Hormones

Starter

* Testosterone – made in testes
* Insulin – controls blood sugar
* Adrenaline – increase heartrate – made in kidneys
* Oestrogen
* ADH – controls water levels
* Progesterone
* LH
* FSH

Homeostasis – the regulation of the **internal conditions** of a cell or organism to maintain optimum conditions for functions in response to internal and external changes.

Homeostasis is controlled by 2 systems:

1. Nervous system
2. Hormonal (endocrine) system

Nervous vs endocrine

Nervous system:

* Co-ordinates processes using electrical impulses
* Very fast responses

Endocrine system:

* Co-ordinates processes using chemicals called hormones
* Most hormonal responses are slower and longer lasting