

## 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	Tiredness, weight loss, inability to fight stress, poor immunity	Headache, groans, sweating, mouth/tongue
	Adrenalin	Not sure - decreased or stopping	High blood pressure
PANCREAS	Insulin	Diabetes	Diarrhea, vomit, indigestion
	Glucagon	Hypoglycemia, weight gain	Diabetes
THYROID	T4 & T3	Not sure, diarrhea, weight gain	Paroxysms, anxiety, sweating
PARA-HYPO (PITUITARY)	PTH	Thirsty, dehydration	Abdominal pain, fatigue, depression

#### Factors Affecting Endocrine function:

Aging

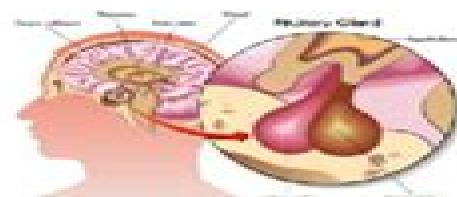
Chronic Disease

Medications or supplements

Stress

Environment

Genetics

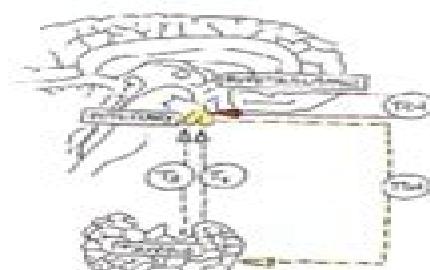


#### Overview of A.S.E.

#### Neuroendocrine Regulation

1. Hypothalamic-Pituitary Complex
2. Negative feedback

Hypothalamus releases thyrotropin-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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