

# Physiology Lecture (12) Notes ENDOCRINOLOGY: Introduction to the Endocrine System;

## Endocrine System;

- > One of the two communication systems of the body, the other being the nervous system.
- > The endocrine system operates through chemical messengers or hormones which circulate in the blood to target organs.
- > Hormones co-ordinate the minute to minute and day to day functions of the various tissues of the animal
- > Hormones help regulate such diverse activities such as
  - Growth and development of physical, sexual and mental characteristics
  - Utilization of nutrients by the cells
  - Adjustments of salt and water balance
  - Metabolic rate
  - Dealing with stress



## Principal Endocrine Glands;

- > The principal endocrine organs are ;
  - The pituitary
  - The Thyroid
  - Parathyroid
  - Adrenals
  - Gonads (Ovaries/Testes)
- > Other organs such as the islets of Langerhans, heart, Gastrointestinal tract, brain and kidney also secrete hormones
- > **Definitions;**
  - **Endocrine Cells;** Secrete hormones into a blood vessel and hormone transported to target cells
  - **Paracrine cells;** Secrete hormones which act on neighboring cells
  - **Autocrine cells;** secrete hormones which act on the same cell
  - **Neuroendocrine cells;** Secrete hormones from neural axon terminals straight into blood stream

Tissue	Hormone	FUNCTION
Pancreas	Insulin, glucagon	Glucose Metabolism
Kidneys	Renin Erythropoietin Vitamin D3	Blood pressure (BP) Red cell production. Plasma Calcium
Liver	Insulin-like Growth Factors (IGF-I and IGF-II)	Growth
Heart	Atrial Natriuretic factor (ANF)	Na excretion by kidneys
Fat cells	Lepin (discovered 1994)	Regulates appetite
Gastro-Intestinal Tract	Gastrin Secretin Cholecystokinin	Digestive Processes

## Hormones

# Lecture Notes On Endocrinology

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