

## MedSurg Exam 1 Study Guide

### Endocrine Overview

#### Endocrine system

includes glands that secrete hormones  
found in various locations in the body

#### Endocrine Glands, Hormones, and Symptomology

Endocrine Gland	Hormone Name	Symptoms Deficiency	Symptoms Overproduction
ADRENALS	Cortisol	Fatigue, weight loss, inability to fight stress, poor immunity	Weight gain, stretch marks, fatigue
	Aldosterone	Fatigue, dizziness or dizziness	High blood pressure
PANCREAS	Insulin	Diabetes	Weight gain, fatigue
	Glucagon	Hypoglycemia, weight gain	Diabetes
THYROID	T4 & T3	Fatigue, depression, weight gain	Fatigue, weight loss, leg
PARATHYROID	PTH	Weight loss, depression	Abdominal pain, fatigue, depression

#### Factors Affecting Endocrine function

Aging  
Chronic Disease  
Medications or supplements  
Stress  
Environment  
Genetics

#### Overview of A.S.P.

##### Neuroendocrine Regulation

1. Hypothalamic-Pituitary Complex
2. Negative feedback

Hypothalamus releases thyrotropic releasing hormone (TRH)

The anterior pituitary releases thyroid stimulating hormone (TSH)

The thyroid releases thyroxine (T4) and triiodothyronine (T3)

#### So what can go wrong? Too much or too little...

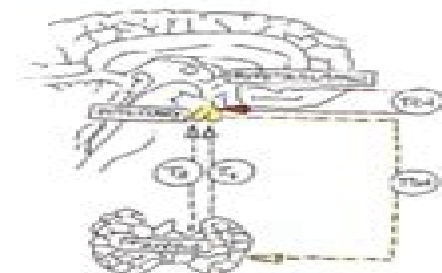
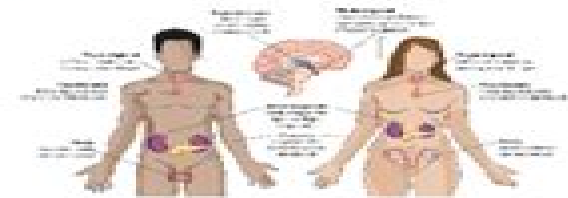
if the problem is in the TARGET organ, it's called a PRIMARY disorder

if the problem is in the pituitary, it's called a SECONDARY disorder

if the problem is with the hypothalamus, it's called a TERTIARY disorder

#### Examples:

1. If the thyroid gland is destroyed by an autoimmune process and can no longer produce thyroid hormones, the problem is called PRIMARY HYPOTHYROIDISM
2. If the pituitary gland is unable to release TSH (thyroid stimulating hormone) to stimulate the thyroid to release thyroid hormones, the problem is called SECONDARY HYPOTHYROIDISM
3. Hypothalamic problem? TERTIARY



# Medsurg Study Guide

**Ian Pickup**



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## **Table of Contents Medsurg Study Guide**

1. Understanding the eBook Medsurg Study Guide
  - The Rise of Digital Reading Medsurg Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Medsurg Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Medsurg Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Medsurg Study Guide
  - Personalized Recommendations
  - Medsurg Study Guide User Reviews and Ratings
  - Medsurg Study Guide and Bestseller Lists
5. Accessing Medsurg Study Guide Free and Paid eBooks
  - Medsurg Study Guide Public Domain eBooks
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  - Medsurg Study Guide Budget-Friendly Options
6. Navigating Medsurg Study Guide eBook Formats

- ePub, PDF, MOBI, and More
- Medsurg Study Guide Compatibility with Devices
- Medsurg Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Medsurg Study Guide
  - Highlighting and Note-Taking Medsurg Study Guide
  - Interactive Elements Medsurg Study Guide
- 8. Staying Engaged with Medsurg Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Medsurg Study Guide
- 9. Balancing eBooks and Physical Books Medsurg Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Medsurg Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Medsurg Study Guide
  - Setting Reading Goals Medsurg Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Medsurg Study Guide
  - Fact-Checking eBook Content of Medsurg Study Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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