

GLANDS

Anterior Pituitary

Posterior Pituitary

Thyroid

Pineal

Parathyroid

Thymus

Adrenal Medulla

Pancreas

Adrenal Cortex

Ovary

Testes

HORMONES

1. Involved in rhythmic activities (daily and seasonal – such as light/dark cycles)
2. Stimulates contraction of uterus and the milk “let down” reflex
3. Promotes retention of water by the kidneys
4. Stimulates growth of bones and muscles and metabolism
5. Stimulates milk production
6. Stimulates production of eggs and sperm
7. Stimulates ovaries and testes
8. Stimulates thyroid gland
9. Stimulates adrenal cortex to secrete glucocorticoids
10. Stimulates metabolism
11. Reduces blood calcium levels
12. Raises blood calcium levels
13. Programs T cells
14. Constrict blood vessels and increases respiration rate; fight or flight
15. Increases blood glucose; promote reabsorption of Na and excretion of K in kidneys
16. Reduces blood glucose
17. Raises blood glucose
18. Support sperm formation; development and maintenance of male secondary sex characteristics
19. Stimulate uterine lining growth; development and maintenance of female secondary sex characteristics
20. Promotes growth of uterine lining

Androgens	Insulin
Adrenocorticotrophic hormone	Prolactin
Melatonin	Epinephrine and Norepinephrine
Luteinizing hormone	Antidiuretic hormone
Thyroxine (T4) and Triiodothyronine (T3)	Glucocorticoids and Mineralcorticoids
Calcitonin	Glucagon
Estrogens	Progesterone
Growth hormone	Oxytocin
Thymosin	Parathyroid hormone
Follicle-stimulating hormone	Thyroid-stimulating hormone