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Crash Course Anatomy & Physiology #23: Endocrine System – Part 1 – Glands and Hormones

Name: _____ Date: _____

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1. Hormones are _____ messengers that travel through the blood.
2. The _____ system produces, releases, and reabsorbs hormones.
3. The body's two main control systems are the _____ system and the _____ system.
4. The _____ gland is considered the "master gland" because it produces hormones that signal other glands.
5. A _____ is any structure that makes and secretes hormones.
6. The _____ in the brain produces and releases hormones in addition to its nervous system duties.
7. A hormone can only trigger a reaction in specific _____ that have the right receptors.
8. The thyroid produces _____, a hormone that stimulates metabolism.
9. Chemically, most hormones are made of _____ or derived from _____.
10. Water-soluble hormones bind to receptors on the _____ of target cells, while lipid-soluble hormones bind to receptors _____ target cells.
11. The pancreas helps regulate blood sugar by releasing _____ when glucose is high, and _____ when glucose is low.
12. Disorders like diabetes or hyperthyroidism often result from _____ or _____ secretion of certain hormones.
13. A chain reaction of hormones activating other hormones is called a hormone _____.
14. The _____ (HPA) axis is a major hormonal system that regulates digestion, immunity, sexuality, and stress.
15. During the stress response, the adrenal cortex releases _____, a glucocorticoid that raises blood sugar and suppresses nonessential functions.

Crash Course Anatomy & Physiology #23: Endocrine System – Part 1 – Glands and Hormones KEY

1. Hormones are **chemical** messengers that travel through the blood.
2. The **endocrine** system produces, releases, and reabsorbs hormones.
3. The body's two main control systems are the **endocrine** system and the **nervous** system.
4. The **pituitary** gland is considered the "master gland" because it produces hormones that signal other glands.
5. A **gland** is any structure that makes and secretes hormones.
6. The **hypothalamus** in the brain produces and releases hormones in addition to its nervous system duties.
7. A hormone can only trigger a reaction in specific **target cells** that have the right receptors.
8. The thyroid produces **thyroxine**, a hormone that stimulates metabolism.
9. Chemically, most hormones are made of **amino acids** or derived from **lipids**.
10. Water-soluble hormones bind to receptors on the **outside** of target cells, while lipid-soluble hormones bind to receptors **inside** target cells.
11. The pancreas helps regulate blood sugar by releasing **insulin** when glucose is high, and **glucagon** when glucose is low.
12. Disorders like diabetes or hyperthyroidism often result from **hyper** or **hypo** secretion of certain hormones.
13. A chain reaction of hormones activating other hormones is called a hormone **cascade**.
14. The **hypothalamic-pituitary-adrenal** (HPA) axis is a major hormonal system that regulates digestion, immunity, sexuality, and stress.
15. During the stress response, the adrenal cortex releases **cortisol**, a glucocorticoid that raises blood sugar and suppresses nonessential functions.

15 Questions

Answer Key Included

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