the hypothalamus, which drives this system and links it to the nervous system. tsz / Getty Images Certain conditions such as disorders and diabetes can disrupt the endocrine system. For example, hormones that help control blood sugar can stop you doing your job or struggle to get it right. In these cases, diabetes, a disease that disrupts blood sugar levels, can develop and affect the endocrine system and overall health. In general, eating a healthy diet and regular exercise should keep the endocrine system functioning as it should. If problems develop, individuals may require medical intervention. Signs and symptoms of issues within the endocrine system include frequent urination, gaining weight or losing weight, experiencing tremors, sweating more than usual, experiencing nausea, and abnormal physical growth or development. There are several endocrine disorders that can affect health. The most common is diabetes, but people may also have hyperthyroidism (too much hormone production), hypothyroidism (too little hormonal production), polycystic ovary syndrome, early puberty, Cushing's disease, and adrenal insufficiency. There are many treatments and therapies designed to relieve these symptoms and disorders. stevecoleimages / Getty Images

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