

# Endocrine System

## Pancreas

**Pathophysiology:** an organ in the body containing alpha and beta cells that produce both endocrine and exocrine function

- **Alpha cells:** secrete glucagon
- **Beta cells:** secrete insulin
- **Endocrine function:** hormones assist body with metabolism
- **Exocrine function:** secretion of enzymes to help assist with food digestion



## Diabetes

**Pathophysiology:**

- DM 1: there is insufficient insulin
- DM 2: there is insulin resistance

**Causes:**

- DM 1
  - Past viral infection
  - Genetic predisposition
- DM 2
  - Poor lifestyle choices

**Signs & Symptoms:**

- Increased urine
- Increased hunger
- Increased thirst
- Increased fatigue
- Blurred vision (early onset) that can lead to chronic complications
- Pins/needles feeling in the feet
- Unexplained weight loss (DM1)

## Polyuria & Polydipsia

- The blood is thick, making it hard for the heart to supply blood and O<sub>2</sub> to the body. The body tries to thin the blood by pulling excess H<sub>2</sub>O, causing an increase in urine and thirst.



## Prevention

- Glucose control
- Diet
- Exercise
- Medications
- Urine testing for ketones

**REFER TO DM1 & DM2 CARE PLAN FOR DETAILS**

## Why is it important?

- Poor diabetic control can lead to heart and vessel damage, kidney failure, and nerve damage.

## Diabetic Sick Day Rules

- Monitor blood glucose every 4 hours
- Test urine for ketones (>240 mg/dL)
- Continue to take medications unless a provider says otherwise
- Increase fluid intake to prevent dehydration
- Eat meals at regular times

**CALL DOCTOR IF:**

- Persistent N/V/D
- Moderate to high ketones
- Blood sugar >250 and not responding to insulin
- Illness longer than 2 days
- Fever 101.5 or higher for more than 24 hours

## Risk Factors

- Hypertension (damages the blood vessels)

# Faculty Scf Study Guide 10 Endocrine System

**Cyndi Kinney**



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includes an extensive Study Guide to help your student learn about the Endocrine System All booklet templates and instructions included Designed for K 8th grades with younger children requiring some assistance and explanation from the teacher Could also be adjusted to fit older students as well     *Endocrine System and Hormones* Kippy Shortsox,2013-12

This is a study guide that focuses on the endocrine system and hormones By targeting only the most important concepts and skipping the complicated muck it provides students with a solid foundation that enables them to absorb more complicated and detailed endocrine topics It includes an outline that pulls together the most important facts of the endocrine system and hormones Each opposing page provides a place for student notes which provides the flexibility to individualize this study guide and keep notes in one convenient place Ending with a question and answer section and multiple choice questions this is a study tool that students will keep coming back to Be sure to visit [kippyshortsox.com](http://kippyshortsox.com) for important updates and additional learning materials     **Life Sciences** Peter Preethlall,2008

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