

<b>Adrenal Glands</b>	Produce adrenaline which signals the rest of the body to prepare for fight or flight.
<b>Adrenaline</b>	Controls the "fight or flight" response to provide sudden bursts of energy and strength.
<b>Endocrine glands</b>	Glands secrete hormones that regulate processes such as growth, reproduction, and nutrient use (metabolism) by body cells.
<b>Estrogen</b>	A female sex hormone produced by the ovaries; men secrete smaller amounts from the testes.
<b>Exocrine glands</b>	Are glands that releases its secretions through tube like structures called ducts
<b>Growth hormone</b>	Controls the growth of muscles, bones and organs.
<b>Hormones</b>	Chemical messengers created in the endocrine glands and travel through the blood stream and affect other tissues.
<b>Hypothalamus</b>	A brain center that controls activities such as maintenance of water balance, regulation of body temperature and control of appetite
<b>Insulin</b>	A protein hormone made in the pancreas that regulates blood sugar levels by signaling tissues to take up sugar from the blood.
<b>Negative feedback loop</b>	Negative feedback systems reverse changes in the body.

# Endocrine System Review Guide Answers

**Lauren Gardner**



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