Endocrine System

Overview
Hormones
Endocrine Organs
Endocrine vs. Exocrine Gland

Endocrine

Secretes hormones
Ductless gland
Injects tissue

Exocrine Gland

Sweat & saliva
Has ducts
Duct is filled
Chemistry of Hormones & Physiology

- 3 types of stimuli triggers:
  - humoral, neural & hormonal
- Primarily works with Negative Feedback Mechanism
- Duration of hormonal activity can vary (minutes to days)
1. ‘Master’ gland - controls activities of the endocrine organs
2. Hormonal Stimuli (except TSH)
3. Anatomy: Anterior and Posterior
4. Hormones manufactured from Anterior: GH, TSH, ACTH, FSH, LH, PRL
5. Hormones manufactured from Posterior: oxytocin, ADH
ANTERIOR PITUITARY

1. GH - growth hormone
2. ACTH - adrenocorticotropic hormone (stress)
3. LH - luteinizing hormones (sex hormones & lactation preparation)
Pituitary Gland: Anterior

4. PRL- prolactin *(lactation)*

5. FSH-follicle-stimulating hormone *(sperm/egg)*

6. TSH- thyroid-stimulating hormone *(regulate Ca in blood & metabolism)*
Posterior Pituitary Hormone

7. Oxytocin *(milk letdown & contraction)*

8. ADH- anti-diuretic hormone aka vasopressin *(water balance)*
Homeostatic Imbalance of the Pituitary Gland

Gigantism: (pg 604) hypersecretion of GH that target epiphyseal plates

- Normal body proportions

Acromegaly: hypersecretion of GH after epiphyseal plates are closed

- Enlarged hands, feet and face
Homeostatic Imbalance of Pituitary Gland

Dwarfism: hyposcretion of GH; slow bone growth

- 4 ft tall
- Normal body proportions
- Some cases, <GH $\rightarrow$ <TSH & <Gonadotropins
  - Malproportioned & limited pubescent stages

TREATMENT: hormone replacement
Homeostatic Imbalance of Pituitary Gland

Diabetes Insipidus: hyposecretion of ADH due to:

1. Head injury
2. Malformed urinary system anatomy
3. ADH destroyed in MOM by a placental enzyme
Thyroid

- Butterfly-shaped
- Cervical region
- 2 lateral lobes connected by isthmus
HUMORAL STIMULUS

- Released in response to blood level changes

Calcitonin & PTH: calcium is found in BONE; essential for:

1. Bones & teeth
2. Nerve function
3. Muscle contraction
4. Blood clot
5. Cardiac muscle contraction
Thyroid and Parathyroid, pp 609-613

T4: (4 iodine atoms) Thyroxin & T3: Tri-iodothyronine - (metabolism)

Calcitonin (lowers calcium in blood)

PTH: Parathormone (increases calcium in blood)
# IODINE Rich Foods: seafood and soil

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
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<tbody>
<tr>
<td>Salt (iodized)</td>
<td>1 gram</td>
</tr>
<tr>
<td>Cod</td>
<td>3 ounces*</td>
</tr>
<tr>
<td>Shrimp</td>
<td>3 ounces</td>
</tr>
<tr>
<td>Fish sticks</td>
<td>2 fish sticks</td>
</tr>
<tr>
<td>Tuna, canned in oil</td>
<td>3 ounces (1/2 can)</td>
</tr>
<tr>
<td>Milk (cow's)</td>
<td>1 cup (8 fluid ounces)</td>
</tr>
<tr>
<td>Egg, boiled</td>
<td>1 large</td>
</tr>
<tr>
<td>Navy beans, cooked</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Potato with peel, baked</td>
<td>1 medium</td>
</tr>
<tr>
<td>Turkey breast, baked</td>
<td>3 ounces</td>
</tr>
<tr>
<td>Seaweed</td>
<td>1/4 ounce, dried</td>
</tr>
</tbody>
</table>

*A three-ounce serving of meat is about the size of a deck of cards.*
Homeostatic Imbalance of the Thyroid Gland

- **Myxedema**: full-blown hypothyroid syndrome in adults

- **Endemic goiter**: myxedema results from lack of iodine (doesn’t use T3&T4) creating an atrophied gland
  - Treatment: iodine supplements or hormone replacement therapy
Homeostatic Imbalance of the Thyroid Gland

- Cretinism: hypothyroidism in infants; causes mental retardation, thick tongue & neck

- Grave’s disease: hyperthyroid autoimmune disease. Protruding eyeballs
  - Treatment: Thyroidectomy
Homeostatic Imbalance of the Parathyroid Gland

- **Hyperparathyroidism**: Ca+ leached from bone which susceptible to fractures; >Ca+ in blood results in:
  - Weak skeletal muscles & nervous system
  - Kidney stones → add’l Ca+ crystalizes in kidney tubules
  - Metastatic calcification → Ca+ build up to affect vital organs

- **Hypoparathyroidism**: tetany (loss of sensation, muscle twitches & convulsions); without treatment → resp paralysis → fatal
Adrenal Gland, pg 615

- Aka suprarenal gland (supra=above)
- hat-like structure for kidney
- Made up of 2 endocrine glands in ONE structure:
  - Adrenal cortex
  - Adrenal medulla= neural tissue → sympathetic n.s.
  - 1 function: help cope with stressful situations
Adrenal Cor(tico)tex-

3 types of CORTICOSTEROID hormones:

A. Mineralcorticoid: (electrolyte balance) reabsorbs Na+ in kidney, perspiration & saliva
   - Extracellular fluids influences bp
   - LOW BP & blood volume = >aldosterone
   - HUMORAL stimulus
B. Glucocorticoid: help cope w/ stress

- Keeps blood glucose levels constant, maintaining bp
- Hemorrhage, infection, trauma → glucocorticosteroids
- Ex. of glucocorticoids: cortisol, cortisone
- Works against ACTH
- Cortisol LEVELS similar to metabolism (hi= am and low= pm)
C. Gonadocorticoïd: weak androgens & estrogens

- > during puberty
- in males and females
- Females: affect libido and estrogen source > menopause
- Males: n/a
Homeostatic Imbalance of Adrenal Cortex

Aldosteronism: hypersecretion results from adrenal tumors; symptoms- hypertension, edema

Addison’s disease: hyposcretory disease of the gluco & mineralcorticoids; symptoms- weight loss, dehydration, hypotension (bp=<90/60)
Homeostatic Imbalance of the Adrenal Cortex

Cushing’s Syndrome: hypersecretion from tumor or being prescribed high doses of glucocorticoids

Symptoms - muscle & bone loss, high blood glucose levels (steroid diabetes) edema, hypertension, swollen face and buffalo hump traits

Treatment: remove tumor and stop using meds
Adrenal Medulla

- Neural Stimuli
  - Sympathetic NS

- 2 types of catecholamines
  - Epinephrine
  - Norepinephrine

21Pilots - Stressed Out
Other Endocrine Glands

- Pineal Gland
  - Located in the brain
  - Secretes melatonin

- Pancreas
  - endo/exo-crine gland
  - Regulates blood glucose levels by secreting
    - Alpha cells (glucagon)
    - Beta cells (insulin)
Homeostatic Imbalance of the pancreas

- Diabetes Mellitus- hyposecretion of insulin
  - Glycosuria- Excess glucose spills over to urine
  - Lipidemia- high fatty acid levels in blood
  - Ketones form and deposit in the urine, cause electrolyte imbalance
3 signs of diabetes mellitus

1. Polyuria- urine output → <blood volume + dehydration

2. Polydipsia- excessive thirst is stimulated by dehydration

3. Polyphagia- excessive hunger; body will use fat & protein
Diabetes 1 vs Diabetes 2

- Diagnosed in childhood
- Body doesn’t produce insulin
- Insulin & other injectables

* Diagnosed in adulthood
* Body doesn’t provide enough insulin
* Bariatric surgery
How does Diabetes affect blood flow?

- Glucose-rich blood = high viscosity & low blood volume
- Circulation problems
- Neuropathy (nerve damage)
Homeostatic Imbalance of the pancreas

Hyperinsulinism- low glucose levels (hypoglycemia) cause anxiety, nervousness, tremors and weakness.

<glucose to the brain → disorientation, convulsion, unconsciousness
Thymus- (immune function)

- Located in the sternum
- Active (1 yr old) → Atrophy (puberty) → adipose & connective tissue (adult)
- Secretes thymosins
- Develop T- lymphocytes (cellular immunity)
More endocrine glands…..

- **Gonads**
  - Male & female steroid sex hormones released by gonadotropins
    - Female: estrogens and progesterone
    - Male: testosterone

- **Placenta**
  - Temporary organ
  - Secretes hormones thru pregnancy