

Major Endocrine Glands and Hormones

Pituitary gland

Posterior lobe (stores and releases hormones made in the hypothalamus)

- **Antidiuretic hormone (ADH)**
Stimulates kidneys to reabsorb water
- **Oxytocin**
Stimulates uterine contractions and mammary gland cells

Anterior lobe

- **Growth hormone (GH)**
Stimulates growth and metabolism
- **Prolactin (PRL)**
Stimulates milk production
- **Follicle-stimulating hormone (FSH)**
Stimulates egg and sperm production
- **Luteinizing hormone (LH)**
Stimulates ovaries and testes
- **Thyroid-stimulating hormone**
Stimulates thyroid gland
- **Adenocorticotrophic hormone (ACTH)**
Stimulates adrenal cortex

Thymus

- **Thymosin**
Stimulates T cell development (immune system)

Pancreas

- **Insulin**
Decreases blood glucose level
- **Glucagon**
Increases blood glucose level

Testes

- **Testosterone**
Supports sperm formation and male secondary sex characteristics

Pineal gland

- **Melatonin**
Involved in day/night cycles

Hypothalamus

- **Releasing hormones**
Trigger the anterior pituitary to secrete hormones

Thyroid gland

- **Thyroxine**
Stimulates and maintains metabolic processes
- **Calcitonin**
Lowers blood calcium level

Parathyroid glands (4)

- **Parathyroid hormone (PTH)**
Raises blood calcium level

Adrenal glands

Adrenal medulla

- **Epinephrine and norepinephrine**
Increase blood glucose; increase metabolic activities; constrict certain blood vessels

Adrenal cortex

- **Corticosteroids**
Promote glucose synthesis, reduce inflammation, increase blood glucose

Ovaries

- **Estrogen**
Stimulates uterine lining growth and development of female secondary sex characteristics
- **Progesterone**
Promotes uterine lining growth

