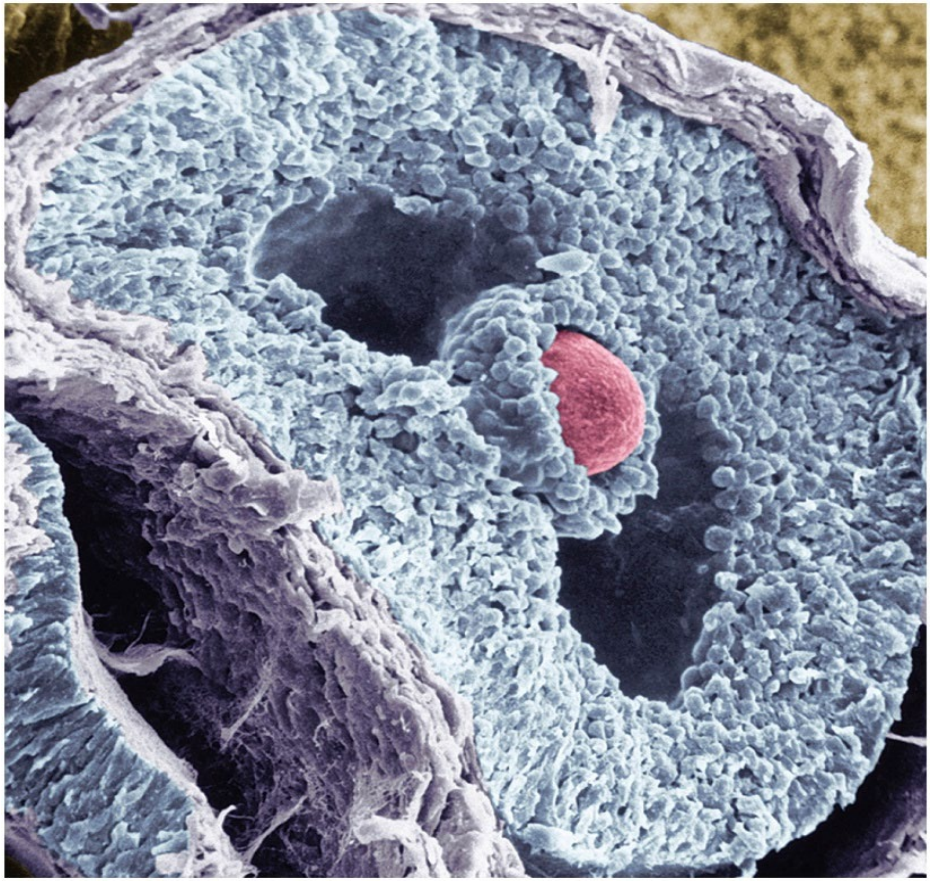
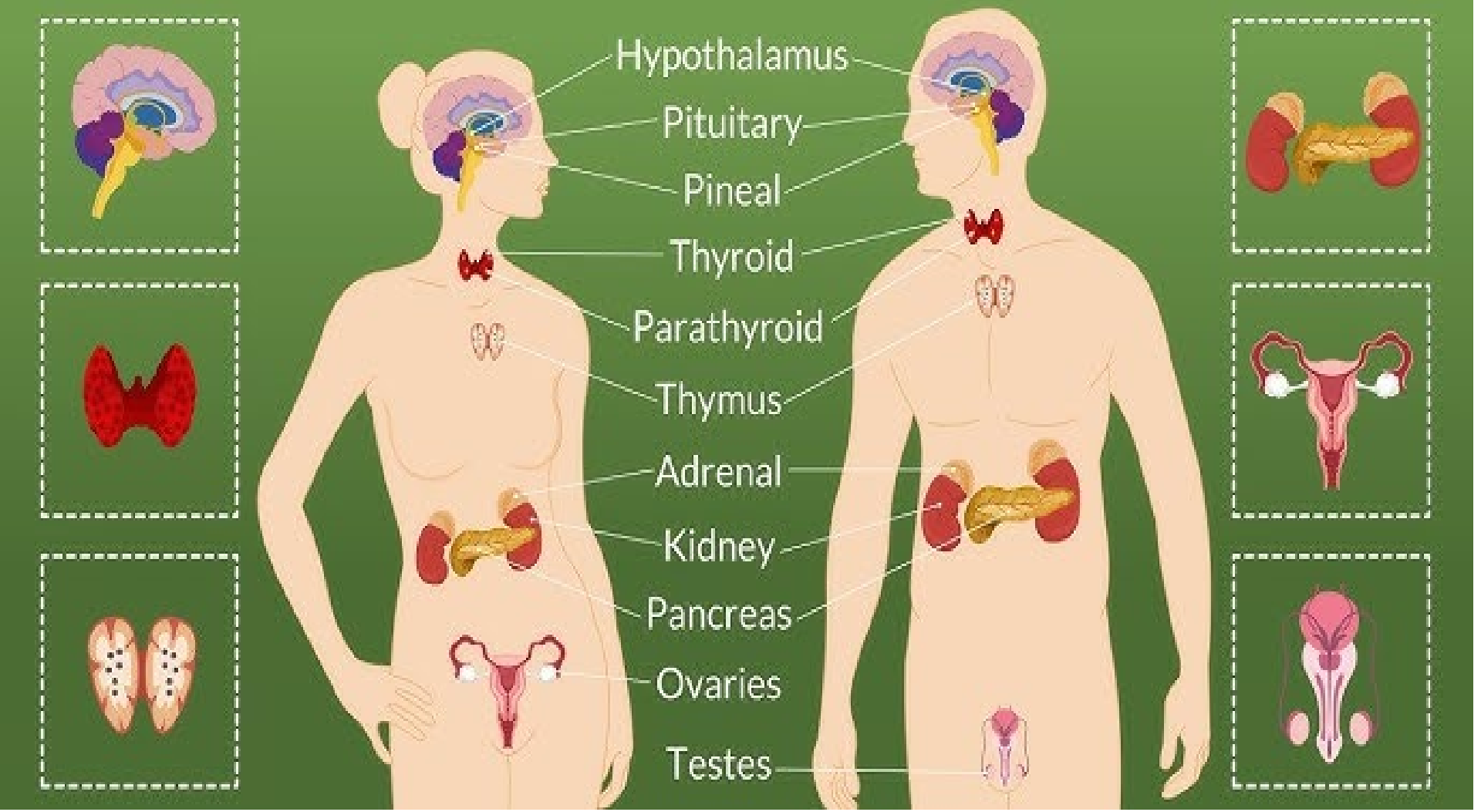
Chapter 17.2

Review of Endocrine Hormones
(Origin / Target Tissues / Effect)



ENDOCRINE SYSTEM

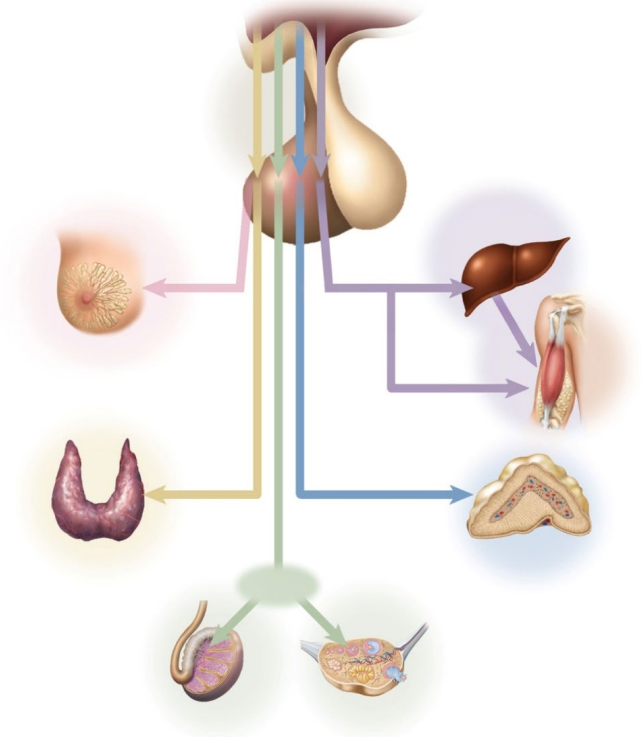


The endocrine system uses the blood to transport hormones throughout the body to alter the metabolism of tissue with receptors matched to the hormones.

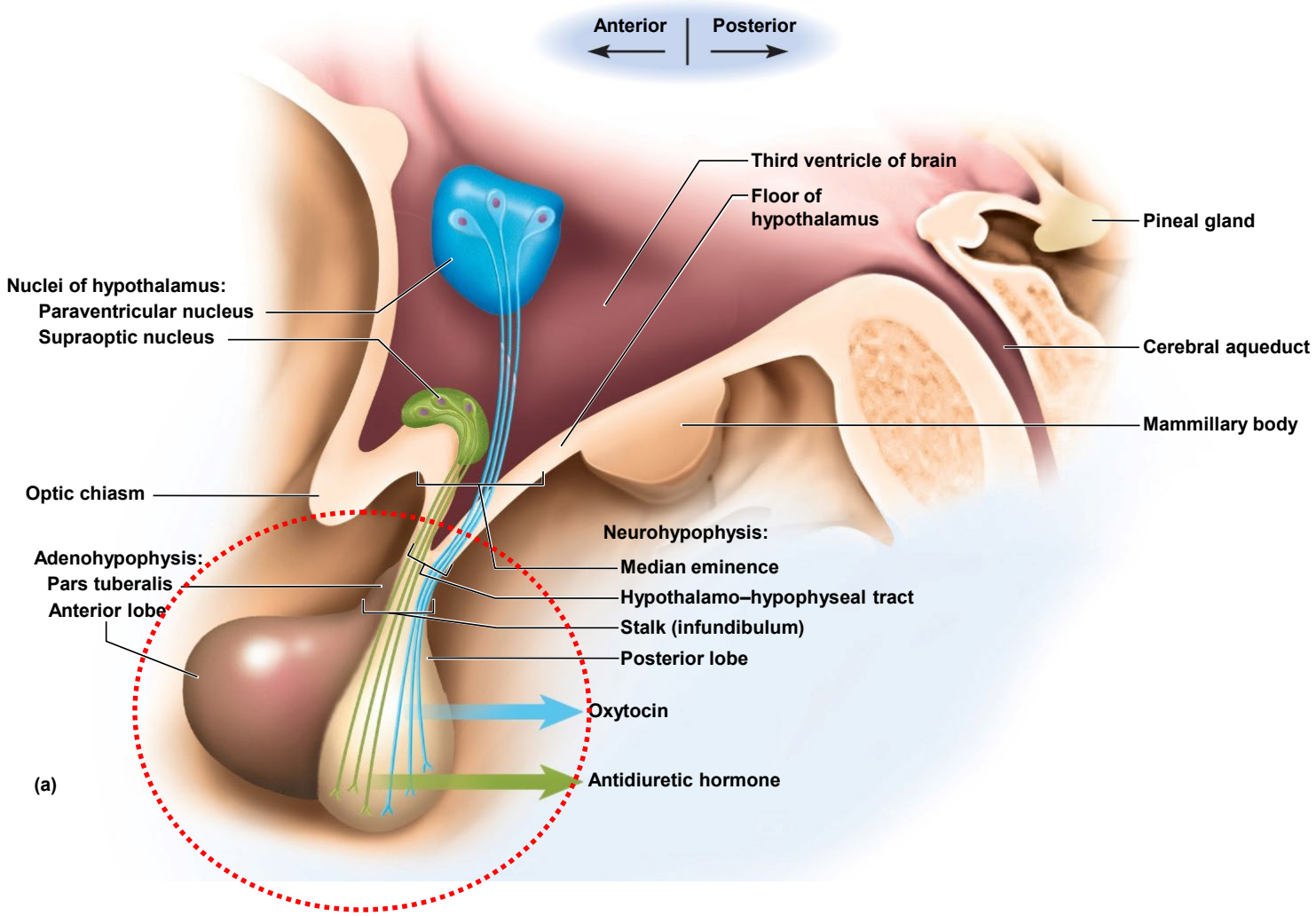
Why is the Pituitary Gland Called the *Master Endocrine Gland?*

Pituitary produces many hormones with target tissue located throughout the body.

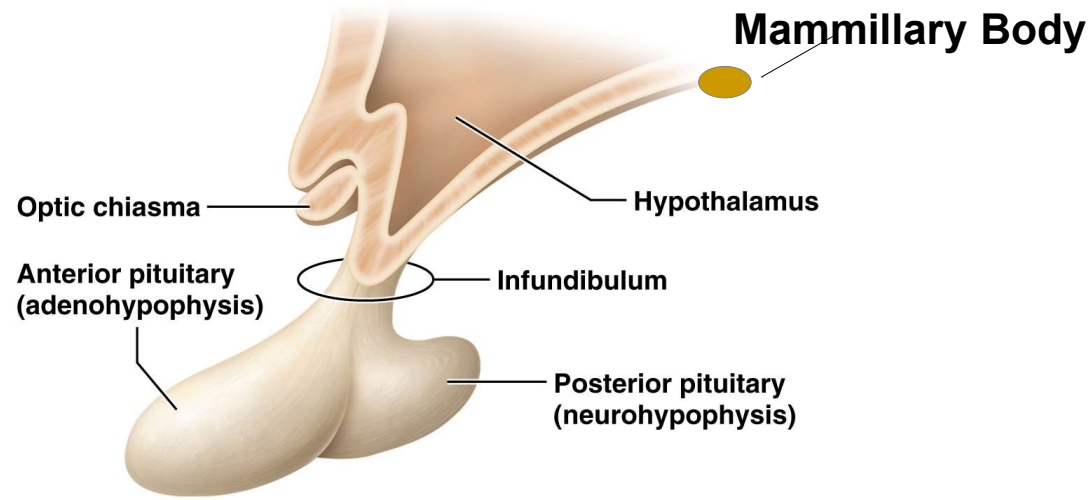
Many of the pituitary hormones regulate the secretion of other endocrine glands located throughout the body which then secrete even more hormones.



Pituitary Gland is Called the Master Endocrine Gland



Structure of the hypothalamus and pituitary gland.



(b) Structure of hypothalamus, and anterior and posterior pituitary glands

Pituitary gland (also called the hypophysis) is suspended from the hypothalamus by a stalk of tissue called the infundibulum

Pituitary is located in sella turcica of sphenoid bone // size and shape of kidney bean

Pituitary composed of two histologically different tissue structures with independent origins and separate functions /// adenohypophysis (anterior pituitary) // arises from hypophyseal pouch (outgrowth of pharynx / epithelial tissue) // neurohypophysis (posterior pituitary) // downward growth from brain (nervous tissue)

Anatomy and Function of Hypothalamus

Shaped like a flattened funnel // area between opitic chiasma and mammillary bodies /// Forms floor and walls for the third ventricle of the brain

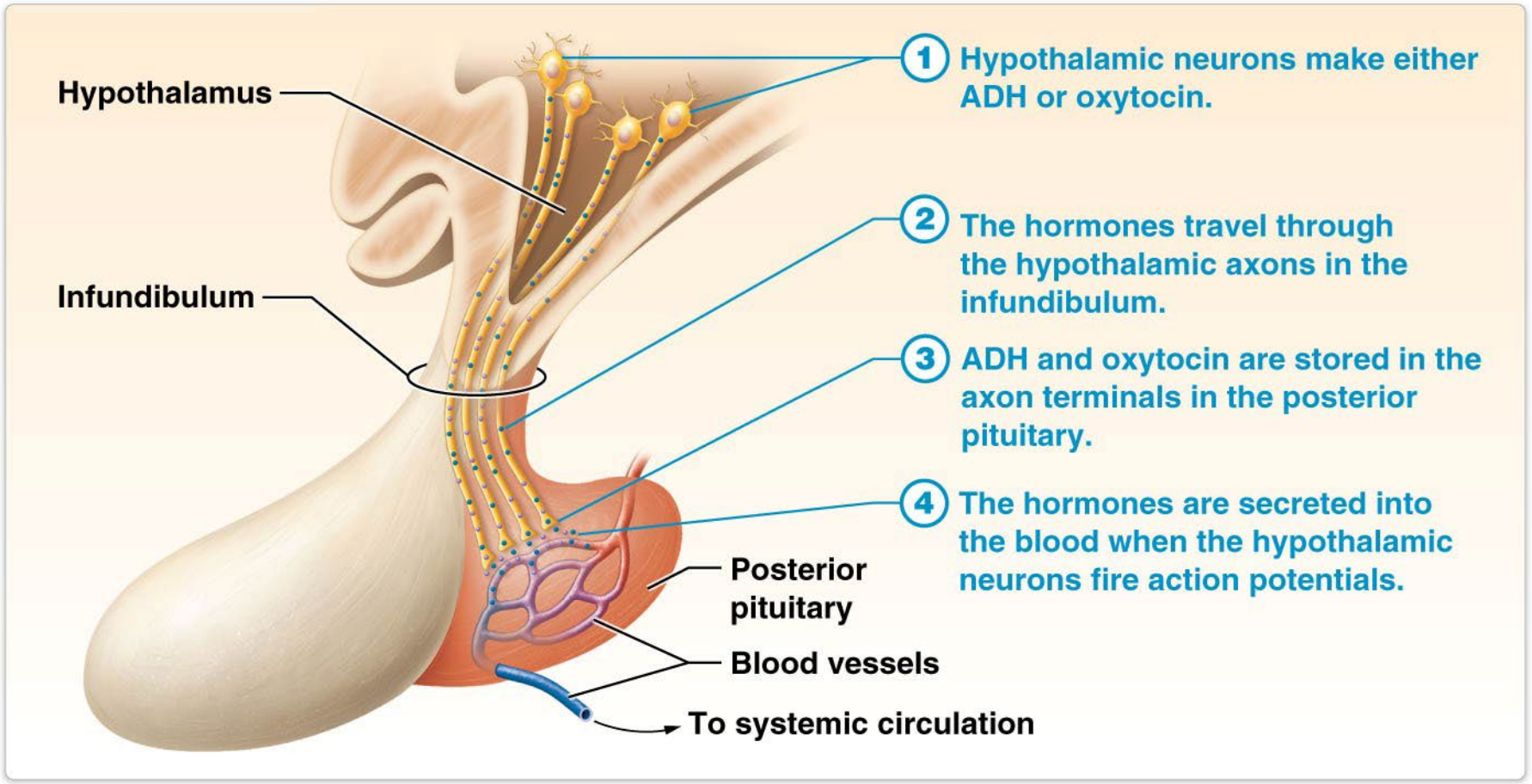
Regulates functions of the body that are more "advanced" than the "medulla oblongata" functions

Functions include water balance, thermoregulation, sexual cycles, childbirth // these functions are regulated by hormones secreted by the hypothalamus

Hormones released by the hypothalamus regulate the release of other hormones from the anterior pituitary gland into the blood

The hypothalamus hormones may inhibit or cause the release of the anterior pituitary hormones

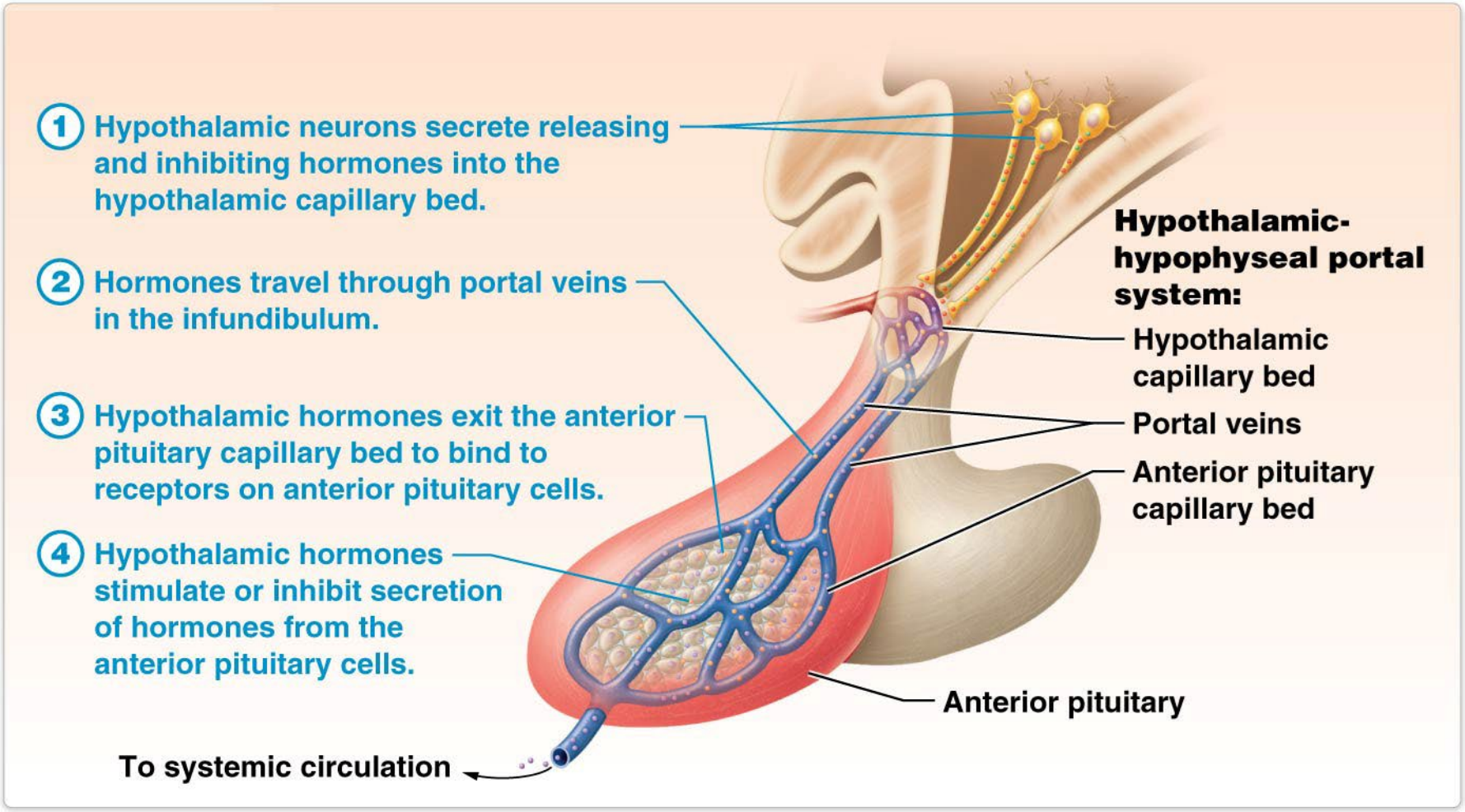
Structural relationships between the hypothalamus and posterior pituitary gland.



(a) Relationship between the hypothalamus and posterior pituitary

Hypothalamo–hypophyseal tract

Structural relationships between the hypothalamus and anterior pituitary gland.



(b) Relationship between the hypothalamus and anterior pituitary

Hypophyseal portal system

Anterior and Posterior Pituitary
(Adenohypophysis & Neurohypophysis)

Adenohypophysis constitutes anterior three-quarters of pituitary

– two segments // anterior lobe (pars distalis) and pars tuberalis small mass of cells adhering to stalk

– linked to hypothalamus by the hypophyseal portal system

–a portal system is two capillary beds between an artery and a vein.

–first capillary bed in hypothalamus connected to secondary capillary bed in adenohypophysis by portal venules

–hypothalamic hormones regulate metabolism of the adenohypophysis cells

Adenohypophysis & Neurohypophysis

Neurohypophysis constitutes the posterior one-quarter of the pituitary

> has 3 parts /// median eminence, infundibulum, and the posterior lobe (pars nervosa) // nerve tissue /// not a typical glandular tissue

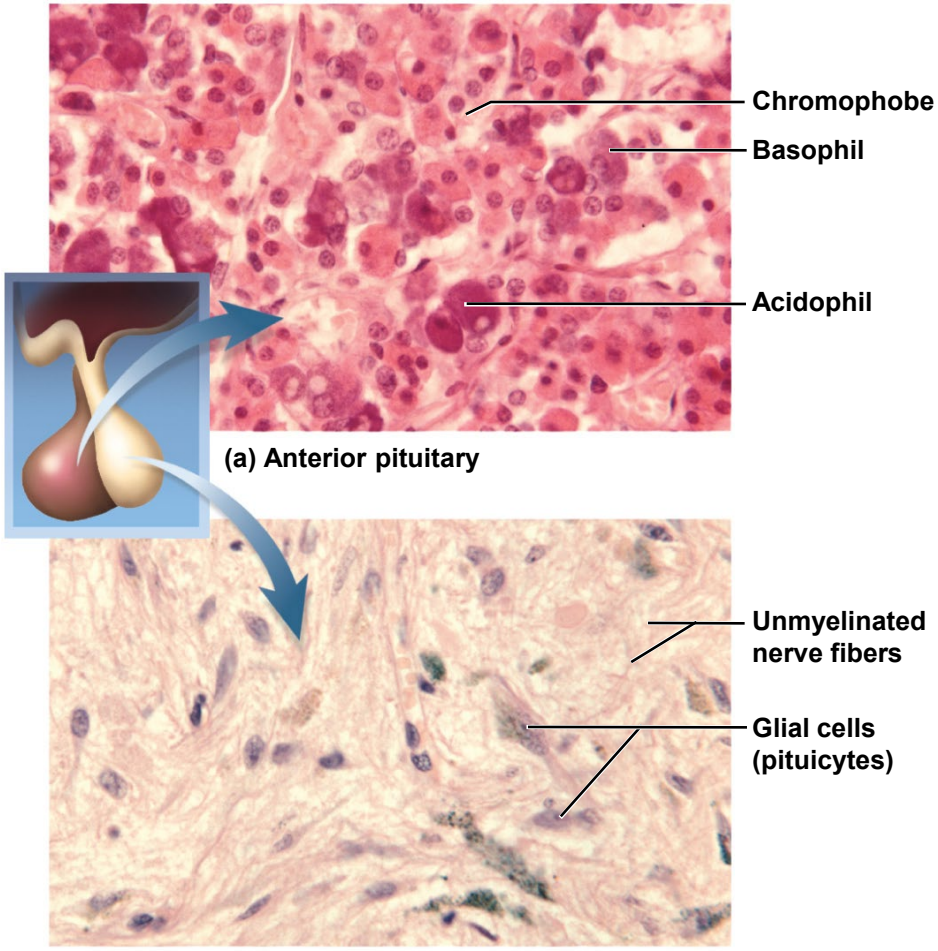
- The nerve soma is in hypothalamus, and its axon passes down the stalk as the hypothalamo-hypophyseal tract

- terminates in posterior lobe // hypothalamic neurons secrete hormones that are stored in neurohypophysis until the hormones are released into blood

Histology of Pituitary Gland

Epithelial tissue

Nervous tissue



Hypothalamic Hormones

Eight hormones are released from the hypothalamus

six hormones are synthesized and then released from the hypothalamus to regulate other hormones that are synthesized and released from the anterior pituitary

this group of six hypothalamus hormones are called inhibiting or releasing hormones

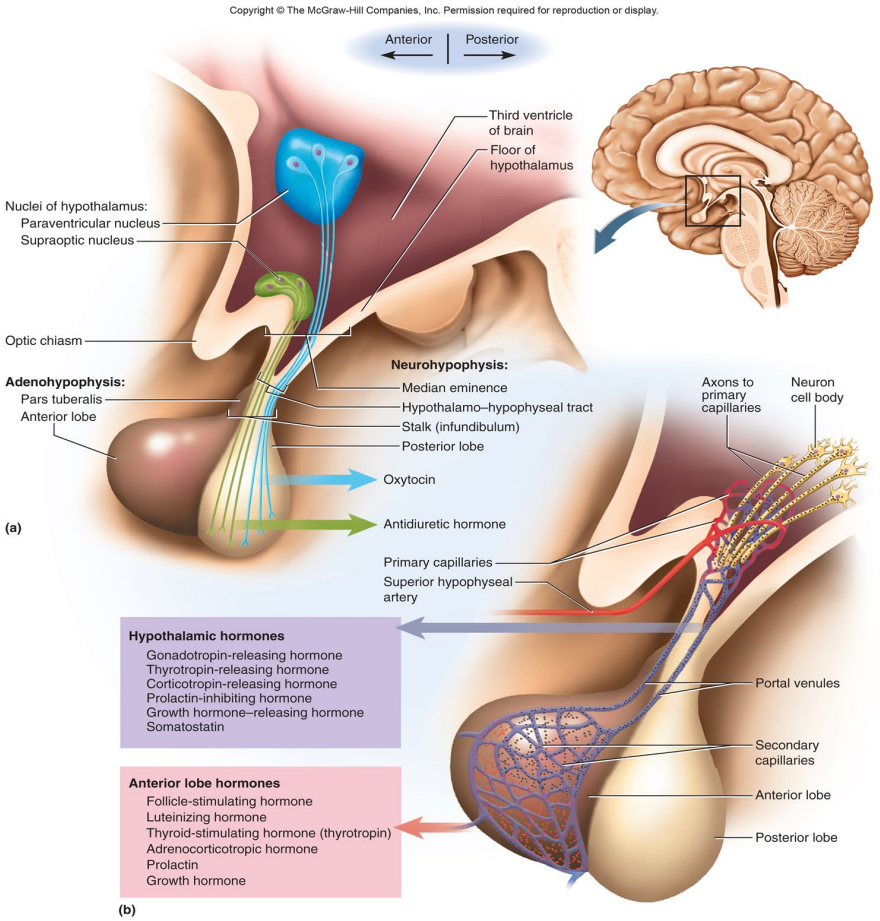
another two hypothalamus hormones are synthesized in the hypothalamus but transported to the posterior pituitary and later released into the blood.

Hypothalamic Hormones

Hypothalamic hormones either stimulate or inhibit the release of anterior pituitary hormones

> Thyroid Releasing Hormone (TRH) - TSH
> Corticotropin Releasing Hormone (CRH) - ACTH
> Gonadaltropin Releasing Hormone (GnRH) – FSH and LH
> Growth Hormone Releasing Hormone (GHRH) - GH
> Prolactin Inhibiting Hormone - inhibits secretion of prolactin
> Somatostatin inhibits secretion of growth hormone and thyroid stimulating hormone by the anterior pituitary

Posterior Pituitary Hormones



Oxytocin

Antidiuretic Hormone

Hypothalamic Hormones Released From the Posterior Pituitary Gland

Oxytocin (OT) & Antidiuretic Hormone (ADH)

These hormones are synthesized in hypothalamus, stored in posterior pituitary, and released upon nerve signal from the hypothalamus

right and left paraventricular nuclei produce oxytocin (OT)

supraoptic nuclei produce antidiuretic hormone (ADH)

posterior pituitary do not synthesize these hormones but only stores them for future use

Hypothalamic Hormones

ADH (antidiuretic hormone)

increases water retention thus reducing urine volume and prevents dehydration

also called vasopressin because it can cause vasoconstriction

Hypothalamic Hormones

OT (oxytocin)

–surge of hormone released during sexual arousal and orgasm // stimulate uterine contractions and propulsion of semen

–promotes feelings of sexual satisfaction and emotional bonding between partners

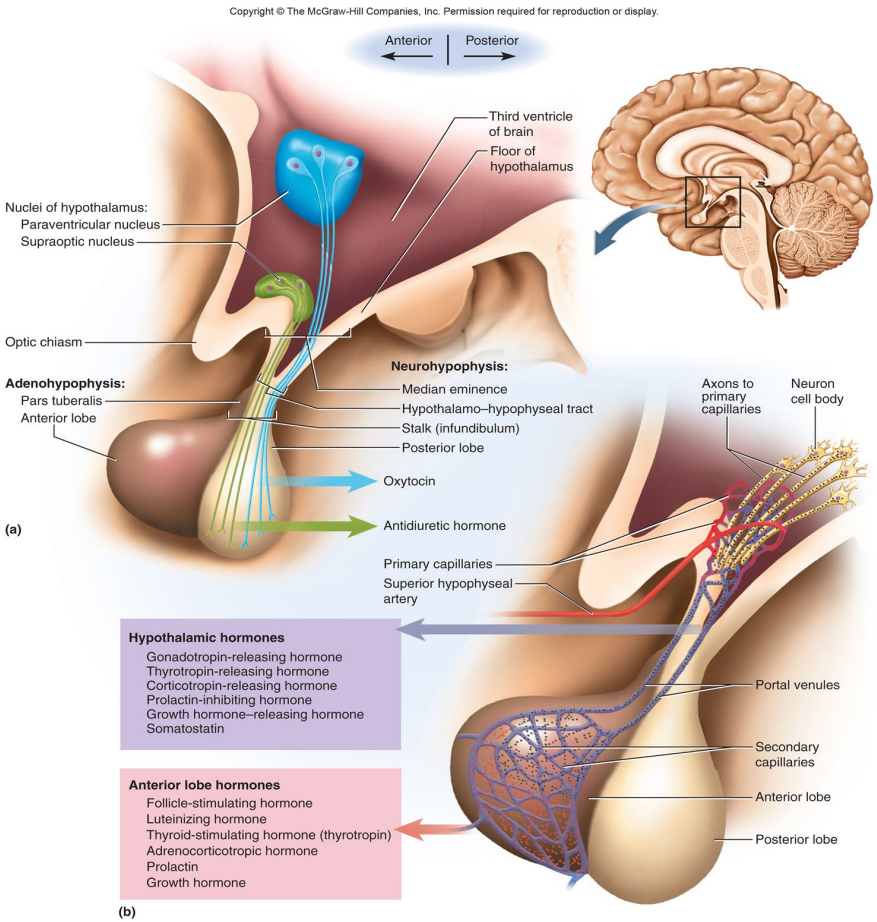
–stimulates labor contractions during childbirth

–stimulates flow of milk during lactation

–promotes emotional bonding between lactating mother and infant (love hormone!)

–*Guess what happens to you or your pet when you "comfort your pet"!*

Anterior Pituitary Hormones



- Follicle stimulating hormone
- Lutenizing hormone
- Thyroid stimulating hormone
- Adrenocoricotropic hormone
- Prolactin
- Growth hormone

What is the origin, target tissue, and action of these anterior pituitary hormones?

Anterior Pituitary Hormones

Two gonadotropin hormones target male and female gonadal tissues

–FSH (follicle stimulating hormone) // in female stimulates ovaries to form follicles which secrete estrogen // in males FSH stimulate Sertolli cells in testes to produce androgen binging proteins necessary for sperm production

–LH (luteinizing hormone) // in females stimulates ovulation resulting in formation of corpus luteum which then secretes progesterone necessary to maintain endometrium // in male targets testes interstitial cells to produce testosterone

Anterior Pituitary Hormones

TSH (thyroid stimulating hormone) // stimulates secretion of thyroid hormone // gas pedal of body // all cells in body have receptors for TSH

•ACTH (adrenocorticotropic hormone) // stimulates adrenal cortex to secrete glucocorticoids (cortisol) // anti-inflammatory, reduce protein synthesis, gluconeogenisis

•PRL (prolactin) // normally inhibited // after birth secreted and stimulates mammary glands to synthesize milk // believed to enhances secretion of testosterone by testes

•GH (growth hormone) // stimulates mitosis and cellular differentiation // all cells in body have receptors for GH

About Growth Hormone

GH has widespread effects on various body tissues /// especially cartilage, bone, muscle, and fat

GH induces liver to produce growth stimulants /// insulin-like growth factors (IGF-I) or somatomedins (IGF-II)

Stimulate target cells in diverse tissues

IGF-I prolongs the action of GH

Hormone half-life – the time required for 50% of the hormone to be cleared from the blood

- –GH half-life 6 – 20 minutes
- –IGF-I half-life about 20 hours

Growth Hormone

Secretion high during first two hours of sleep

Can peak in response to vigorous exercise

GH levels decline gradually with age

Average 6 ng/ml during adolescence, 1.5 ng/mg in old age

- lack of protein synthesis contributes to aging of tissues and wrinkling of the skin
- age 30, average adult body is 10% bone, 30% muscle, 20% fat
- age 75, average adult body is 8% bone, 15% muscle, 40% fat

Growth Hormone

GH Regulates:

GH has different effects in the short term and long term.

Protein synthesis increases -- boosts transcription of DNA, production of mRNA

Amino acid uptake into cells /// suppresses protein catabolism
Protein-sparing effect
//

Lipid catabolism /// shifts metabolism towards fat catabolism by adipocytes – provides energy for growth // spares glucose metabolism

Initial increase than a decrease in blood glucose concentration

Growth Hormone

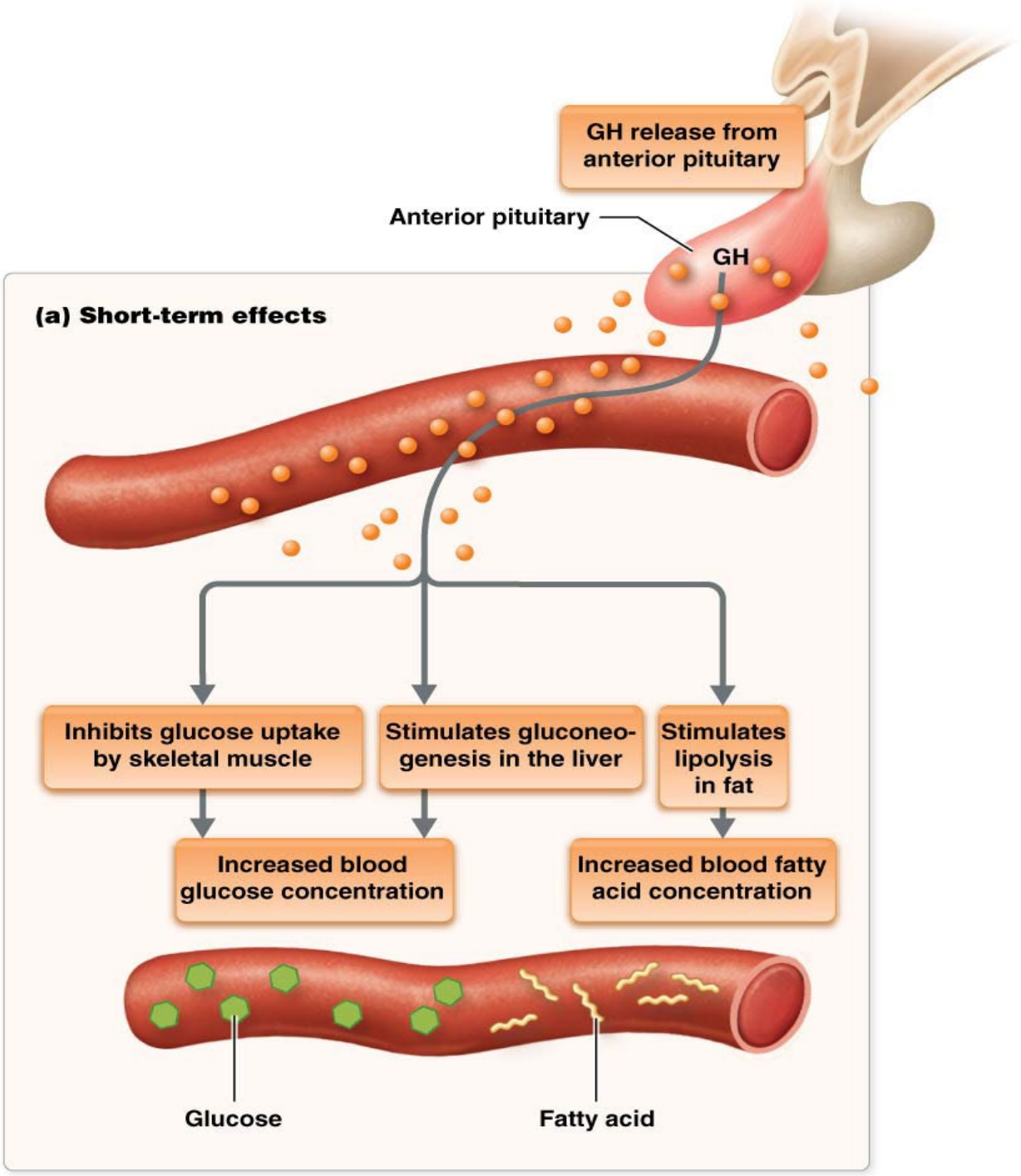
Carbohydrate metabolism – by mobilizing fatty acids for energy, GH functions as a glucose-sparing hormone // makes glucose available for brain energy source and/or glycogen synthesis and storage

Electrolyte balance – promotes Na^{+}, K^{+}, & Cl^{-} retention by kidneys, enhances Ca^{+2} absorption in intestine

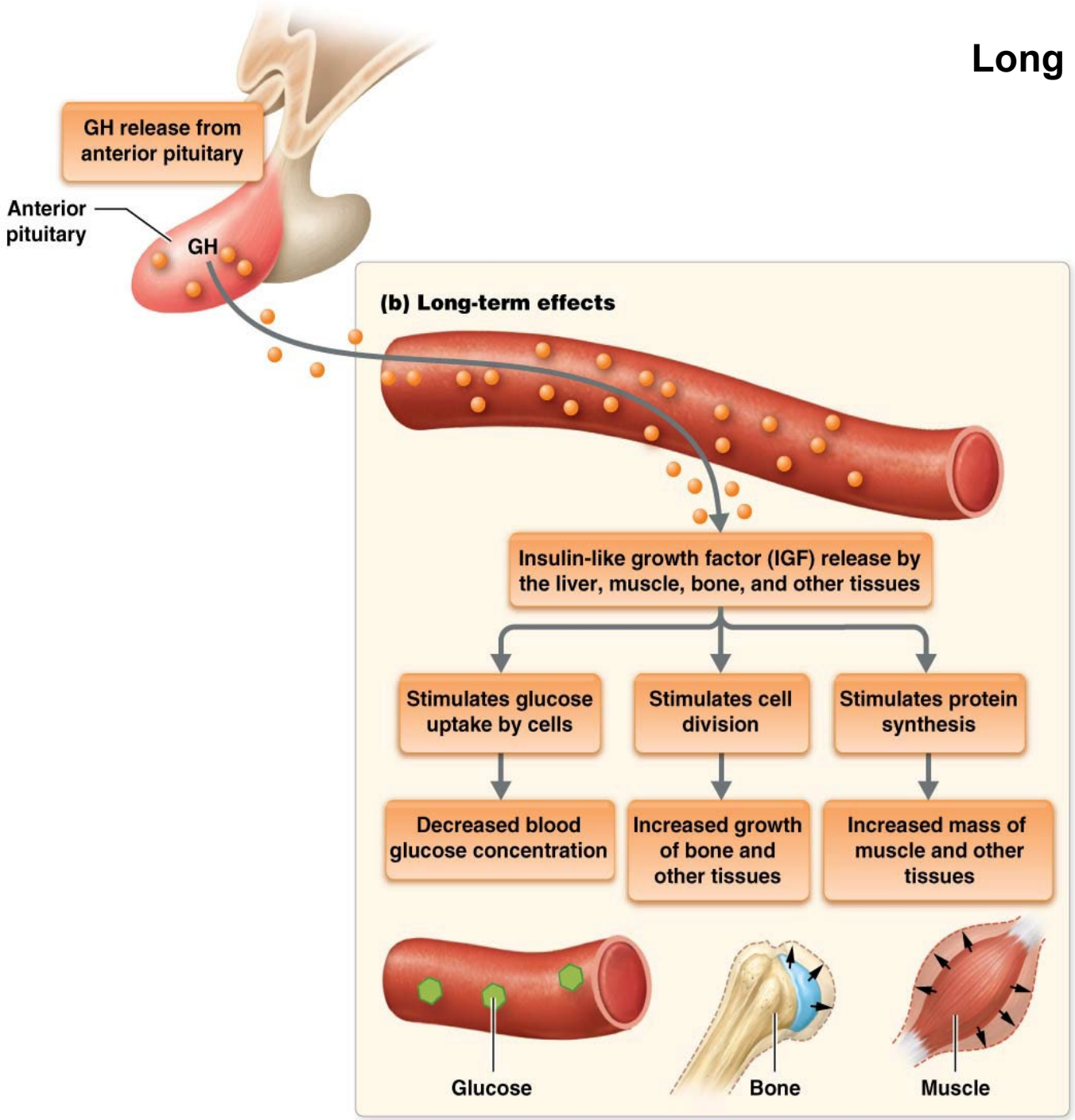
Bone growth - thickening and remodeling influenced, especially during childhood and adolescence

How will GH "reshape" appearance of body when GH taken as a supplement? (build muscle and burn fat so better definition of the muscle mass)

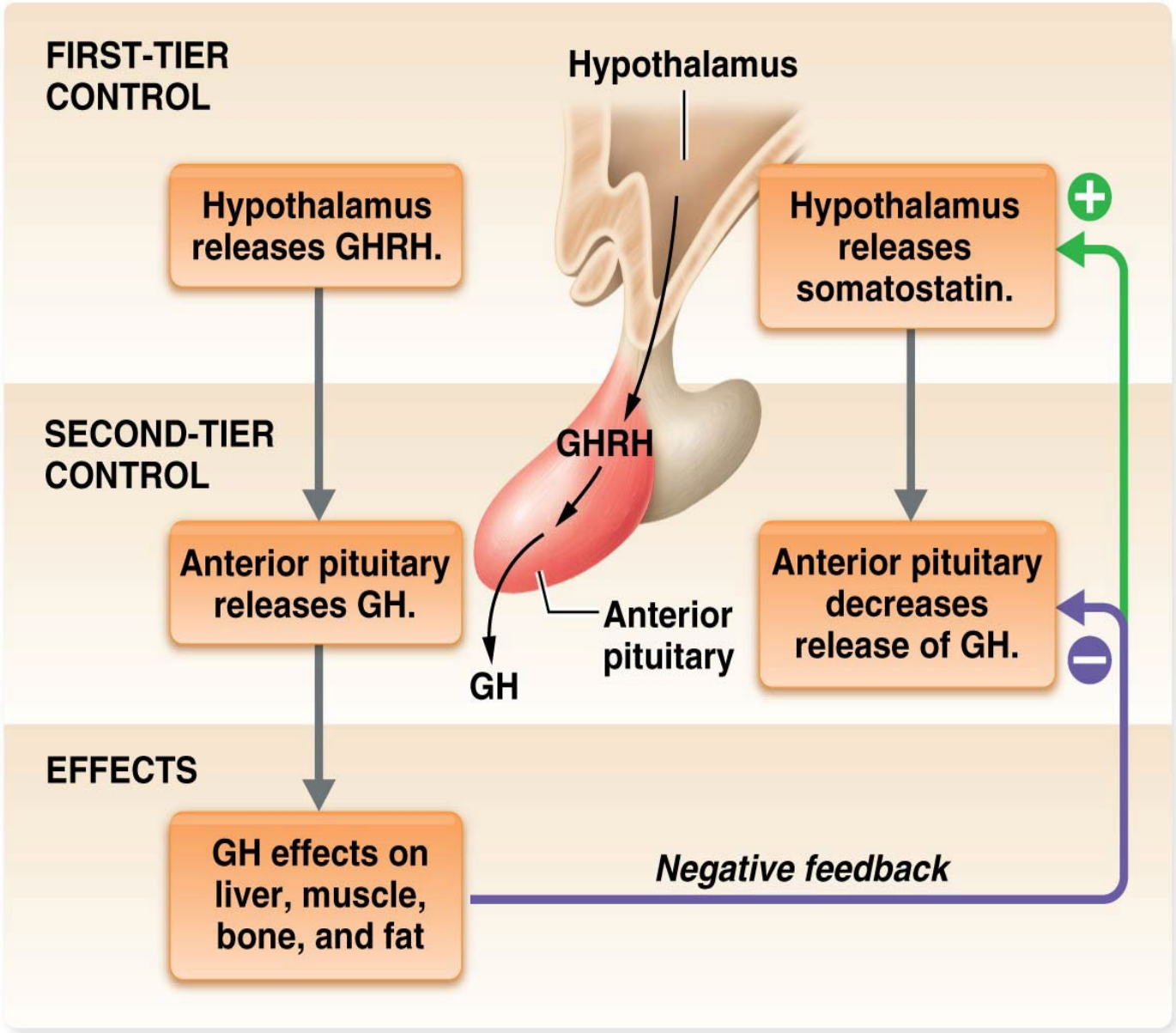
Short term effects of growth hormone (GH)



Long term effects of growth hormone (GH)



The regulation of growth hormone (GH) release.



Pituitary Growth Hormone Disorders

Hypersecretion of growth hormone (GH)

Late onset in adult = acromegaly - thickening of bones and soft tissues // especially in hands, feet and face

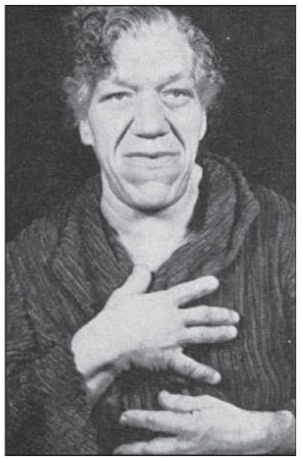
Early onset / childhood or adolescence = gigantism

Hyposecretion of GH // Pituitary dwarfism - rare today since growth hormone is now made by genetically engineered bacteria

Age 9

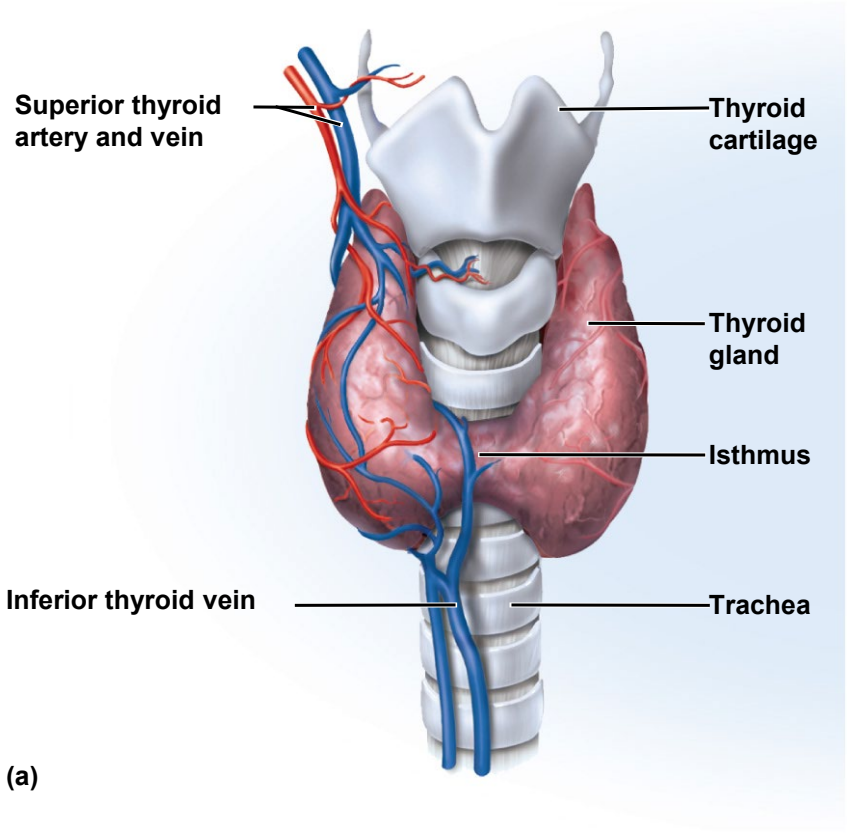
Age 16

Age 33



Age 52

Thyroid Gland Anatomy



Largest endocrine gland

–composed of two lobes and an isthmus below the larynx

–dark reddish-brown color due to rich blood supply

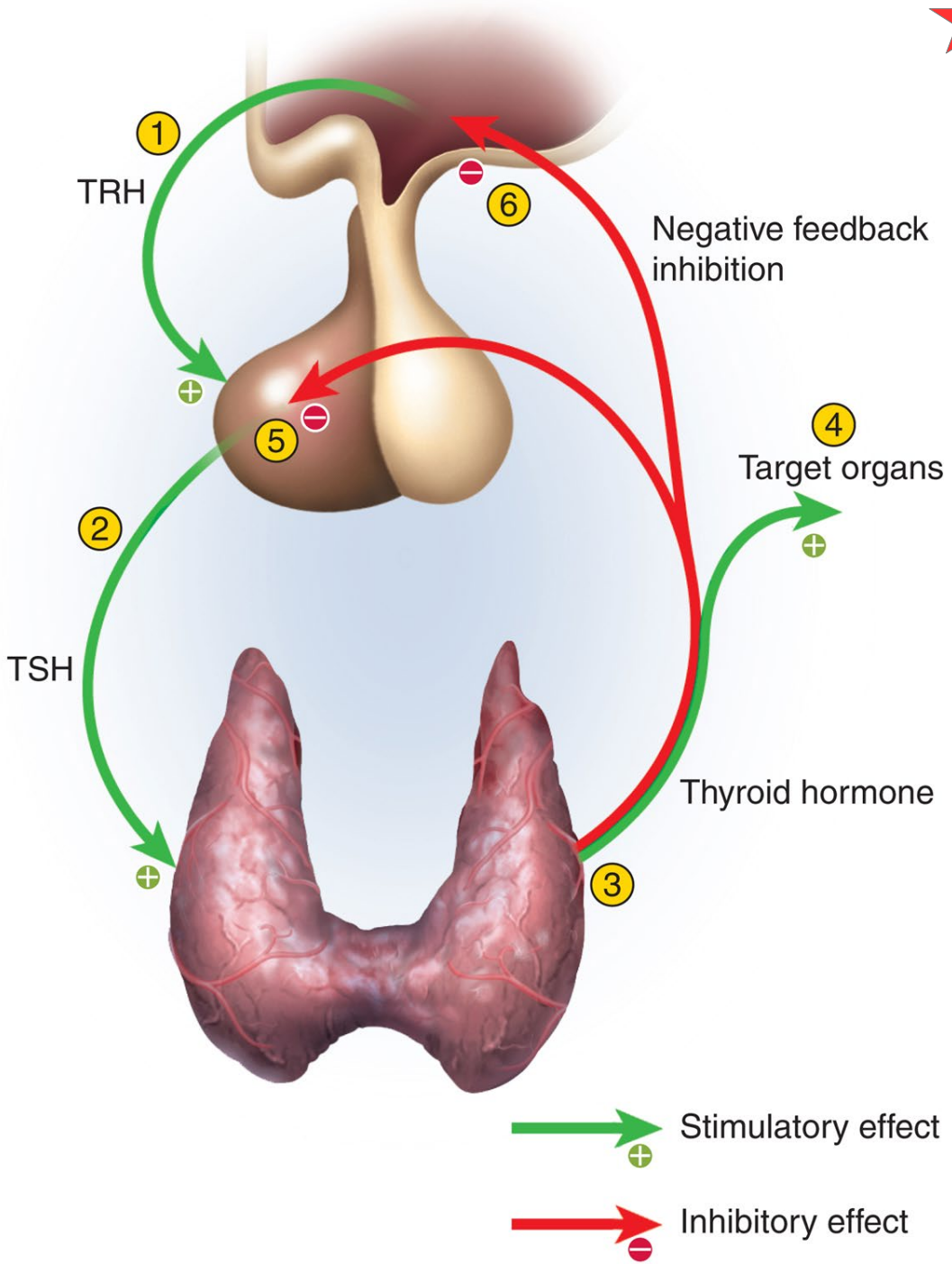
–thyroid follicles – sacs that store most of thyroid

–contain protein rich colloid

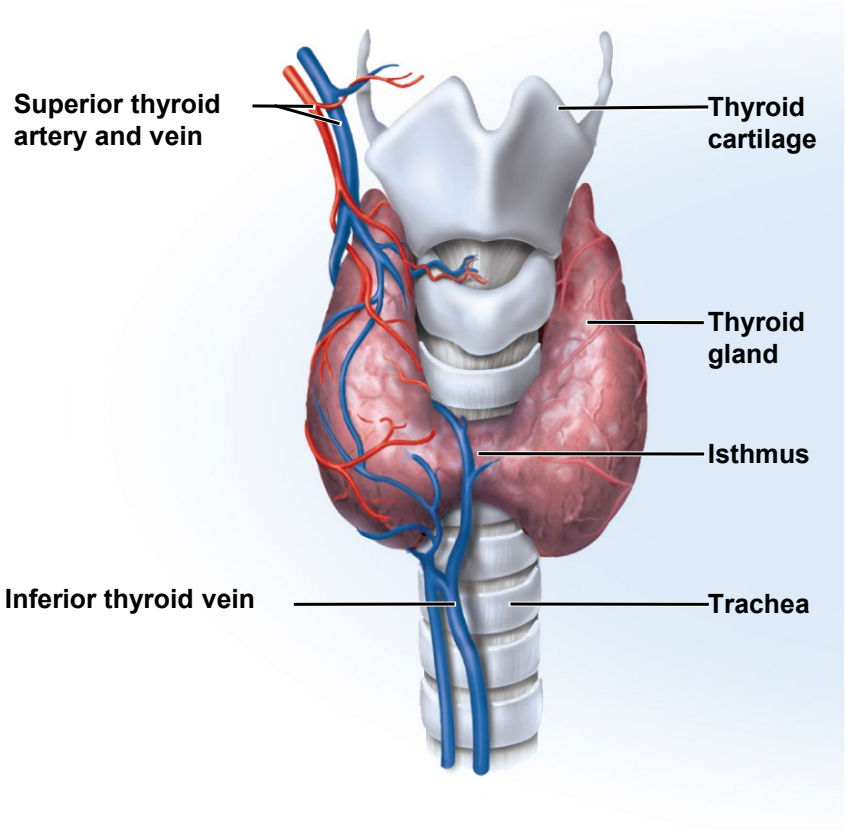
–follicular cells – simple cuboidal epithelium that lines follicles

Three hormones secreted from this location (two different glands) // thyroid hormone and calcitonin from the thyroid gland and parathyroid hormone from the parathyroid gland.

TSH Negative Feedback Mechanism to Regulate TRH



Thyroid Gland Anatomy



Thyroid Hormone

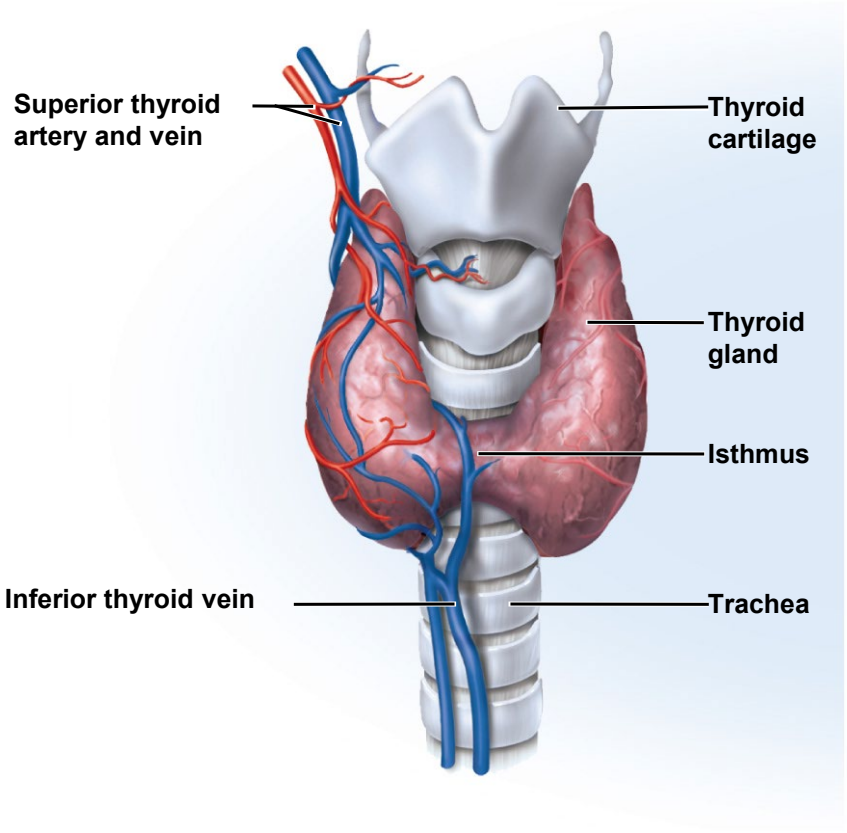
secretes **thyroxine** (T_4 because of 4 iodine atoms)

Secretes triiodothyronine (T_3) – (T_4 is converted to T_3) // T3 active hormone

All cells have receptors for T3

increases metabolic rate, O_2 consumption, heat production (**calorigenic effect**), increase appetite, growth hormone secretion, alertness and quicker reflexes

Thyroid Gland Anatomy



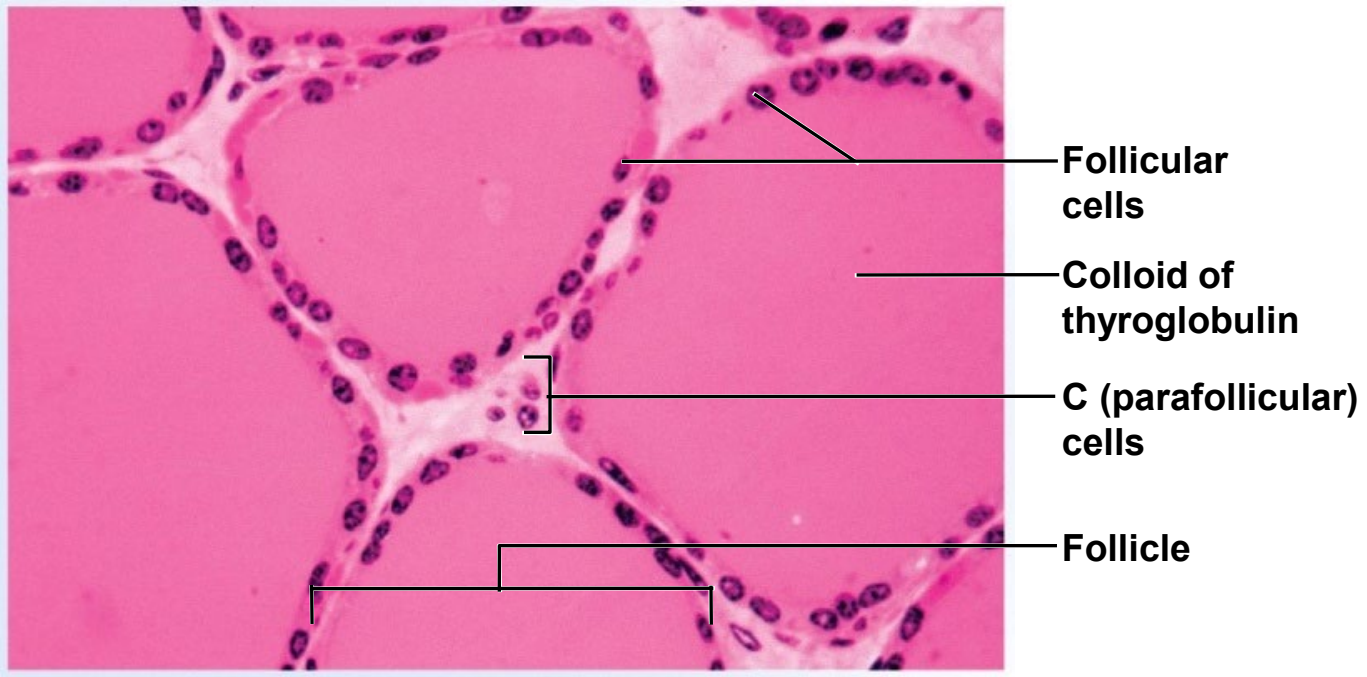
Calcitonin Hormone

parafollicular cells (C cells) secrete calcitonin

if blood calcium increases // stimulates bone growth so calcium moved from blood to make more bone matrix

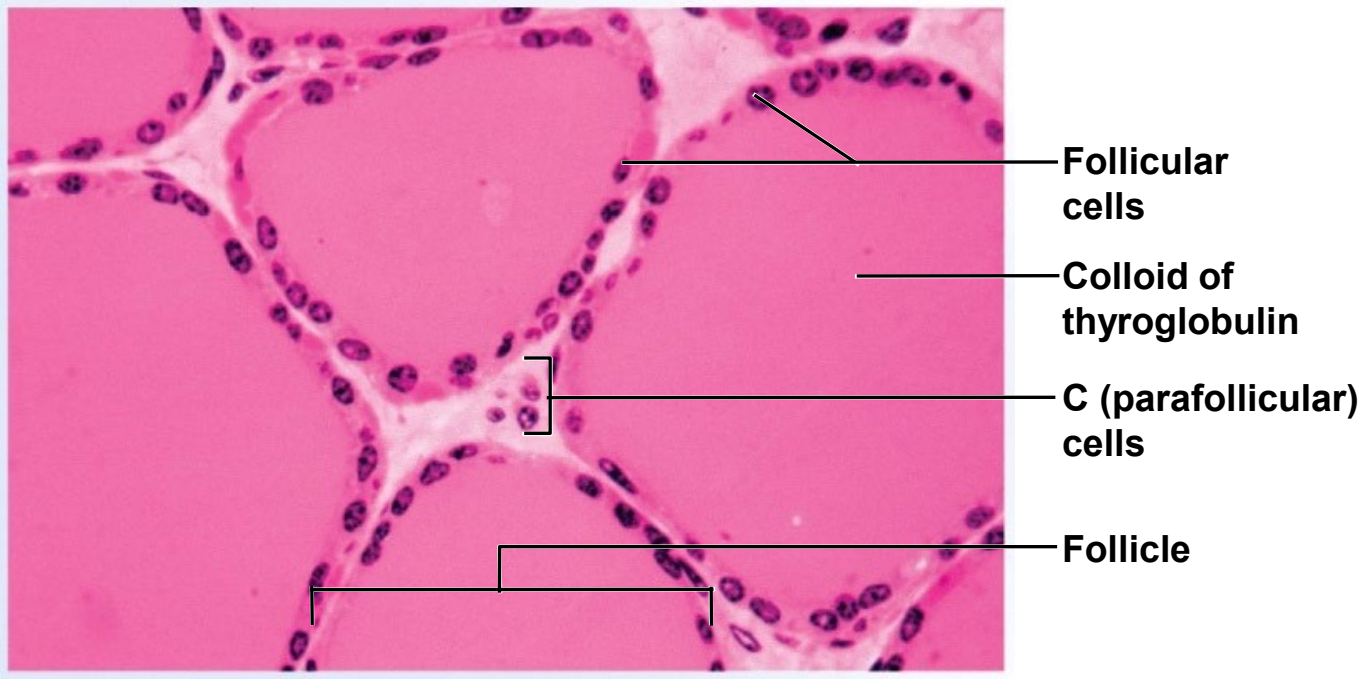
stimulates osteoblast activity and new bone formation

Histology of the Thyroid Gland



Thyroid follicles are filled with colloid and lined with simple cuboidal epithelial cells (follicular cells).

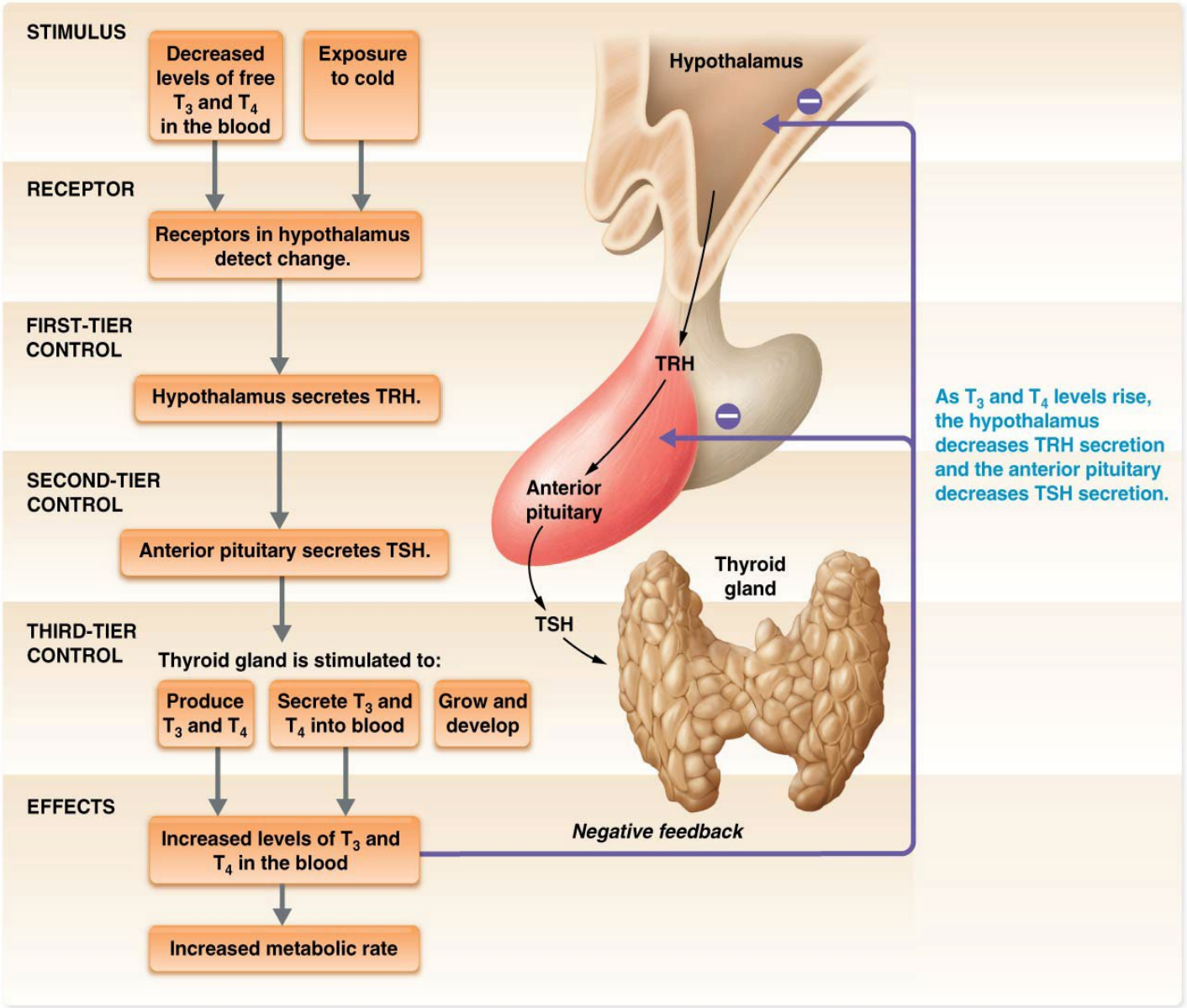
Calcitonin



C cells produce calcitonin when blood calcium levels are high.

Calcitonin reduces blood calcium levels by stimulating osteoblasts // use blood calcium to make new bone.

Maintaining homeostasis: regulation of thyroid hormone production by a negative feedback loop.



Hypo-thyroidism Disorders

Congenital hypothyroidism (decreased TH)
–hypo-secretion present a birth (formerly called cretinism)
–If not treated results in cognitive disorders
–treat with oral thyroid hormone

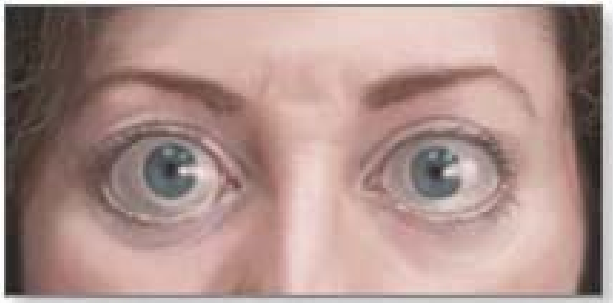
Myxedema (decreased TH)
–adult hypothyroidism
–treat with oral thyroid hormone

Before / After Treatment

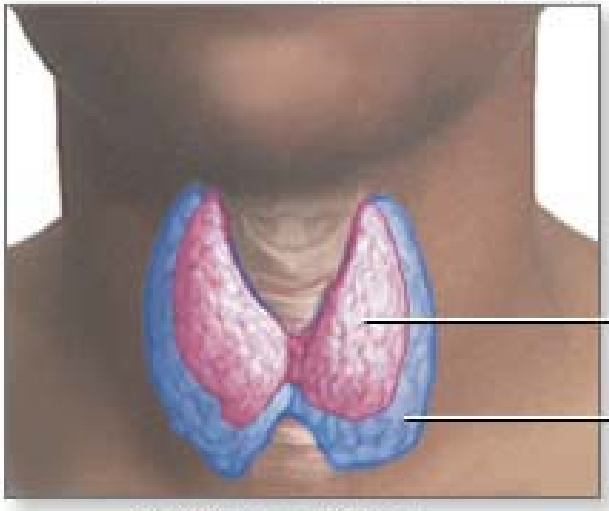
Myxedema: describes a specific form of cutaneous and dermal edema secondary to increased deposition of connective tissue components (like glycosaminoglycans, hyaluronic acid, and other mucopolysaccharides) in subcutaneous tissue as seen in various forms of hypothyrodism.

It is more common in women than in men.

Hyperthyroidism = Graves' Disease



Exophthalmos (bulging eyes)



Diffuse goiter

Graves' disease is a common cause of hyperthyroidism, an over-production of thyroid hormone, which causes enlargement of the thyroid and other symptoms such as exophthalmos, heat intolerance and anxiety

A.D.A.M.

Graves' ophthalmopathy (a protrusion of one or both eyes), caused by inflammation of the eye muscles by attacking auto-antibodies)

Goiter (Thyroid Gland Disorder)

Any pathological enlargement of the thyroid gland

–Endemic goiter

- Continued secretion of thyroid stimulating hormone, hypertrophy of thyroid gland
- Caused by dietary iodine deficiency
- Unable to produce TH
- Without TH / no negative feedback to stop TSH secretion

–Toxic goiter (Graves disease)

- auto-antibodies mimic the effect of TSH on the thyroid causing hyper-secretion
- overgrown thyroid produces functional TH

Endemic Goiter

Parathyroid Glands

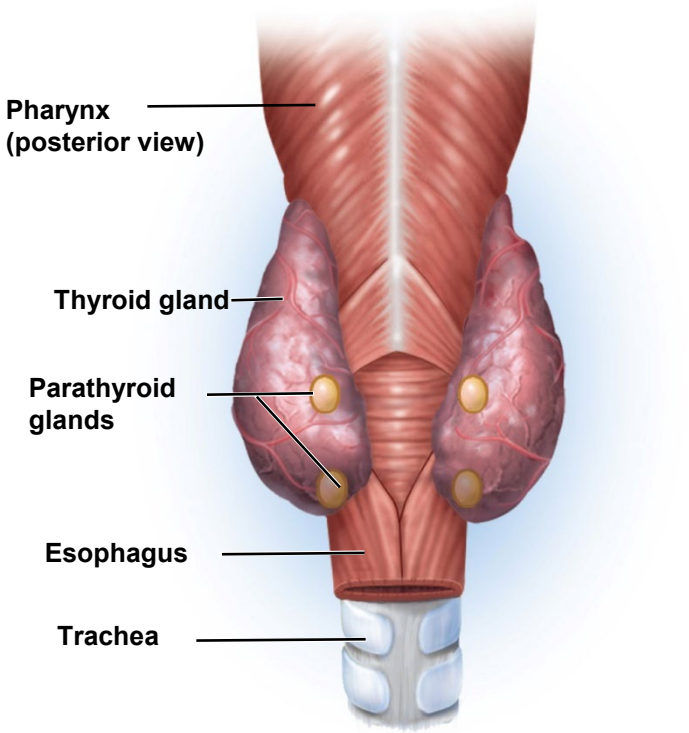
Four glands partially embedded in posterior surface of thyroid gland

Can be found from as high as hyoid bone to as low as aortic arch

Secretes parathyroid hormone when blood calcium is low

Stimulate osteoclast activity // breaks down bone matrix

increase Ca ions in blood

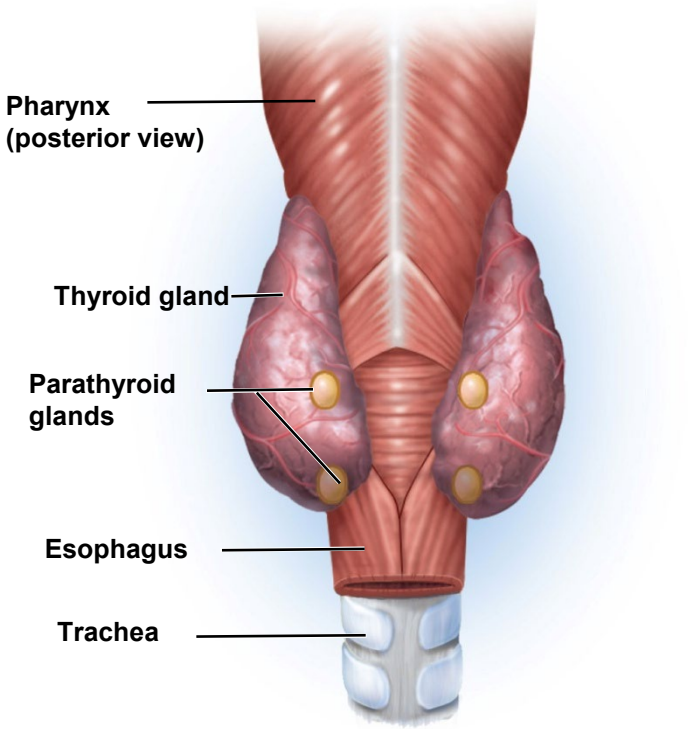


Parathyroid Glands

Promotes synthesis of calcitriol (vitamin D) /// increases absorption of Ca^{2+}

Decreases urinary excretion

Increases bone resorption



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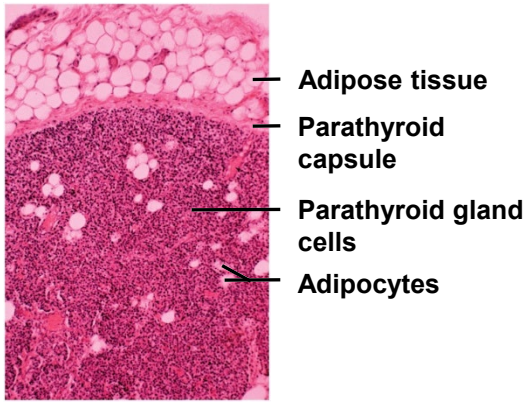
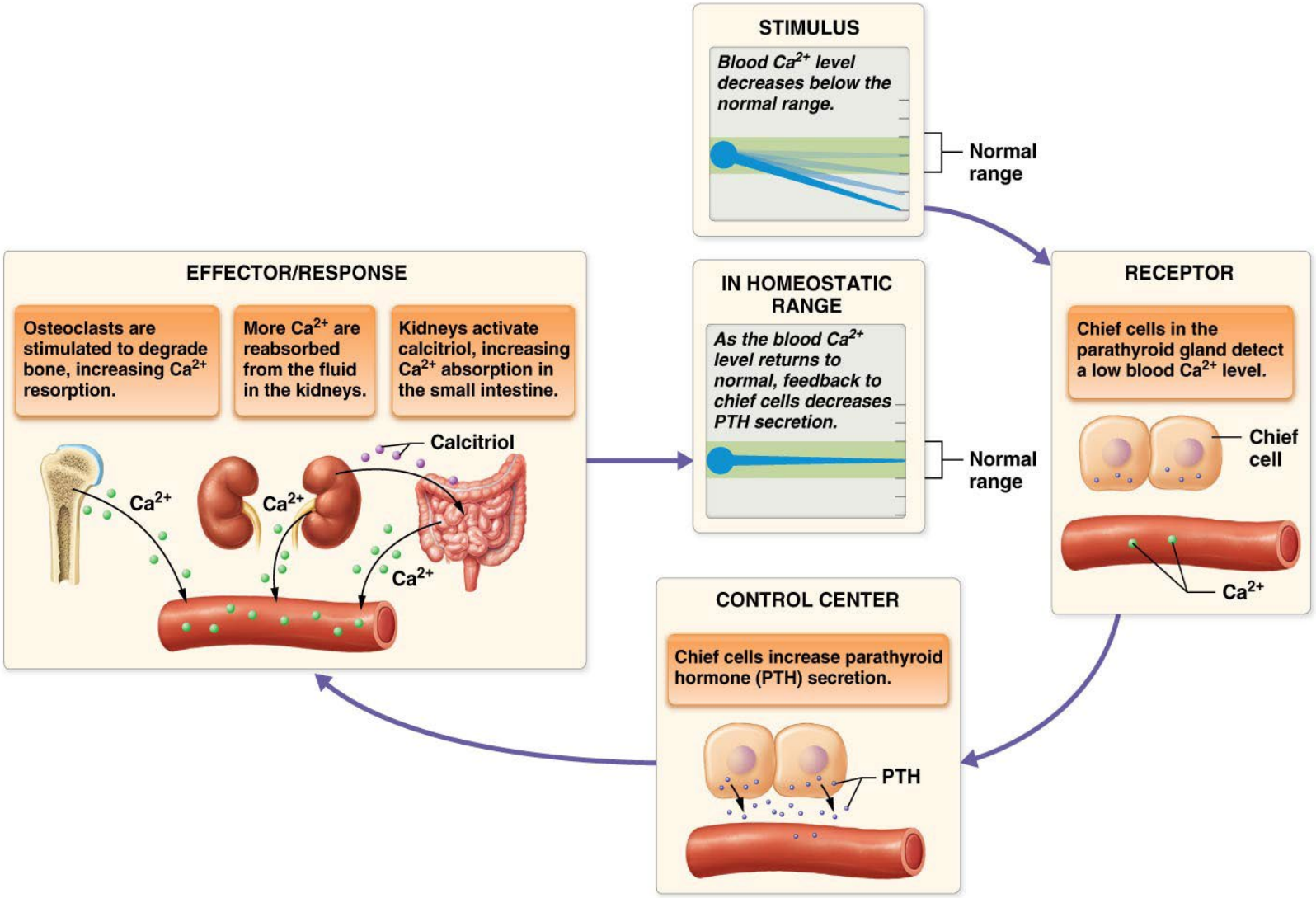
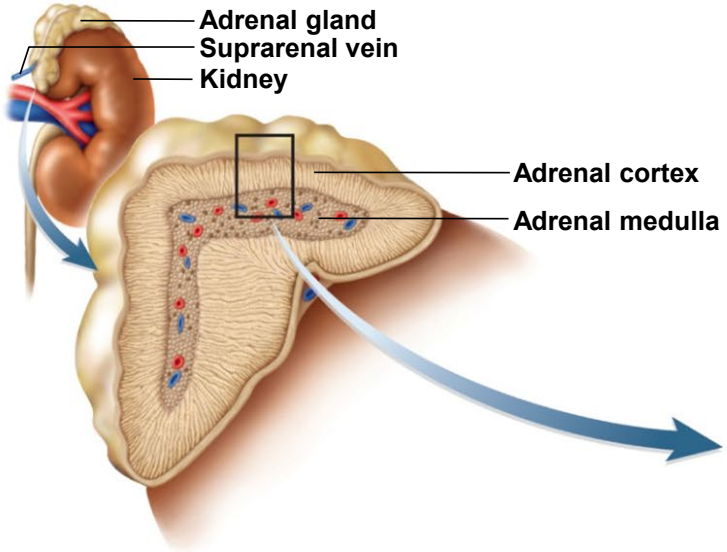
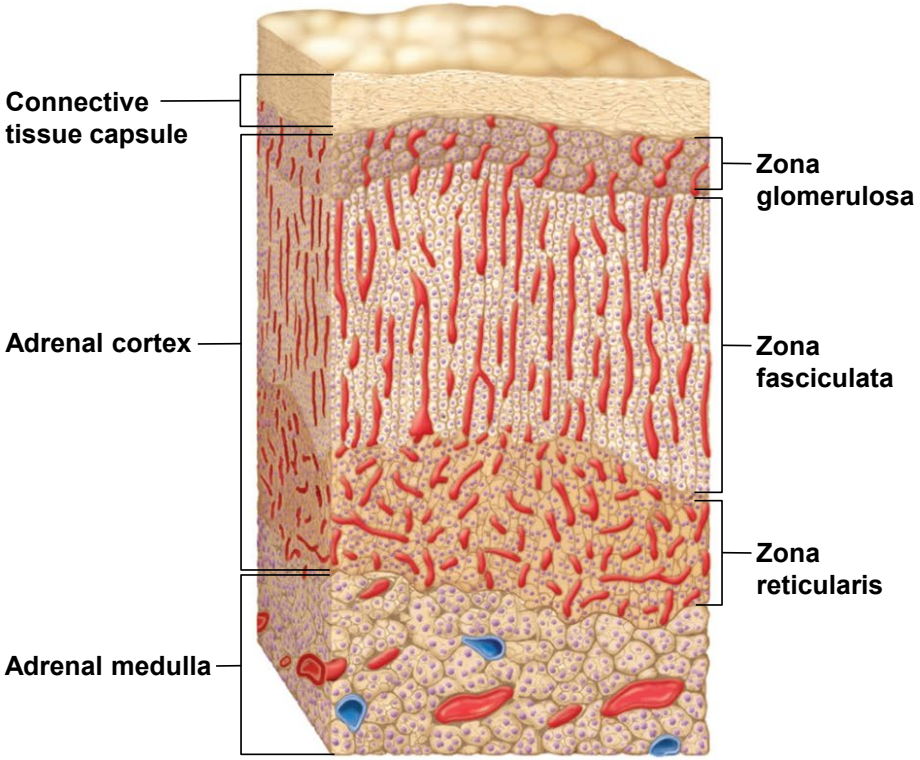


Maintaining homeostasis: regulation of blood calcium ion concentration by a negative feedback loop.



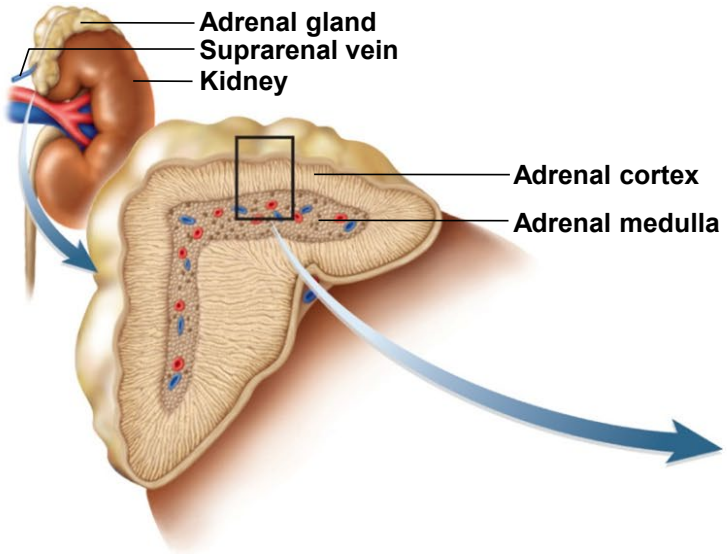
Adrenocorticotropic hormone (ACTH) Released by the Pituitary and Targets the Adrenal Gland's Cortex

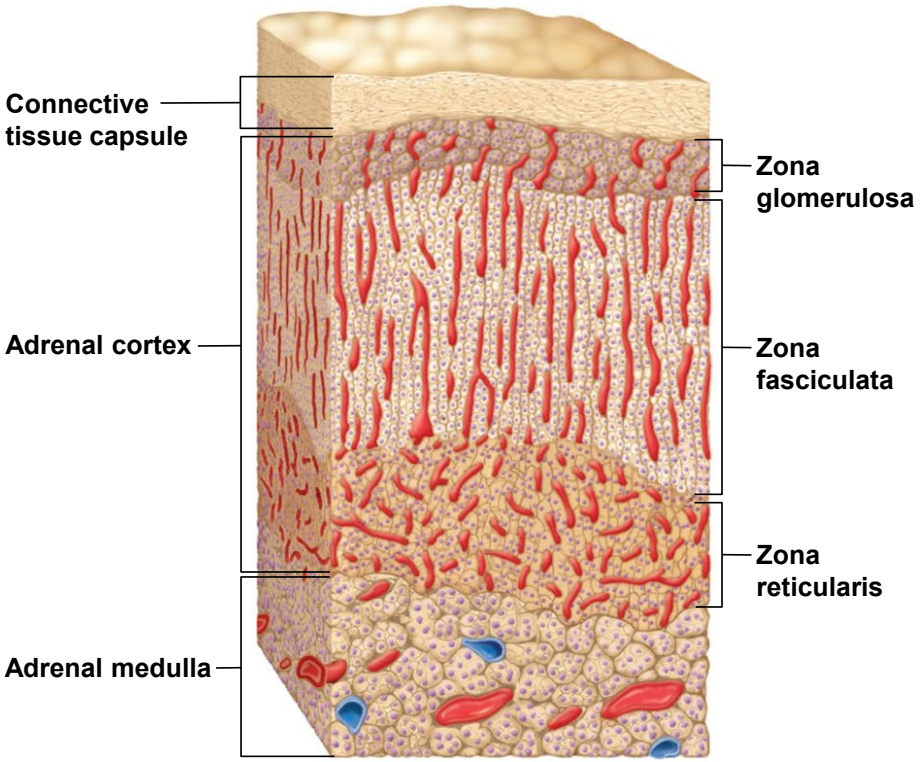




Adrenal gland is small gland that sits on top of each kidney

Adrenocorticotropic hormone (ACTH) Released by the Pituitary and Targets the Adrenal Gland's Cortex





Adrenal cortex secretes mineralocorticoid and glucocorticoid hormones

Adrenal medulla classified as a SNS ganglia (releases epinephrine and norepinephrine)

Adrenal Cortex

Surrounds adrenal medulla and produces more than 25 steroid hormones called corticosteroids or corticoids

Secretes 5 major steroid hormones from three layers of glandular tissue

zona glomerulosa (thin, outer layer) /// cells are arranged in rounded clusters /// secretes mineralocorticoid – regulate the body's electrolyte balance

zona fasciculata (thick, middle layer) /// cells arranged in fascicles separated by capillaries /// secretes glucocorticoids

zona reticularis (narrow, inner layer) // cells in branching network // secretes sex steroids

Secretions by the Adrenal Gland Medulla

Adrenal medulla – inner core, 10% to 20% of gland

Has **dual nature** /// acting as **an endocrine gland** plus acting as a **sympathetic ganglion** of sympathetic nervous system

Innervated by **sympathetic preganglionic fibers**

Consists of modified sympathetic postganglionic neurons called **chromaffin cells**

When stimulated by ANS release **catecholamines** (**epinephrine** and **norepinephrine**) and a trace of **dopamine** directly into the bloodstream

Catecholamines Released by Adrenal Medulla

Effect is longer lasting than effects of norepinephrine released as a neurotransmitters release

Increases alertness and prepares body for physical activity

Mobilize high energy fuels /// lactate, fatty acids, and glucose

Glycogenolysis and gluconeogenesis both boost glucose levels

Glucose-sparing effect /// catecholamines *inhibits insulin secretion* /// therefore muscles use fatty acids for energy and save glucose for brain (brain tissue does not need insulin to uptake glucose)

Increases blood pressure, heart rate, blood flow to muscles, pulmonary air flow to alveoli and overall metabolic rate

Decreases digestion and urine production /// maintenance type functions in favor of systems of "action"

Corticosteroids

Glucocorticoids (zona fasciculata)

–regulate metabolism of glucose and other fuels

–especially important is **cortisol** /// stimulates fat and protein catabolism to drive **gluconeogenesis** (glucose from amino acids and fatty acids)

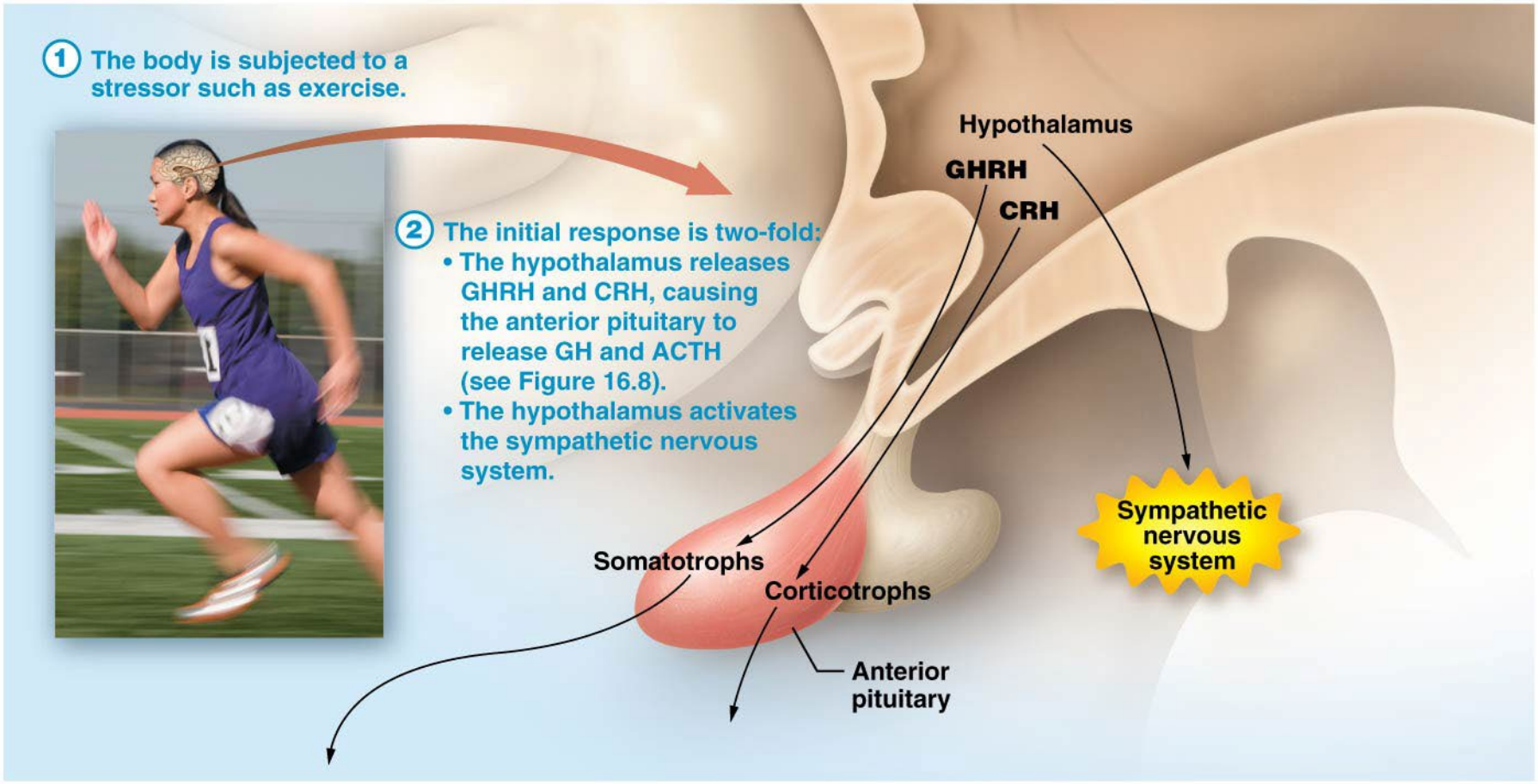
–cause release of fatty acids and glucose into blood

–helps body adapt to stress and repair tissues

–anti-inflammatory effect // reduce edema

–suppressing protein synthesis = **inhibit antibody formation** /// result in immune suppression with long-term use of cortisol

The Big Picture of the Hormonal Response to Stress



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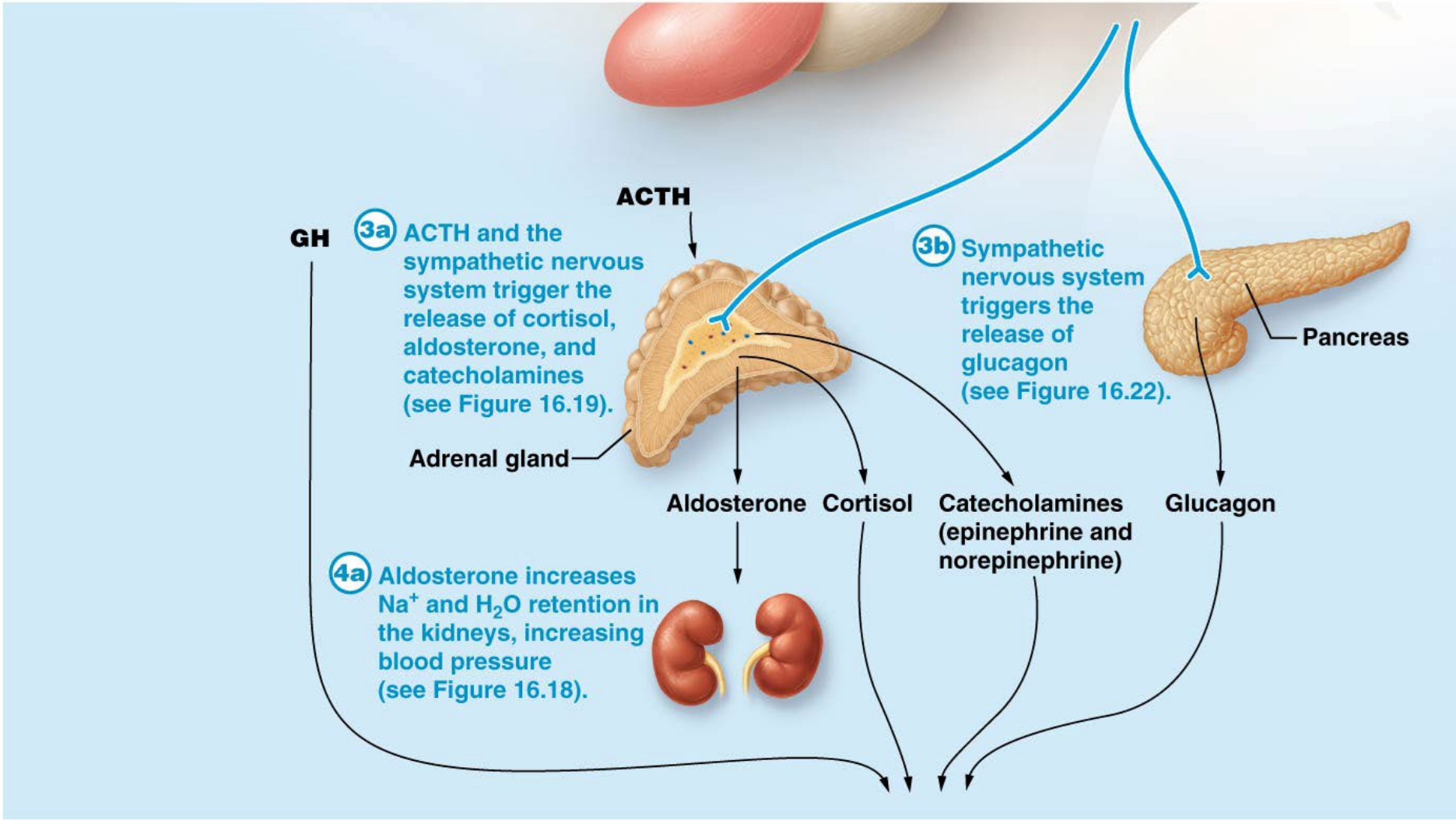
The Big Picture of the Hormonal Response to Stress



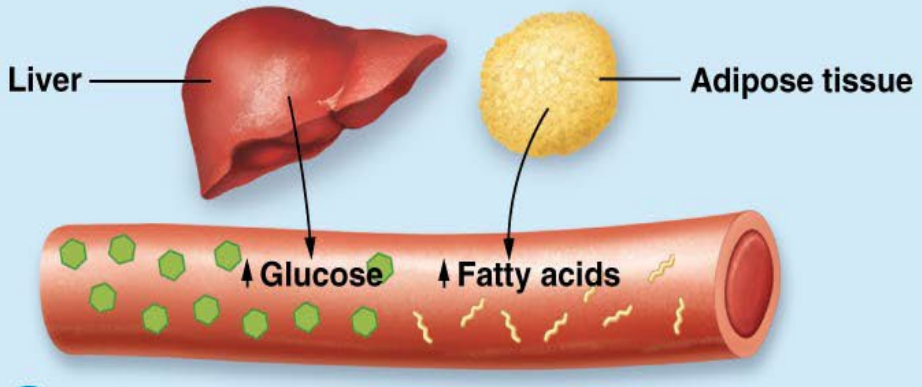
The Big Picture of the Hormonal Response to Stress

GHRH = Growth hormone–releasing hormone

CRH = Corticosteroid-releasing hormone

GH = Growth hormone

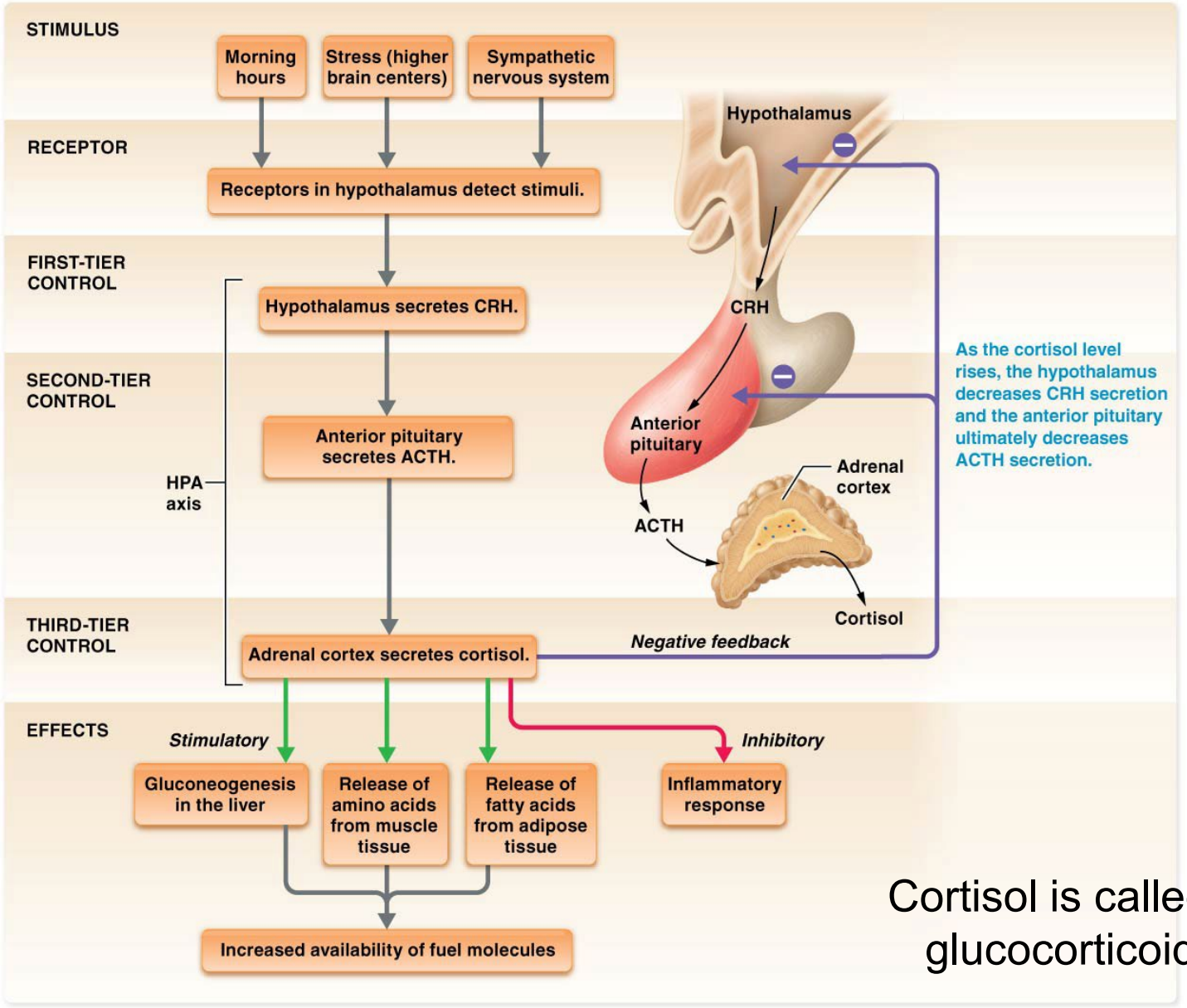
ACTH = Adrenocorticotropic hormone



4b GH, cortisol, catecholamines, and glucagon trigger an increased release of metabolic fuels from the liver and adipose tissue.

ACTH and Cortisol Regulation Using Negative Feedback Loop

What are the end results of cortisol secretions?



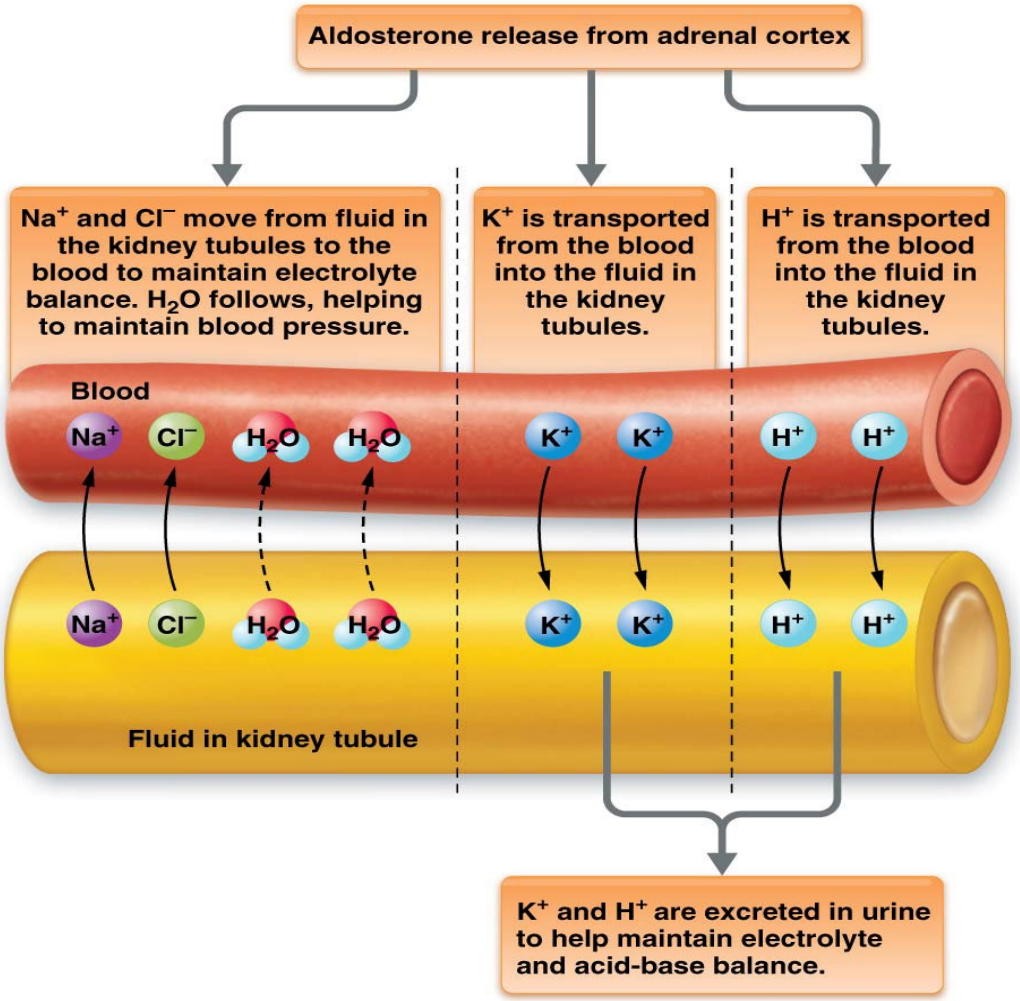
Cortisol is called a glucocorticoid.

Aldosterone

- **Aldosterone is called a mineralocorticoids**

- Regulate electrolyte balance /// stimulates retention of Na^+ while increasing excretion of K^+ plus H+

- water is retained with sodium by osmosis, helps to maintain blood volume and blood pressure



Other Adrenal Cortex Hormones

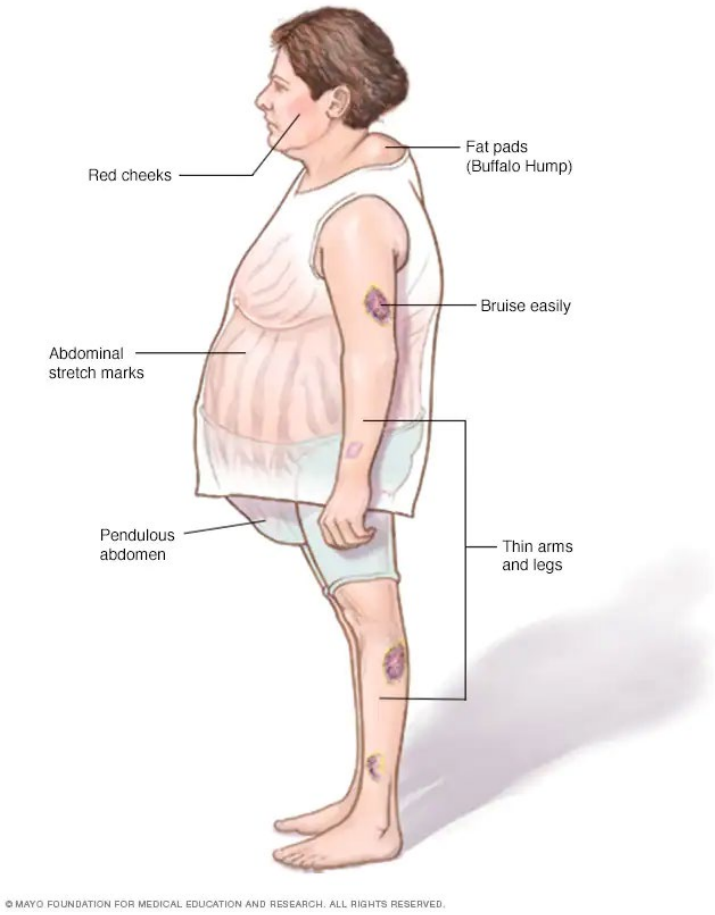
Sex steroids (zona reticularis)

Androgens – sets libido throughout life; large role in prenatal male development (includes DHEA which other tissues convert to testosterone)

Estradiol – small quantity, but important after menopause for sustaining adult bone mass; fat converts androgens into estrogen

Cushing Syndrome

(Not a lecture objective)



Cushing's syndrome is a disorder that occurs when your body makes too much cortisol over a long period of time.

Cortisol is sometimes called the “stress hormone” because it helps your body respond to stress. Cortisol also helps maintain blood pressure, and regulate blood glucose

Excess cortisol may cause enlargement of external sexual organs in children and early onset of puberty

Newborn girls exhibit masculinized genitalia

Women masculinizing effects – body hair, deeper voice, beard growth

Adrenal Gland Disorder

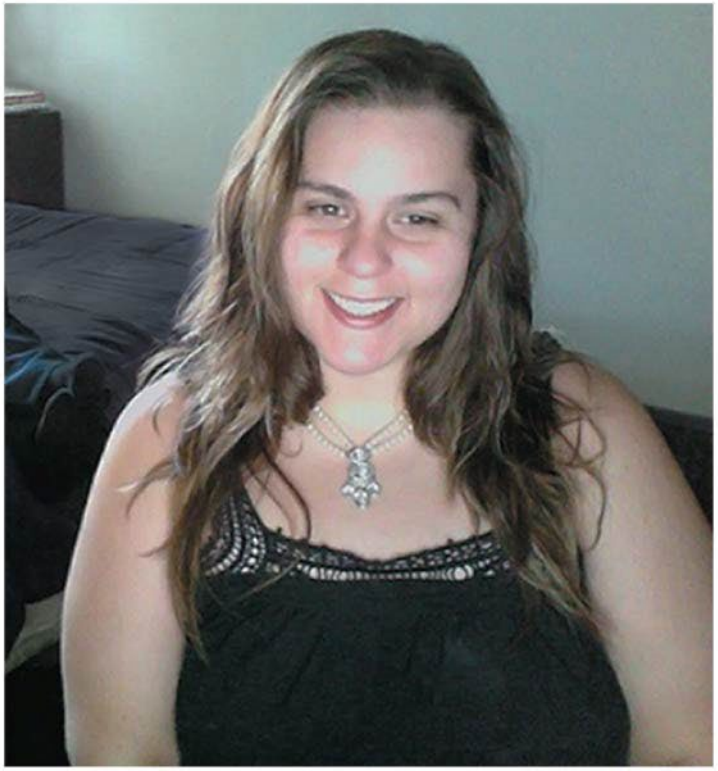
Cushing syndrome - excess cortisol secretion

- hyperglycemia, hypertension, weakness, edema
- rapid muscle and bone loss due to protein catabolism
- abnormal fat deposition // moon face and buffalo hump
- Inhibits protein synthesis // increase infections // atrophy of lymph nodes

(a) (b)

a-b: From: Atlas of Pediatric Physical Diagnosis, 3/e by Zitelli & Davis, fig 9-17 1997, with permission from Elsevier

Cushing's syndrome.



(a) Patient before development of Cushing's syndrome

(b) Patient 3 years after the onset of Cushing's syndrome

Cushing Syndrome - excess cortisol secretion

Adrenal Gland Interactions

Medulla and cortex of adrenal gland are not functionally independent

Medulla atrophies without the stimulation of cortisol (made in cortex)

Some chromaffin cells of medullary origin extend into the cortex

Chromaffin cells stimulate the cortex to secrete corticosteroids when stress activates the sympathetic nervous system

Adrenogenital Syndrome (AGS)

Congenital adrenal hyperplasia is a term used to represent a group of inherited adrenal gland disorder. Patients with this condition produce an excess of the androgen hormone and insufficient amounts of cortisol and aldosterone hormones.

It is a condition that results in a lack of a specific enzyme necessary for the adrenal glands to make the necessary cortisol and aldosterone hormones within the body.

In lacking these two hormones, the body instead produces an excess amount of androgen, a kind of male sex hormone.

With this excess of androgen, early or inappropriate appearance of male characteristics are present. 1 in 50,000 +/- are affected

Masculinizing effects on women // increased body hair, deeper voice and beard growth

Congenital Adrenal Hyperplasia

Review of Some of the Endocrine System's Organs

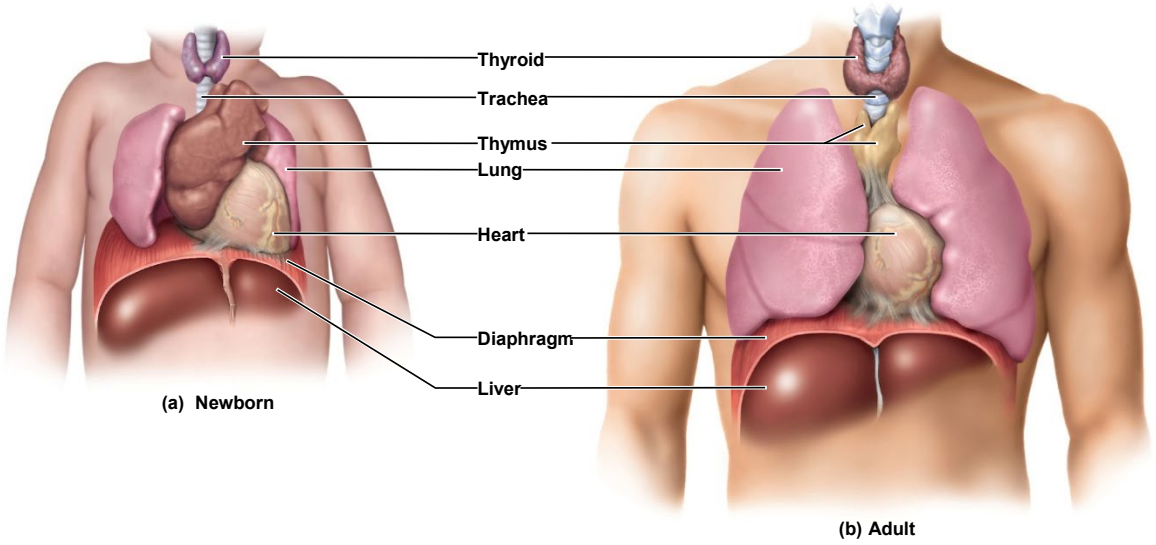
Thymus

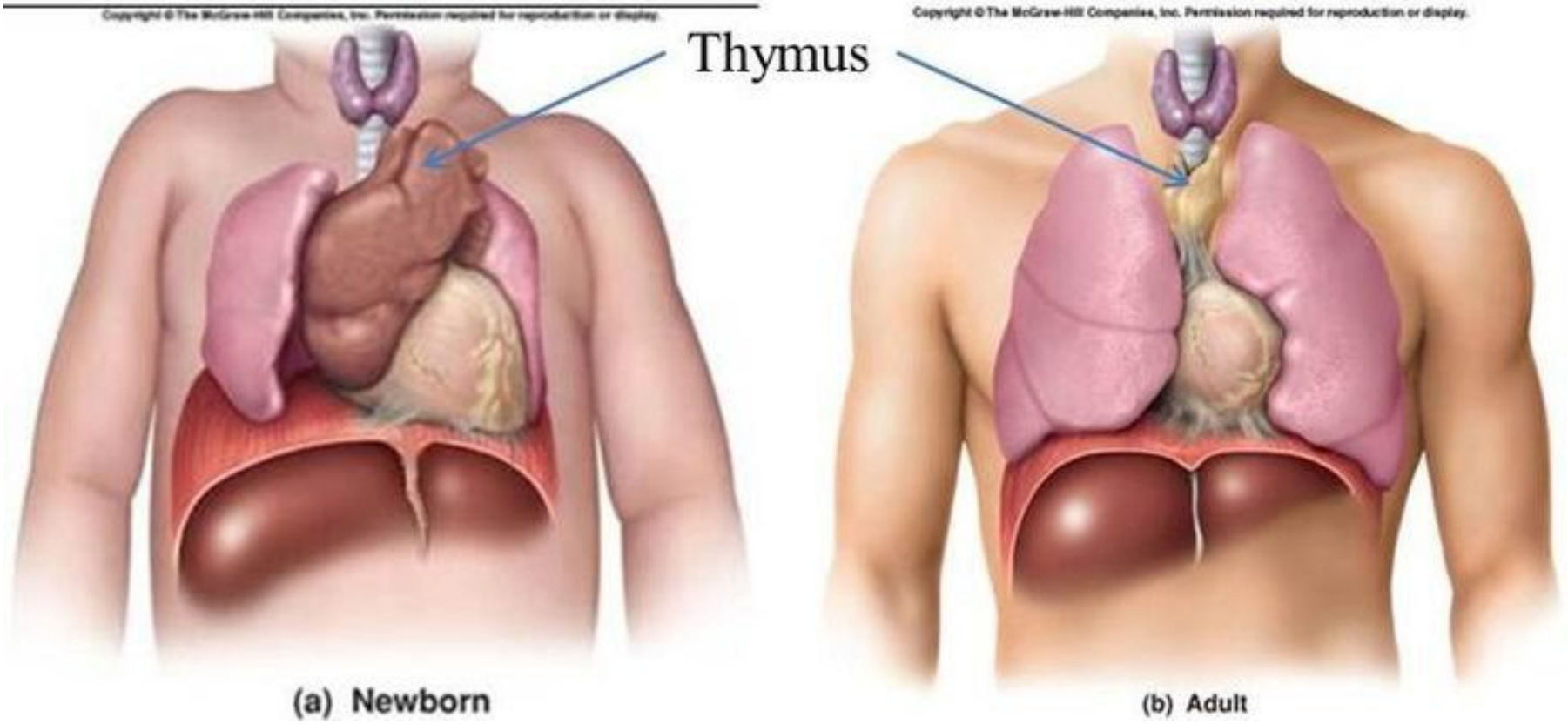
Thymus plays a role in three systems: endocrine, lymphatic, and immune

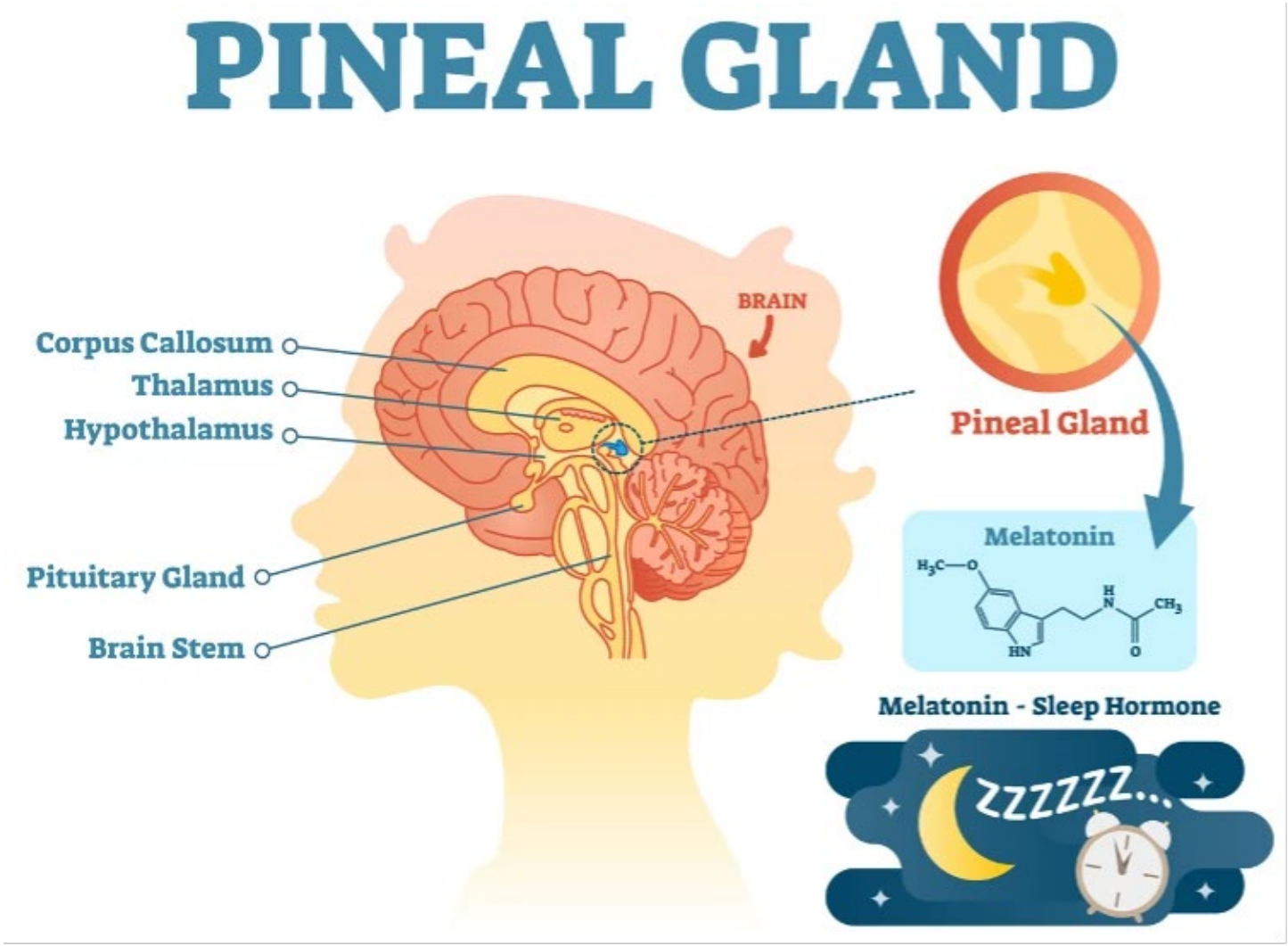
Bilobed gland in the mediastinum superior to the heart // goes through involution after puberty

Site of maturation of T cells important in immune defense

Secretes hormones (thymopoietin, thymosin, and thymulin) that stimulate development of other lymphatic organs and helps to complete development of T-lymphocytes




Thymus
(a) Newborn
(b) Adult



Attached to roof of third ventricle beneath the posterior end of corpus callosum

Synchronize physiological function with 24-hour **circadian rhythms** of daylight and darkness

Pineal Gland

Pineal gland produces melatonin

Hormone nicknamed the SAD (seasonal adjusted disease) hormone

Synthesized from serotonin during the night ///
longer nights more melatonin – more "mood change" or sadness

Fluctuates seasonally with changes in day length ///
longer nights more melatonin

May regulate timing of puberty in humans // melatonin also thought to be associated with female mood swings associated with menses

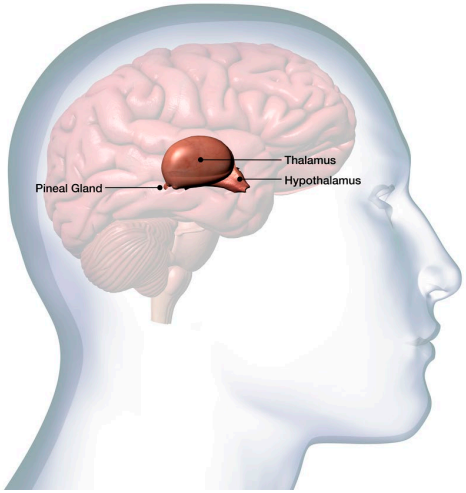
Pineal Gland

Seasonal affective disorder (SAD)

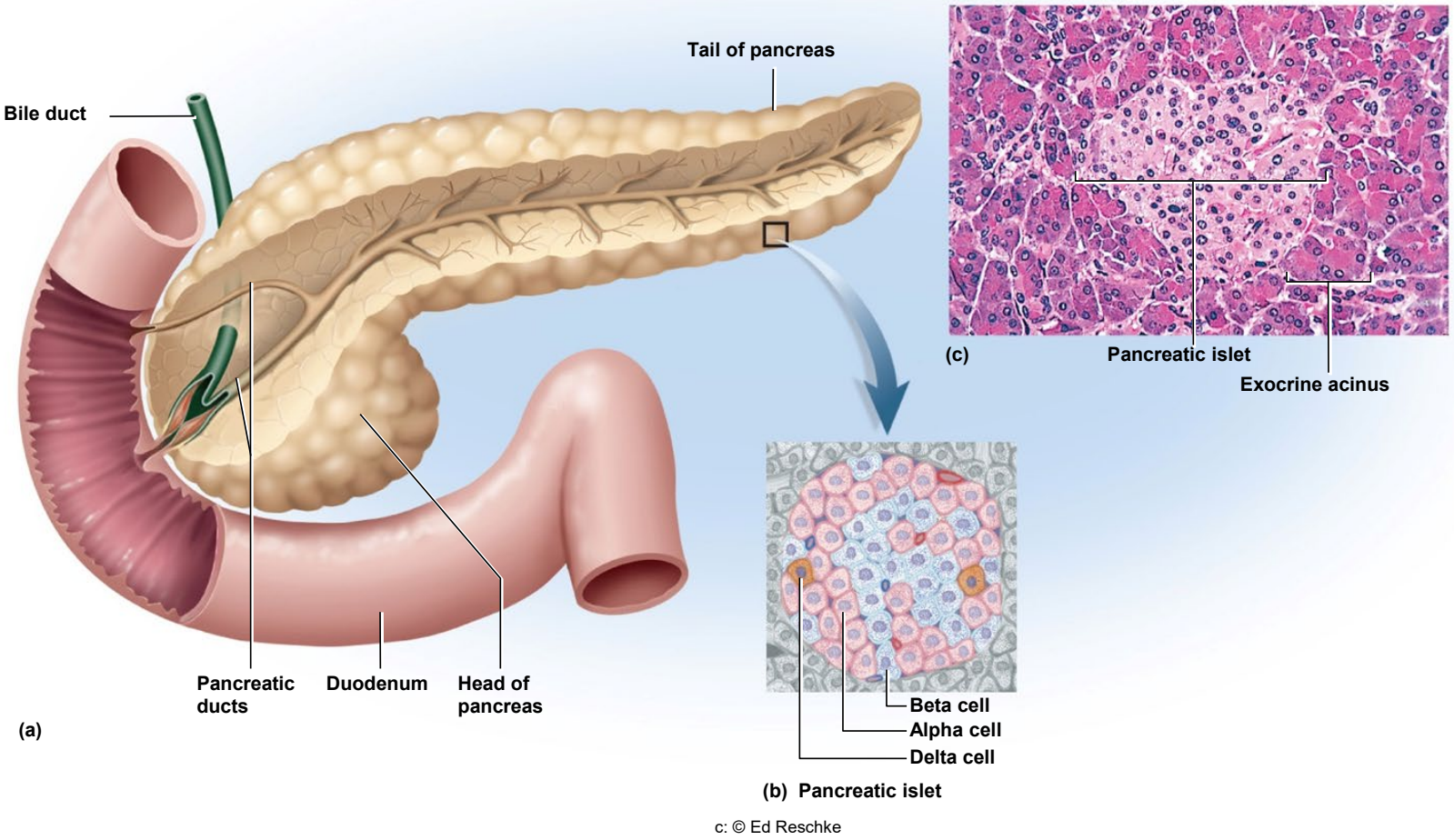
occurs in winter or northern climates // greater darkness increases melatonin production

symptoms - depression, sleepiness, irritability and carbohydrate craving

corrective action = 2 to 3 hours of exposure to bright light each day reduces the melatonin levels and the symptoms (phototherapy)



Pancreas



Dual Functional Gland: Exocrine digestive gland and endocrine gland regulating blood glucose. Cell clusters (pancreatic islets) // gland found retroperitoneal, inferior and posterior to stomach.

Pancreatic Hormones

1-2 million **pancreatic islets** (Islets of Langerhans) produce hormones // 2% of pancreas

Other 98% of pancreas cells produces digestive enzymes

Insulin secreted by **beta (β) cells** // secreted during and after meal when glucose and amino acid blood levels are rising

Glucagon is produced by alpha cells // released when hypoglycemic // target tissue is liver // breaks down stored glycogen into glucose which is released into blood

Insulin

Insulin stimulates cells to absorb glucose and amino acids from GI tract and cells of body to either store or metabolize them /// this will **lower *blood glucose levels***

*Also, p*romotes synthesis glycogen, fat, and protein

Suppresses use of already stored fuels

Note; Brain, liver, kidneys and RBCs absorb glucose without insulin. All other tissues in body require insulin to transport glucose into their cells.

Diabetes mellitus occurs when there is an insufficiency (not enough produced) or cells become resistant to insulin's function

Glucagon

Glucagon – secreted by A or **alpha (α) cells**

Released between meals when blood glucose concentration in the blood is falling

Glucagon in liver, stimulates gluconeogenesis and glycogenolysis

The release of glucose into the circulation raising blood glucose level

In adipose tissue, stimulates fat catabolism and release of free fatty acids // spares the metabolism of glucose for energy

Glucagon also released in response to rising amino acid levels in blood /// promotes amino acid absorption, and provides cells with raw material for gluconeogenesis

Hyperglycemic VS Hypoglycemic Hormones

Hyperglycemic hormones // raise blood glucose concentration

- glucagon
- growth hormone
- epinephrine & norepinephrine
- cortisol & corticosterone

Hypoglycemic hormone // lower blood glucose /// only insulin

Two Types of Diabetes Mellitus

Type 1 (Insulin Dependent Diabetes Mellitus / IDDM) – 5 to 10% of cases in US // Beta cells do not make insulin

Insulin is required to treat Type 1

Insulin provided by injections, insulin pump, or dry insulin inhaler

Must monitoring blood glucose levels and control diet

Hereditary susceptibility if infected with certain viruses (rubella, cytomegalovirus)

Caused by auto-immune disease // destroy pancreatic beta cells

Associated as “early onset” diabetes

Two Types of Diabetes Mellitus

Type 2 (Non insulin dependent diabetes mellitus - NIDDM) – 90 to 95% of diabetics // Beta cells produce insulin by cells resistant to insulin.

Cells throughout body become resistant to **insulin //** failure of target cells to respond to insulin // problem with glucose transporter (transmembrane protein)

Risk factors are heredity, age (40+),obesity, and ethnicity – Native American, Hispanic, and Asian

Treated first with weight loss program and exercise since: loss of muscle mass causes difficulty with regulation of glycemia adipose signals interfere with glucose uptake into most cells

Oral medications may improve insulin secretion or target cell sensitivity

Use to be associated as late development (after 30-40 year old) but now epidemic of young children develop Type 2. Believed to be cause by increased use of high fructose sugar in our diet.

Diabetes Mellitus

Most prevalent metabolic disease in the world // *Ancient Greeks 400 BCE described diabetes as a "disease that turns the body into water".*

Disruption of metabolism due to hyposecretion or inaction of insulin

Revealed by elevated blood glucose, glucose in urine and ketones in the urine // Early doctors diagnosed diabetes by tasting urine for sweetness.

Symptoms:

- **polyuria** (excess urine output)
- **polydipsia** (intense thirst)
- **polyphagia** (hunger)

Diabetes Mellitus

DM causes elevated glucose blood levels

Kidneys filter plasma and filtration moves glucose into kidney tubules

Under normal glucose concentrations // all filtered glucose reabosorbed back into body and no glucose is excreted in urine

High glucose concentrations // exceed kidney's proximal convoluted tubule transport maximum // glucose now becomes an osmotic diuretic

DM limit to how fast the glucose transporters can work to reabsorb glucose from filtrate (urine)

Excess glucose enters urine and water follows // polyuria (excess urine output), polydipsia (intense thirst), polyphagia (hunger)

Pathology of Diabetes

Pathogenesis:

- cells cannot absorb glucose
- must rely on fat and proteins for energy needs
- results in weight loss and weakness

Fat catabolism increases free fatty acids and ketones in blood

Ketonuria -- promotes osmotic diuresis, loss of Na^+ and K^+, irregular heartbeat, and neurological issues

Ketoacidosis -- occurs as ketones decrease blood pH (make more acidic) // deep, gasping breathing and diabetic coma are terminal result // breath smells “fruity” or “alcoholic”

Result of Chronic Hyperglycemia From Diabetes

Leads to neuropathy and cardiovascular damage

Arterial damage in retina and kidneys (common in type I)

atherosclerosis leads to heart failure (common in type II)

Diabetic neuropathy – nerve damage from impoverished blood flow can lead to erectile dysfunction, incontinence, poor wound healing, and loss of sensation from area

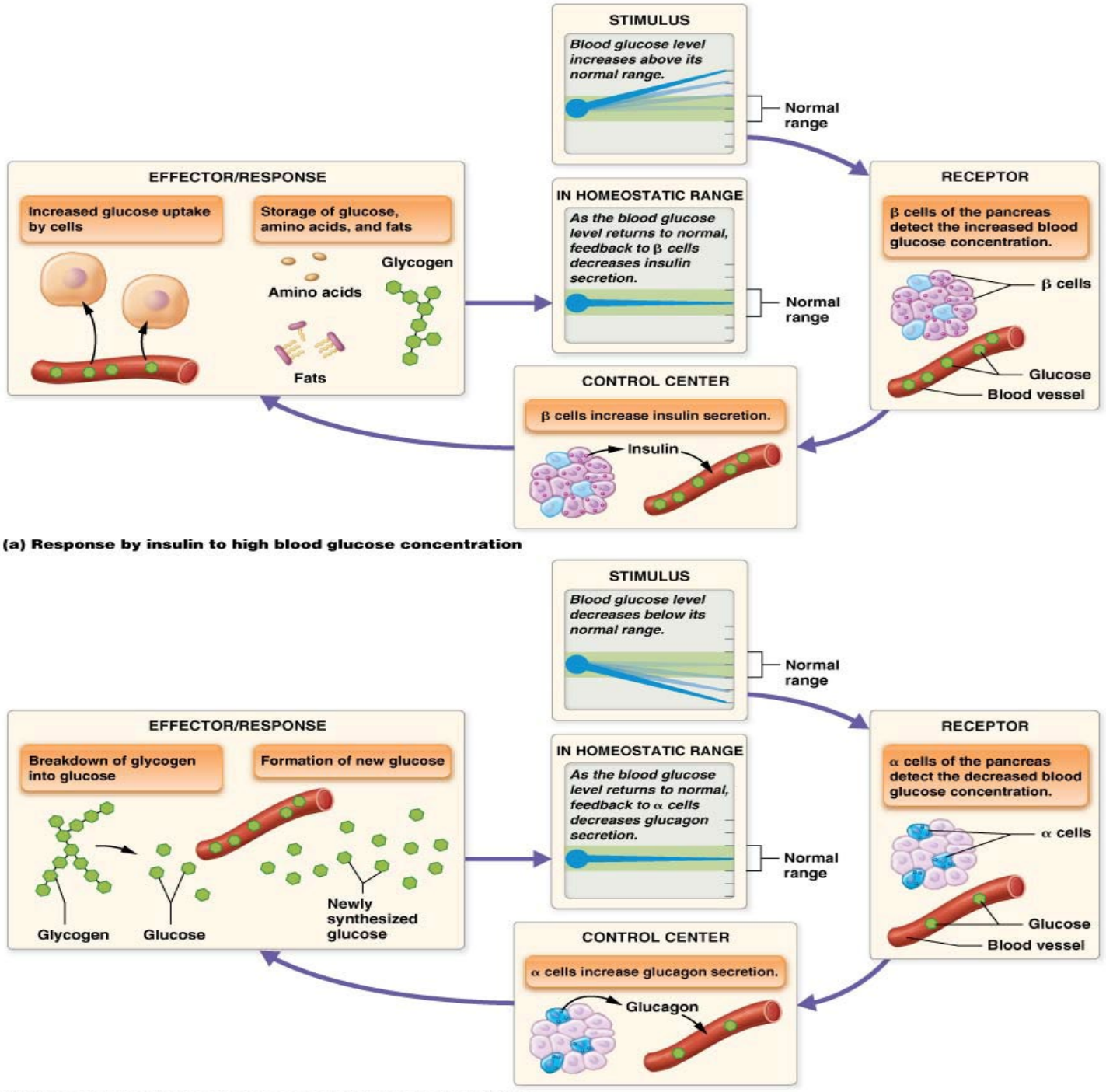
Vascular problems related to “thickening” of the basement membrane in the capillaries

Other Types of Diabetes

Gestational Diabetes – somatic cells of pregnant woman become “insensitive” to insulin // her blood glucose level increases

Diabetes Insipidus – normal insulin – glucagon - blood glucose levels /// ADH levels too low – results in large urine volume

Regulation of blood glucose concentration by negative feedback loops.



Other Hormones

The following hormones are not included in this exam. We will cover their functions when we cover the function of body systems.

Hormones regulating sexual function will be covered with the reproductive system.

somatostatin secreted by D or **delta (δ) cells**

–partially suppresses secretion of glucagon and insulin

–inhibits nutrient digestion and absorption which prolongs absorption of nutrients

pancreatic polypeptide secreted by PP cells or **F cells**

–inhibits gallbladder contraction and secretion pancreatic digestive enzymes

gastrin secreted by **G cells**

–stimulates stomach acid secretion, motility and emptying

Endocrine Functions of Other Organs

Skin

–keratinocytes convert a cholesterol like steroid into cholecalciferol using UV from sun

–This molecule is eventually converted to Vitamin D / the sunshine hormone!

Endocrine Functions of Other Organs

Liver

–involved in the production of at least five hormones

–converts cholecalciferol into **calcidiol (pro Vitamin D)**

–secretes **angiotensinogen** (a prohormone)
•precursor of angiotensin **II** (a regulator of blood pressure)

–secretes 15% of **erythropoietin** (stimulates bone marrow) – primary source are kidneys

–**hepcidin** – promotes intestinal absorption of iron

–source of insulin like growth factor (**IGF-I)** that controls action of growth hormone

Endocrine Functions of Other Organs

Kidneys

–plays role in production of three hormones

•converts calcidiol to calcitriol, the active form of vitamin D /// increases Ca^{2+} absorption by intestine and inhibits loss in the urine

•secrete renin that converts angiotensinogen to angiotensin I

–enzyme in lungs (angiotensin converting enzyme) converts angiotensin I into angiotensin II / the active form

–Angiotensin II constricts blood vessels and raises blood pressure

Endocrine Functions of Other Organs

Kidney

–erythropoietin

•produces 85% of this hormone (liver produces other 15%)

•stimulates bone marrow to produce RBCs

Endocrine Functions of Other Organs

Heart

–cardiac muscle secretes atrial and brain natriuretic peptides (ANP and BNP) in response to an increase in blood pressure

–decreases blood volume and blood pressure by increasing Na^+ and H_2O output by kidneys – opposes action of angiotensin II

–lowers blood pressure

•Stomach and small intestine secrete at least ten enteric hormones secreted by enteroendocrine cells

–coordinate digestive motility and glandular secretion

–cholecystokinin, secretin, gastrin, Ghrelin, and peptide YY

Endocrine Functions of Other Organs

Adipose tissue secretes leptin /// slows appetite

•Osseous tissue – osteocalcin secreted by osteoblasts

–increases number of pancreatic beta cells, pancreatic output of insulin, and insulin sensitivity of other body tissues

–inhibits weight gain and onset of type II diabetes mellitus

•Placenta

–secretes estrogen, progesterone and others /// regulate pregnancy, stimulate development of fetus and mammary glands

The Gonads as Endocrine Glands

Ovaries and testes are both endocrine and exocrine glands

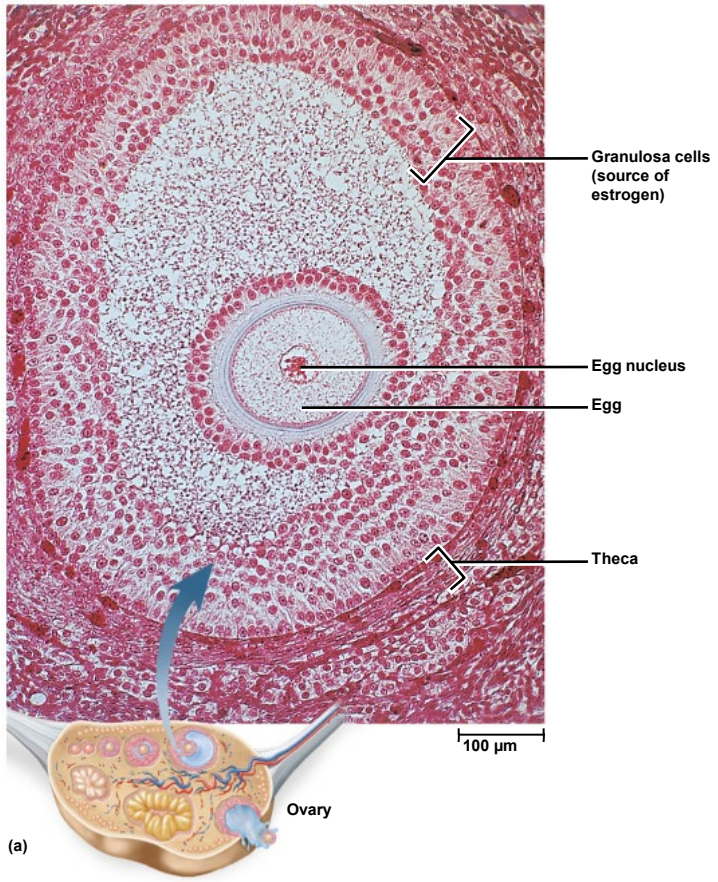
–exocrine product – whole cells - eggs and sperm (cytogenic glands)

–endocrine product - gonadal hormones – mostly steroids

Ovarian hormones (female ovaries) // estradiol, progesterone, and inhibin

Testicular hormones (male testes) // testosterone, weaker androgens, estrogen and inhibin

Histology of Ovary



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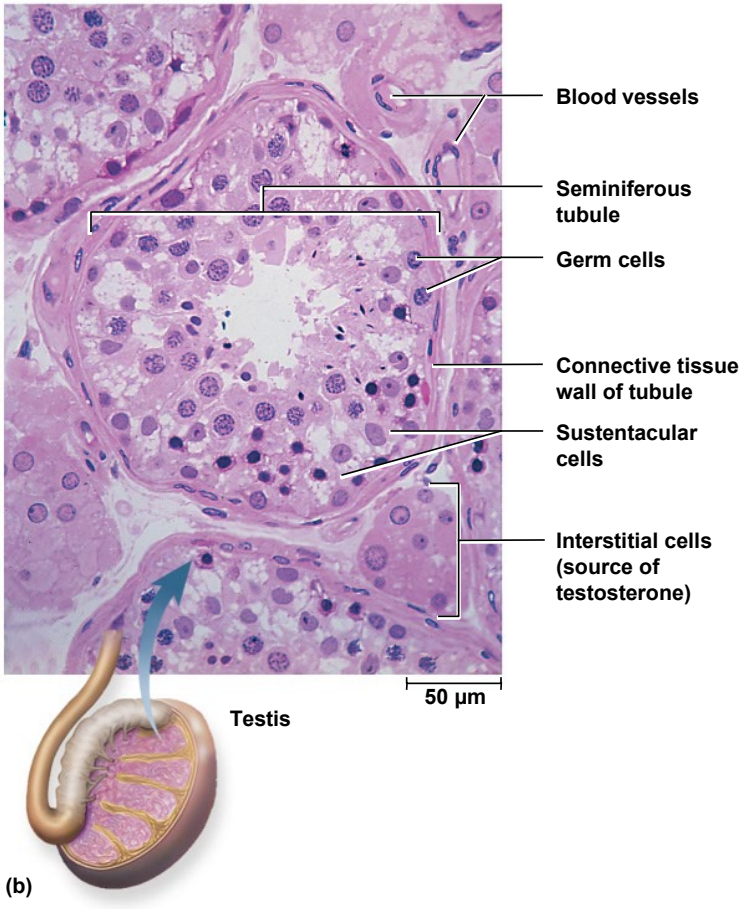

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follicle - egg surrounded by granulosa cells and a capsule (theca)

Ovary

•theca cells synthesize androstenedione

–converted to mainly estradiol by theca and granulosa cells

–functions of estradiol and progesterone

•development of female reproductive system and physique including adolescent bone growth

•regulate menstrual cycle, sustain pregnancy

•prepare mammary glands for lactation

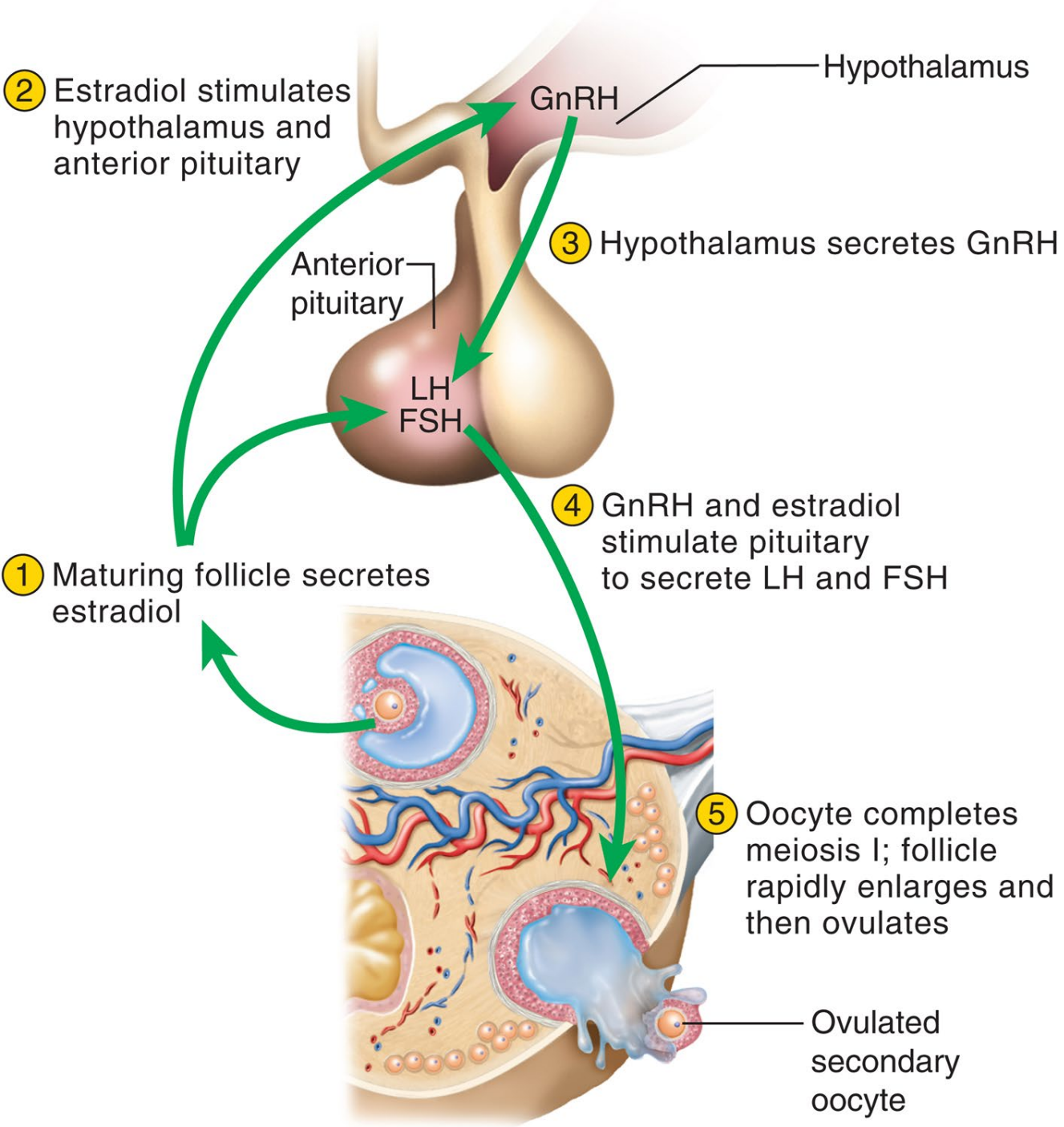
Ovary

•anterior pituitary after ovulation /// the remains of the follicle becomes the corpus luteum

–secretes progesterone for 12 days following ovulation

–Follicular cells and corpus luteum also secrete inhibin

•inhibin suppresses FSH secretion from



After ovulation corpus luteum produces progesterone and inhibin

Inhibin's negative feedback on anterior pituitary stops FSH secretion so another follicle does not mature

LH secretion continues

LH stimulates CL to produce progesterone which maintains endometrium

Testes

•microscopic **seminiferous tubules** produce sperm

–tubule walls contain sustentacular (Sertoli) cells

–Leydig cells (interstitial cells) lie in clusters between tubules

Testes

•testicular hormones

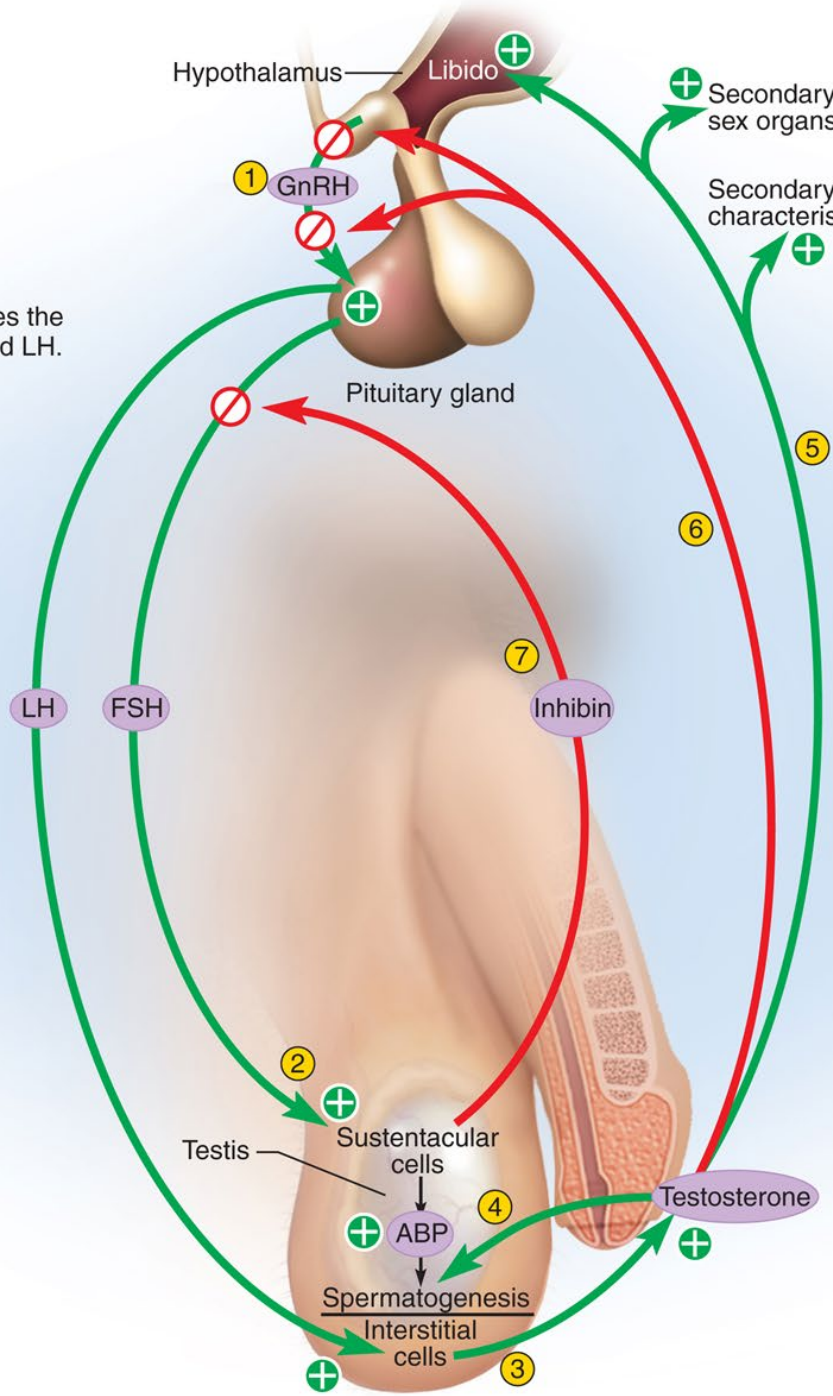
–testosterone and other steroids from interstitial cells (cells of Leydig) nestled between the tubules

•stimulates development of male reproductive system in fetus and adolescent, and sex drive

•sustains sperm production

–inhibin from sustentacular (Sertoli) cells

•limits FSH secretion in order to regulate sperm production

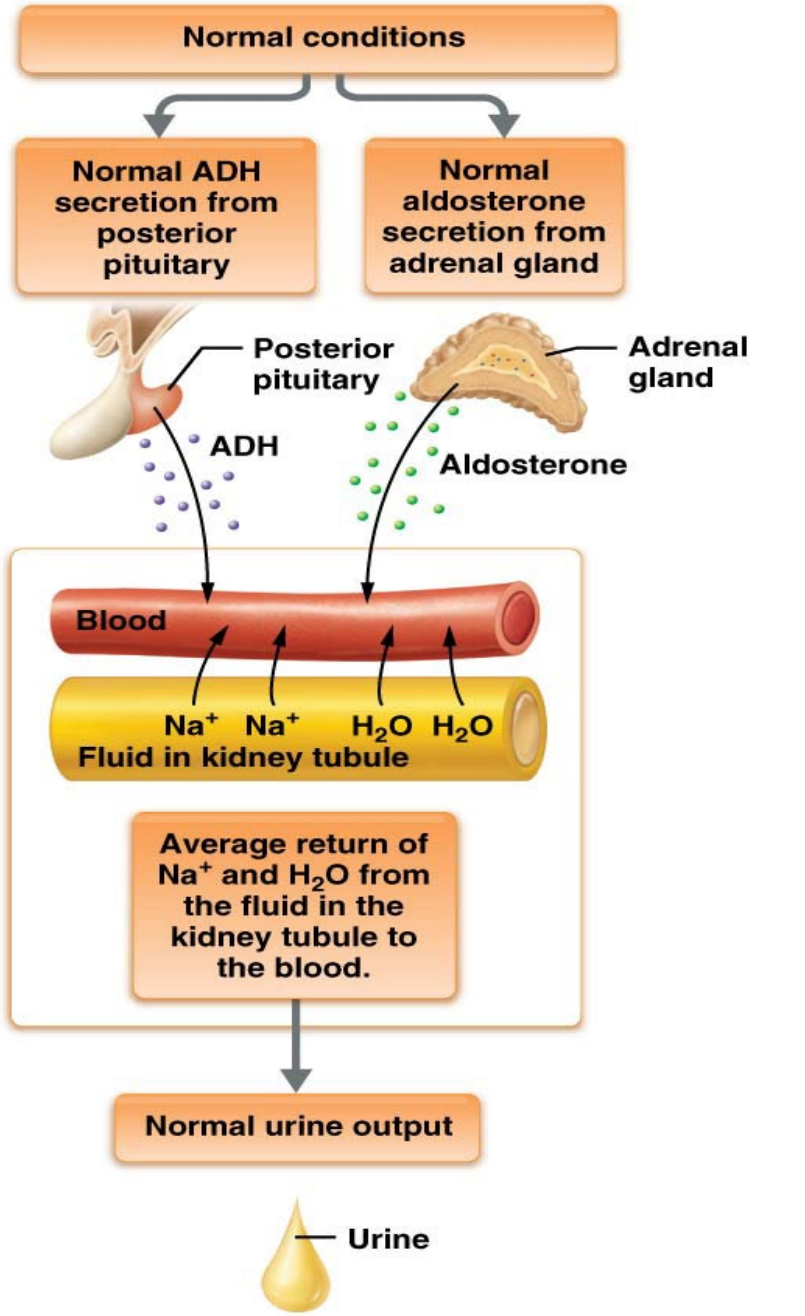


1. GnRH from hypothalamus stimulates the anterior pituitary to secrete FSH and LH.
2. FSH stimulates sustentacular cells to secrete androgen-binding protein (ABP).
3. LH stimulates interstitial cells to secrete testosterone (androgen).
4. In the presence of ABP, testosterone stimulates spermatogenesis.
5. Testosterone also stimulates the libido and the development of secondary sex organs and characteristics.
6. Testosterone has negative feedback effects that reduce GnRH secretion and pituitary sensitivity to GnRH.
7. Sustentacular cells also secrete inhibin, which selectively inhibits FSH secretion and thus reduces sperm production without reducing testosterone secretion.

Key

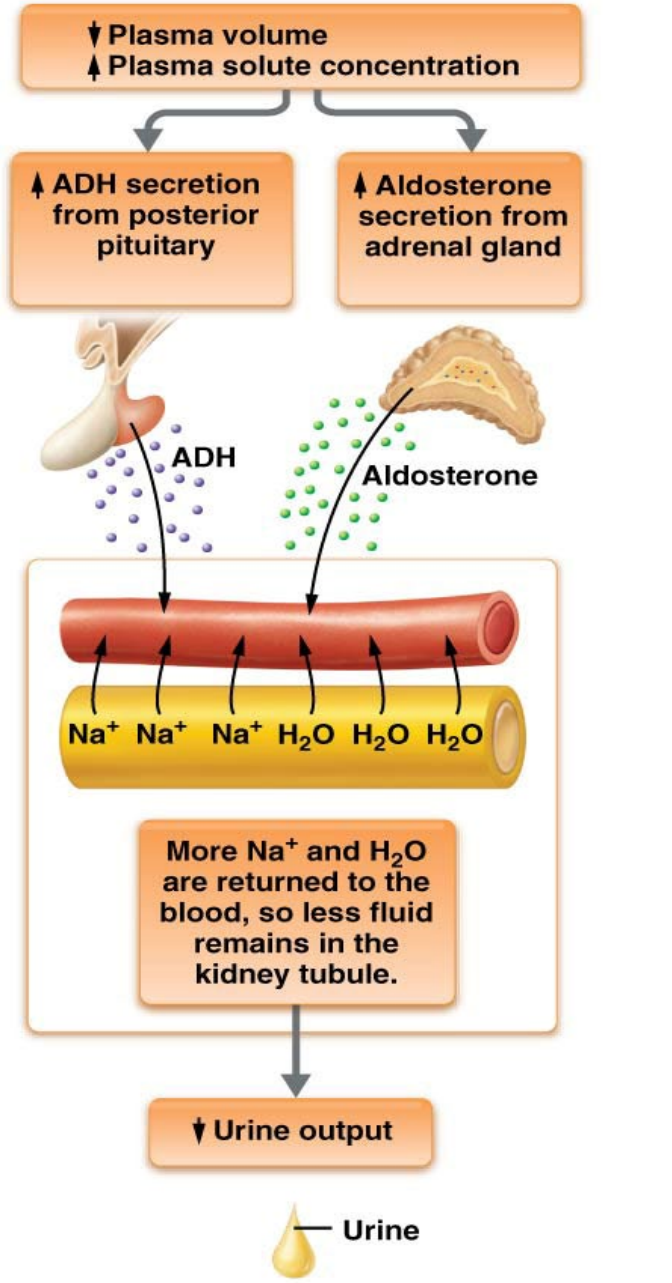
- Stimulation
- Inhibition

Summary of endocrine control of fluid homeostasis.



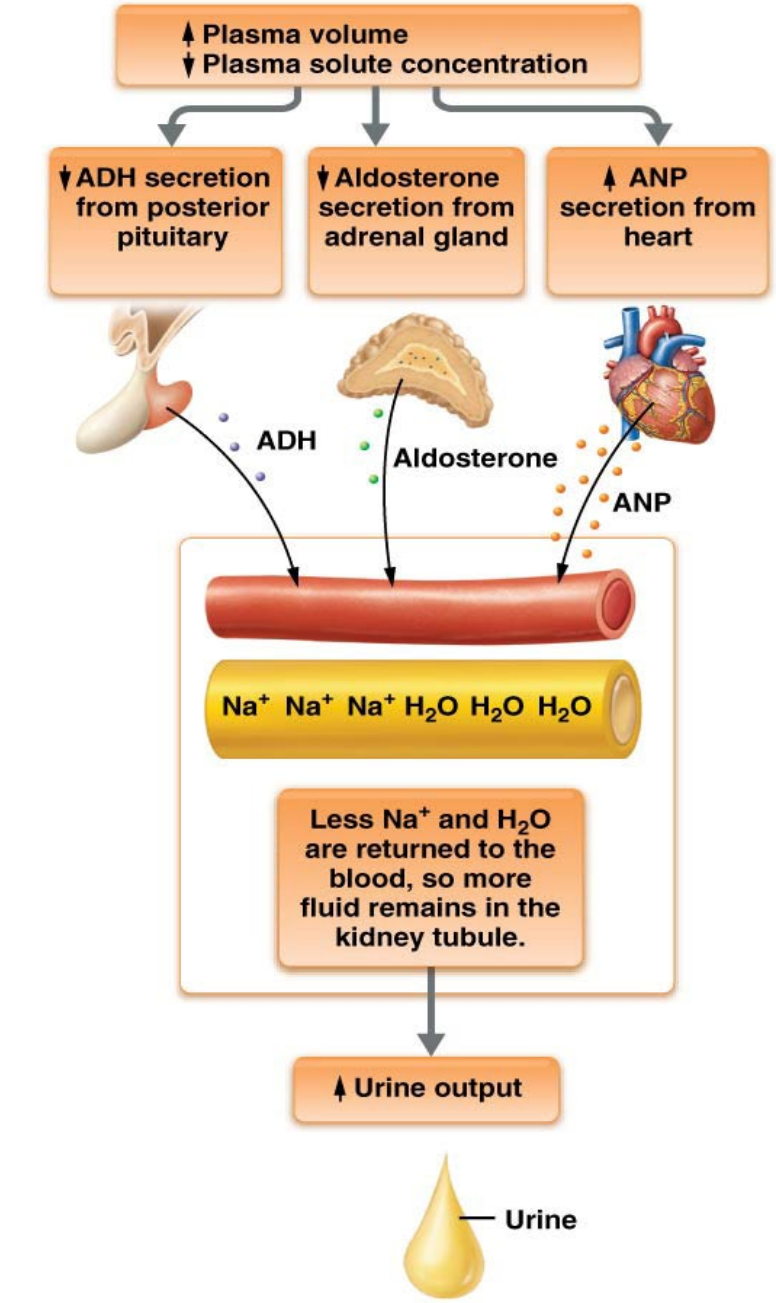
(a) Normal conditions: low ADH and aldosterone

Summary of endocrine control of fluid homeostasis.



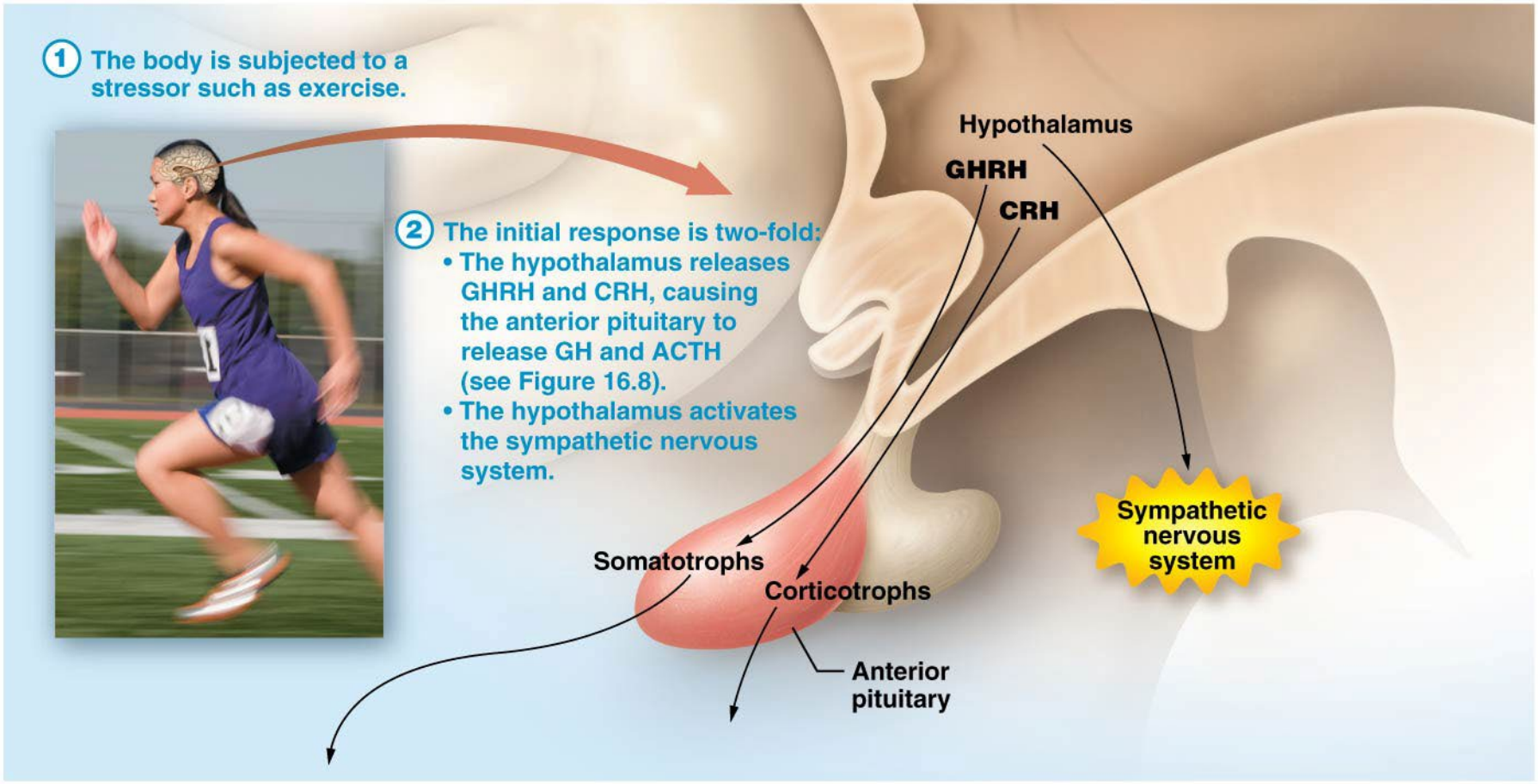
(b) Decreased plasma volume and increased plasma solute concentration: high ADH and aldosterone

Summary of endocrine control of fluid homeostasis.



(c) Increased plasma volume and decreased plasma solute concentration: very low ADH and aldosterone, high ANP

The Big Picture of the Hormonal Response to Stress



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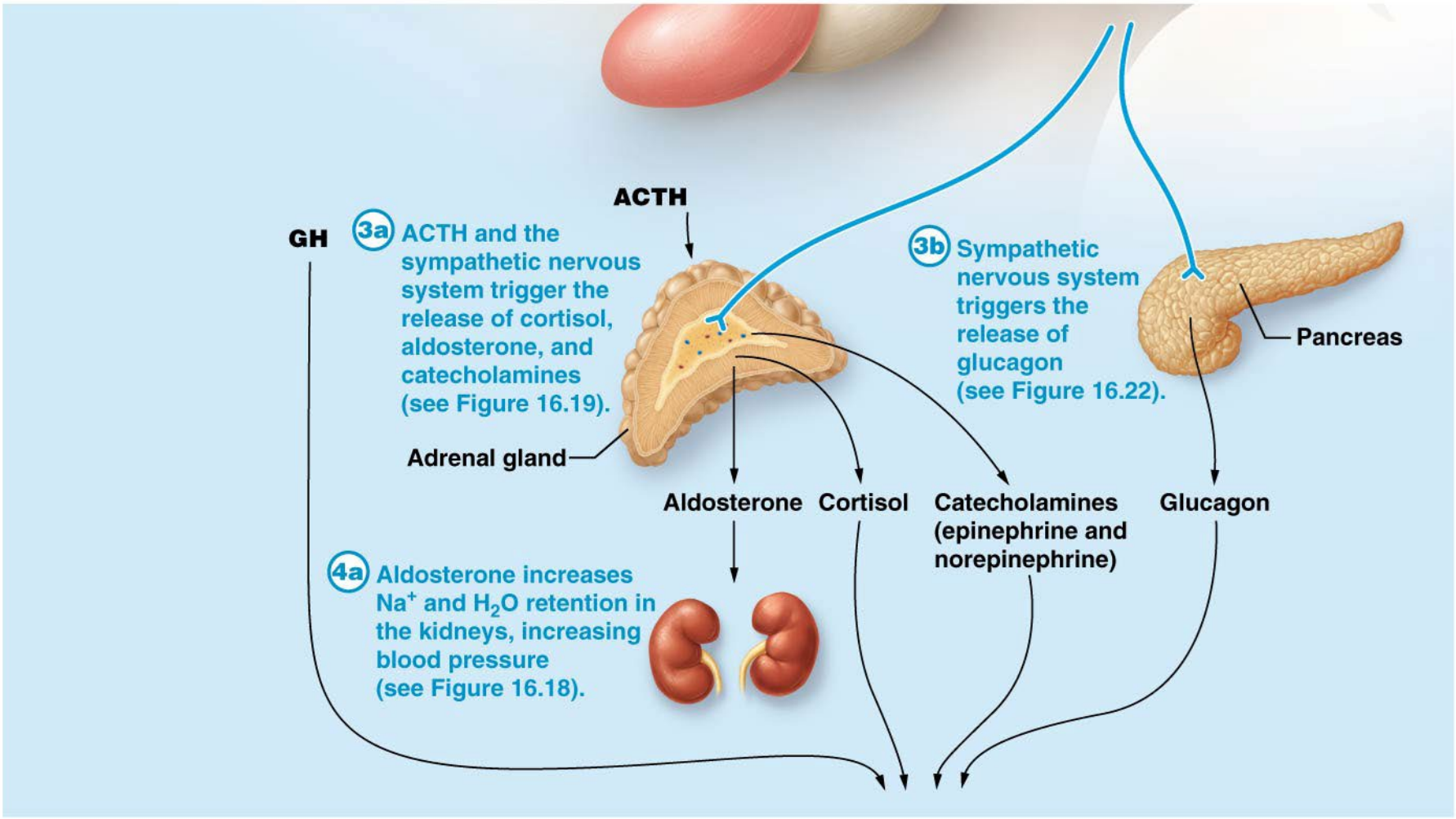
The Big Picture of the Hormonal Response to Stress



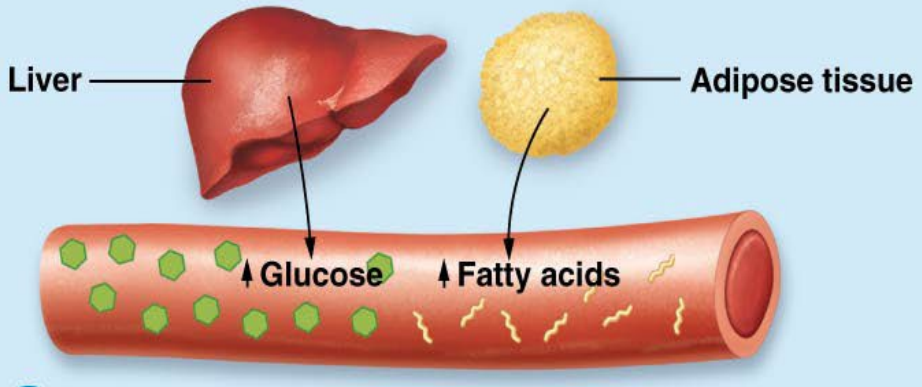
The Big Picture of the Hormonal Response to Stress

GHRH = Growth hormone–releasing hormone

CRH = Corticosteroid-releasing hormone

GH = Growth hormone

ACTH = Adrenocorticotropic hormone



4b GH, cortisol, catecholamines, and glucagon trigger an increased release of metabolic fuels from the liver and adipose tissue.