

FINALS LECTURE 1: ENDOCRINE SYSTEM

PUBERTY

- marks a period where significant physical and behavioral differences between girls and boys become evident, largely influenced by the endocrine system.
- Girls
 - o estrogens play a crucial role by promoting the accumulation of adipose tissue in the breasts and hips, giving rise to a more feminine physique.
- Boys
 - o increasing testosterone levels contribute to muscle mass development and the enlargement of vocal cords, resulting in a deeper voice.

ENDOCRINE GLAND

- endocrine system controls body functions through the release of **hormones**
- ductless glands

Hormones

- released by endocrine glands and travel through the bloodstream to reach target cells throughout the body.
- Responses in the endocrine system are generally slower compared to the nervous system.
- may take minutes to hours to initiate a response
- influence of the endocrine system is broad, affecting virtually all types of body cell.
- In some cases, chemicals can function as both neurotransmitters and hormones, such as norepinephrine, which can be released as a neurotransmitter by sympathetic postganglionic neurons and as a hormone by chromaffin cells of the adrenal medulla.

Chemical Classes of Hormones

1. Lipid-Soluble Hormones

- **Steroid Hormones:**
 - o derived from cholesterol
 - o Examples include cortisol, aldosterone, and sex hormones (estrogen, progesterone, testosterone).
- **Thyroid Hormones:**
 - o Thyroid hormones (T3 and T4) are synthesized by attaching iodine to the amino acid tyrosine.
- **Nitric Oxide (NO):**
 - o unique hormone that is both a hormone and a neurotransmitter.
 - o has various roles, including vasodilation and neurotransmission

2. Water-Soluble Hormones

- **Amine Hormones:**
 - o synthesized by modifying specific amino acids
 - o Examples include catecholamines (epinephrine, norepinephrine, dopamine), histamine, serotonin, and melatonin.
- **Peptide and Protein Hormones**
 - o Examples include antidiuretic hormone (ADH) and oxytocin, and protein hormones include growth hormone and insulin.

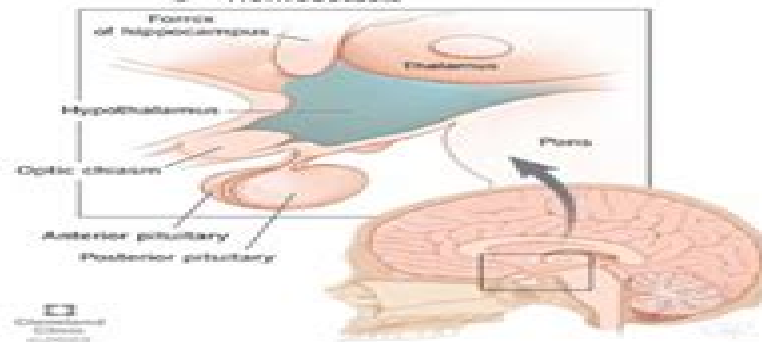
DR. C.L.L.BELANDRES

Eicosanoid Hormones:

- o derived from arachidonic acid.
- o two main types of eicosanoids: prostaglandins (PGs) and leukotrienes (LTs).

II. HYPOTHALAMUS

- a region of the brain located below the thalamus
- serves as the major connection between the nervous and endocrine systems
- hormones secreted are essential for regulating various aspects of:
 - o Growth
 - o Development
 - o Metabolism
 - o Homeostasis



- plays a crucial role in regulating the secretion of anterior pituitary hormones through the release of specific hormones
- These hypothalamic hormones can either stimulate or inhibit the anterior pituitary, depending on the desired hormonal response

STIMULATING HORMONES:

- **Growth hormone-releasing hormone (GHRH):**
 - o aka somatotropin
 - o stimulates the secretion of growth hormone (GH) from the anterior pituitary → plays a role in body growth.
- **Thyrotropin-releasing hormone (TRH):**
 - o stimulates the secretion of thyroid-stimulating hormone (TSH) from the anterior pituitary.
 - TSH, in turn, regulates the thyroid gland's activity and the production of thyroid hormones.
- **Corticotropin-releasing hormone (CRH):**
 - o prompts the secretion of adrenocorticotrophic hormone (ACTH) from the anterior pituitary
 - ACTH regulates the adrenal cortex and the production of glucocorticoids like cortisol
- **Prolactin-releasing hormone (PRH):**
 - o stimulates the secretion of prolactin (PRL) from the anterior pituitary →

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Christian G. Meyer



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