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| **Hormone** | **Target Organ** | **Main Effects** |
| **Anterior lobe of pituitary** | | |
| Follicle Stimulating (FSH) | Ovaries  Testes | Growth/development of follicle  Production/maturation of sperm |
| Luteinising hormone (LH) | Ovaries  Testes | Ovulation + maintenance of corpus luteum  Secretion of testosterone |
| Growth Hormone (GH) | All cells | Growth of skeleton increased amino acid uptake to build proteins (synthesis) and maintains organ size |
| Thyroid Stimulating Hormone (TSH) | Thyroid Gland | Stimulates hormone production on the thyroid |
| Adrenocorticotropic hormone (ACTH) | Adrenal Cortex | Stimulates hormone production in the adrenal cortex |
| Prolactin (PRL) | Mammary Glands | Initiates and maintains milk secretion in females |
| **Posterior lobe of pituitary** | | |
| Antidiuretic hormone (ADH) | Kidneys | Causes increased reabsorption of water from the kidneys |
| Oxytocin (OT) | Uterus  Mammary Glands | Stimulates contraction of the muscles of the uterus.  Stimulates contraction of cell in the mammary glands causing the release of milk |

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| **Gland** | **Hormone** | **Target Cell** | **Main Effects** |
| Thyroid | Thyroxine | Most cells | Increases metabolic rate and therefore oxygen consumption and heat |
| Parathyroid | Parathyroid hormone (PTH) | Bones  Kidneys | Increases level of calcium in blood  Reabsorption of calcium |
| Thymus | Thymosin | T lymphocytes | Stimulates development and maturation of T lymphocytes |
| Pineal | Melatonin | N/A | Sleep patterns, stimulated by darkness and inhibited by light |
| Adrenal Cortex | Aldosterone  Cortisol | Kidney  Most cells | Reduces the amount of sodium and increases the amount of potassium in urine  Promotes normal metabolism. Helps the body deal with stress and promotes the repair of damaged tissues |
| Adrenal Medulla | Adrenaline + noradrenaline | Most tissues | Prepares the body for fight-or-flight responses. Increases in rate and force of heart beat |
| Pancreas | Insulin  Glucagon | Most cells  Liver + fat storage | Stimulates the uptake of glucose. Lowers blood glucose levels  Stimulates the breakdown of glycogen and fat to increase blood glucose levels |
| Testes | Androgens | Many tissues | Stimulates sperm production. Growth of skeleton and muscles and secondary sexual characteristics |
| Ovaries | Estrogen  Progesterone | Many tissues  Uterus + Mammary Glands | Stimulates the development of female characteristics and regulates the menstrual cycle  Regulates menstrual cycle, pregnancy and prepares mammary glands for milk secretion |