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710 CHAPTER 16 • THE ENDOCRINE SYSTEM

TABLE 16.1
Major Endocrine Glands and Their Secretions

Major Endocrine Gland	Major Secretions	Major Actions
Hypothalamus	Thyrotropin-releasing hormone (TRH), growth hormone-releasing hormone (GHRH), somatostatin, vasopressin, oxytocin, dopamine, melatonin	Regulates the anterior and posterior pituitary glands, stimulates the thyroid gland, and influences the growth of the body.
Anterior pituitary gland	Growth hormone (GH), prolactin (PRL), thyroid-stimulating hormone (TSH), adrenocorticotropic hormone (ACTH), follicle-stimulating hormone (FSH), luteinizing hormone (LH)	Stimulates growth, milk production, thyroid function, adrenal cortex function, and reproduction.
Posterior pituitary gland	Oxytocin, vasopressin	Oxytocin stimulates uterine contractions and milk ejection. Vasopressin regulates water balance.
Thyroid gland	Thyroxine (T ₄), triiodothyronine (T ₃)	Increases metabolic rate and stimulates growth.
Parathyroid gland	Parathyroid hormone (PTH)	Regulates calcium levels in the blood.
Adrenal cortex	Cortisol, aldosterone	Cortisol regulates metabolism and stress response. Aldosterone regulates salt and water balance.
Adrenal medulla	Epinephrine, norepinephrine	Increases heart rate and blood pressure during stress.
Pancreas	Insulin, glucagon	Insulin lowers blood sugar, while glucagon raises it.
Testes	Testosterone	Stimulates male secondary sexual characteristics and sperm production.
Ovaries	Estrogen, progesterone	Regulate female secondary sexual characteristics and the menstrual cycle.

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13. What are the 3 major groups of hormones produced by the adrenal cortex?

A. GH, LH, prolactin
B. Insulin, glucagon, PTH
C. mineralocorticoids, glucocorticoids, sex hormones
D. GH and PSH

14. Which one of the following is NOT produced by the anterior pituitary?

a) GH
b) PSH
c) ADH
d) TSH

15. Two hormones involved in milk production in females are

A. Prolactin and oxytocin
B. LH and PSH
C. GH and PSH
d. melatonin and oxytocin

16. A dwarf has a small stature with normal body proportions. This condition is caused by

A. undersecretion of thyroid hormone (thyroxine)
B. hypersecretion of thyroid hormone (thyroxine)
C. undersecretion of growth hormone
D. oversecretion of growth hormone

17. Concentrations of glucose and other minerals in the blood are usually regulated by

a) the action of neurons
b) negative feedback mechanisms
c) positive feedback mechanisms
d) the action of the hypothalamus

18. Hypersecretion of growth hormone in adulthood **after** long bone growth has ended leads to

a) acromegaly
b) dwarfism
c) gigantism
d) cretinism

19. Calcium levels in the blood are regulated by the

a) parathyroid and thyroid
b) adrenal medulla and pancreas
c) posterior and anterior pituitary
d) parathyroid and thymus

20. Which of the following statements concerning the nervous and endocrine systems is **NOT** true?

a) endocrine glands release their hormones into ducts that lead to their target tissue
b) The endocrine system regulates the body's processes at a slower and more prolonged rate than the nervous system.
c) Both the nervous system and endocrine systems use chemical messengers.
d) Both the nervous and endocrine systems function in to maintain homeostasis.

EXERCISE 19 REVIEW SHEET
The Endocrine System

QUESTIONS 1-12: Identify the labeled endocrine structures in the diagram on the right. For each structure, list the hormone(s) it produces.

Structure	Hormone(s) Produced
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12a.	
12b.	

Explain how the hypothalamus influences the function of the anterior lobe of the pituitary gland.

