



## Regulation of Fluids

- **Hypothalamus** –thirst receptors (osmoreceptors) continuously monitor serum osmolarity (concentration). If it rises, thirst mechanism is triggered.  
+Vasopressin (AKA ADH )– increasing H<sub>2</sub>O reabsorption
- **Pituitary regulation**- posterior pituitary releases ADH (antidiuretic hormone) in response to increasing serum osmolarity. Causes renal tubules to retain H<sub>2</sub>O.
- Thirst is a late sign of water deficit

## Regulation of Fluids (cont.)

- **Renal regulation**: Nephron receptors sense decreased pressure (low intracellular fluid volume) and release renin. Renin converts Angiotensin I to Angiotensin II.
- **Angiotensin II** causes Na and H<sub>2</sub>O retention by releasing ADH.
- **Stimulates Adrenal Cortex** to secrete **aldosterone** which causes nephrons to secrete K and retain Na and H<sub>2</sub>O.

# Fluid And Electrolyte Balance Study Guide

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