Endocrine System

A. 2 types of glands in the body

 1. – secrete their products into ducts

 A) Ex.

 2. – secrete their products into blood or surrounding fluid

 A) Usually carried to target cells in other parts of the body

B. Hormones

 1. Classification of Hormones

 A) hormones – act locally without entering the bloodstream

 1)

 a) Carry out actions on other cells in the immediate area

 b) Ex: prostaglandins

 2)

 a) Carry out actions on the cells releasing them

 b) Ex: nitric oxide

 B) hormones (endocrines) – enter the bloodstream and act on distant

 cells

 2. Chemical Nature of Hormones

 A) Amino-acid based hormones –

 1)

 a) Simple hormones derived from the amino acid tyrosine (ex:

 2)

 a) Chains of amino acids (ex:

 B)

 1) Lipid-soluble hormones derived from (ex:

 C)

 1) Hormone-like substances derived from arachidonic acid which act only on cells

 in their immediate vicinity (ex:

 3. Mechanism

 A) Release stimulated by the

 B) May act in immediate area but usually transported in blood to

 C) Alter the cellular activity of target cell to achieve physiological response

 1) Typical physiological responses

 a)

 b)

 c)

 d)

 e)

 4. Transport

 A) Water-soluble hormones

 1)

 B) Lipid-soluble hormones

 1) Attach to a

 2) Must detach to carry out action

 5. Method of Action

 A) Water-soluble hormones

 1) Usually work via a

 2) 2 main second messenger systems

 a)

 i) The hormone binds to a receptor on the target cell’s membrane

 ii) The bound receptor changes shape activating a nearby

 iii) The activated G protein activates (a membrane

 enzyme)

 (a) This

 iv) Adenylate cyclase will stimulate the production of within

 the target cell

 v) cAMP activates within the cell

 vi) Protein kinase A phosphorylates other enzymes within the target cell

 causing the physiological response

 (a) Activates some enzymes & inhibits others

 vii) degrades cAMP thereby stopping its

 action

 b)

 i) The hormone binds to a receptor on the target cell’s membrane

 ii) The bound receptor changes shape activating a nearby G protein

 iii) The activated G protein activates (a membrane

 enzyme)

 (a) This again inactivates the G protein

 iv) Phospholipase C splits PIP2 (phosphatidylinositol 4,5-bisphosphate) into

 DAG (diacylgycerol) & IP3 (triphosphoinositol)

 v) DAG activates causing a physiological response

 vi) IP3 causes the release of from the endoplasmic reticulum

 (a) This amplifies the physiological response

 B) Lipid-soluble hormones

 1)

 2) Bind to receptors in cytoplasm or nucleus

 a) Translocation

 3) Turns on/off of the cell’s DNA

 4) Causes the production of a new protein by the cell or stops the production of an

 already present protein

 5) Causes physiological response

 6. Feedback Systems

 A)

 1) Physiological response causes release of the hormone

 B)

 1) Physiological response causes release of the hormone

 7. Responsiveness of Target Cell

 A) Dependent on 4 factors

 1)

 2)

 a) Some cells have the ability to produce more receptors when blood hormone

 levels are high =

 b) Others cells lose receptors in response to prolonged exposure to a hormone =

 3)

 a) Affinity can also be influenced by blood levels of a particular hormone

 4)

 a)

 i) Hormone requires current or recent exposure to another hormone

 (a) Reproductive hormones require the presence of thyroid hormones to

 work properly

 b)

 i) 2 hormones together cause a stronger response than their individual

 responses combined

 (a) Glucagon and epinephrine both increase blood glucose individually;

 when working together blood glucose levels increase 150% more than if

 each hormone worked alone

 c)

 i) One hormone inhibits the response of another

 (a) Glucagon inhibits the action of insulin

C. Glands

 1. Pituitary (Hypophysis)

 A) Attached directly to the hypothalamus via the infundibulum

 B) Subdivided into 2 lobes

 1) Anterior (adenohypophysis)

 a)

 i) Stimulates cell growth & protein synthesis

 b)

 i) Stimulates production of T3 & T4

 c)

 i) Females

 (a)

 ii) Males

 (a)

 d)

 i) Females

 (a)

 ii) Males

 (a)

 e)

 i) Initiates & maintains milk production

 2) Posterior (neurohypophysis)

 a)

 i) Enhances labor & stimulates milk production

 b)

 i) Increases water reabsorption in the kidneys (DCT & CD)

 2. Thyroid

 A) Follicular cells

 1)

 a) Regulate cellular metabolism, growth & development

 B) Parafollicular cells

 1)

 a) Decreases blood Ca++ levels by increasing osteoblast activity

 3. Parathyroid

 A)

 1) Increases blood Ca++  by increasing osteoclast activity

 4. Adrenal Glands

 A) Adrenal cortex

 1)

 a) Promotes Na+ reabsorption in the kidneys (DCT & CD)

 2)

 a) Considered a male sex hormone although its produced by both sexes

 b) Effects are generally not seen in males due to the presence of testosterone

 c) In females, it is responsible for skeletal changes seen with puberty, body hair

 growth, and libido

 3)

 a) Regulates one’s resistance to stress

 b) Depression of immune responses

 c) Anti-inflammatory agent

 B) Adrenal medulla

 1)

 a) Same functions as norepinephrine in sympathetic NS

 5. Pancreas

 A) Primarily composed of aciner cells

 1) Produce pancreatic juice (enzymes)

 B) Scattered among the aciner cells are about one million islets of Langerhans

 (pancreatic islets)

 1) Composed of 4 hormone-producing cell types

 a) Alpha cells

 i)

 (a) Increases blood glucose (sugar)

 b) Beta cells

 i)

 (a) Decreases blood glucose (sugar)

 c) Delta cells

 i)

 (a) Inhibits release of insulin & glucagon

 d) F cells (PP cells)

 i)

 (a) Inhibits secretion of somatostatin

 (b) May play a role in regulating appetite

 6. Gonads

 A) Ovaries

 1)

 a) Regulate reproductive cycle

 b) Prepares body for pregnancy

 c) Stimulates development of secondary sex characteristics

 2)

 a) Inhibits FSH

 3)

 a) Relaxes cervix during labor and delivery

 B) Testes –

 1)

 a) Promotes spermatogenesis

 b) Stimulates development of secondary sex characteristics

 2)

 a) Inhibit FSH

 7. Pineal Gland

 A)

 1) Promotes sleepiness

 a) Its release is inhibited by light

 8. Placenta

 A)

 1) Stimulates ovary to produce estrogen & progesterone to maintain pregnancy

 2) Detected by home pregnancy tests

 B)

 1) Maintain pregnancy until mother’s hormones take over

 C)

 1) Stimulates development of mammary glands for lactation

 D)

 1) Relaxes cervix during labor & delivery

 9. Other endocrine organs

 A) Heart

 1)

 a) Decreases total blood volume by decreasing Na+ reabsorption in the

 kidneys (DCT & CD)

 B) Kidney

 1) – from the JGA

 a) Increases total blood volume by stimulating the

 2)

 a) Increases RBC production

D. Disorders of the Endocrine System

 1. Goiter – an enlarged thyroid gland; many causes but can be linked to a lack of iodine

 2. Grave’s disease – autoimmune disorder resulting in hyperthyroidism and an enlarged

 thyroid gland

 3. Addison’s disease – hyposecretion of cortisol due to progressive destruction of the

 adrenal cortex

 4. Cushing’s syndrome – hypersecretion of cortisol; causes a breakdown of muscle and a

 redistribution of body fat

 A) Characterized by a rounded “moon face” and a “buffalo hump” on the back

 5. Diabetes insipidus – caused by an inability to secrete or respond to ADH; causes excess

 urine production, dehydration, and thirst

 6. Diabetes mellitus – the most common endocrine disorder

 A) A group of disorders caused by an inability of the body to produce or use insulin

 resulting in increased blood glucose; characterized by polyuria (excessive urine

 production), polydipsia (excessive thirst), and polyphagia (excessive hunger)

 B) 2 main types

 1) Type I diabetes (insulin-dependent diabetes mellitus)

 a) Caused by a deficiency of insulin

 b) Autoimmune disease characterized by the destruction of beta cells

 c) Patients are dependent on insulin injections throughout their life

 2) Type II diabetes (non-insulin-dependent diabetes mellitus)

 a) Patients have normal insulin levels but target cells are desensitized due to down-

 regulation

 b) Most common type; linked to obesity

 c) Often controlled by diet, exercise, and weight loss