

Chapter One: Endocrinology

- What is the primary function of Endocrine System and what does it compose?
 - Regulation of growth, development, homeostasis, reproduction and metabolism
 - Endocrine Glands and Hormones
- What are the classes of hormones?
 - Peptides
 - Steroids
 - Amines
- What are the modes of Hormones Transmission?
 - Endocrine: traveling to a different tissue through bloodstream to effector tissue.
 - Paracrine: Secreted in close proximity
 - Autocrine: Same cells that secreted will be affected
- What is a steroid hormone?
 - Lipid based hormone
 - Sex steroids, Cortisol
- How are Peptide hormones made?
 - By using Amino Acids
 - Utilize second messenger pathway
 - Epinephrine, Gonadotropins, Growth Hormone
- What regulates our hormones?
 - Neurotransmitters acting on our hypothalamus

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- What is the interface between the nervous system and the endocrine system?
 - Hypothalamus
 - Anterior and Posterior Pituitary
- What hormone is secreted by the pineal gland, and uses UV light signals to function, what happens when we begin to include external supplements ?
 - Melatonin: we will stop producing our own
- What endocrine gland functions in metabolism, how? Uses peptide based hormones, which one and its function, and also utilized amine based hormones?
 - Thyroid Gland, Aerobic Process, Glucose Breakdown
 - Calcitonin, Storage and use of calcium
 - T4 and T3
- What hormone is released by the parathyroid gland
 - PTH
- What hormone is secreted by the Adrenal Gland
 - Cortisol
 - Aldosterone
 - Epinephrine and Norepinephrine

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- What are your gonadotropins and their target tissue?
 - Testosterone and Estrogen
- What hormone is secreted by the pancreas
 - Insulin, Glucagon
- Why is it important that we maintain hormonal balance?
 - Can cause mass disruption in function and cause disease