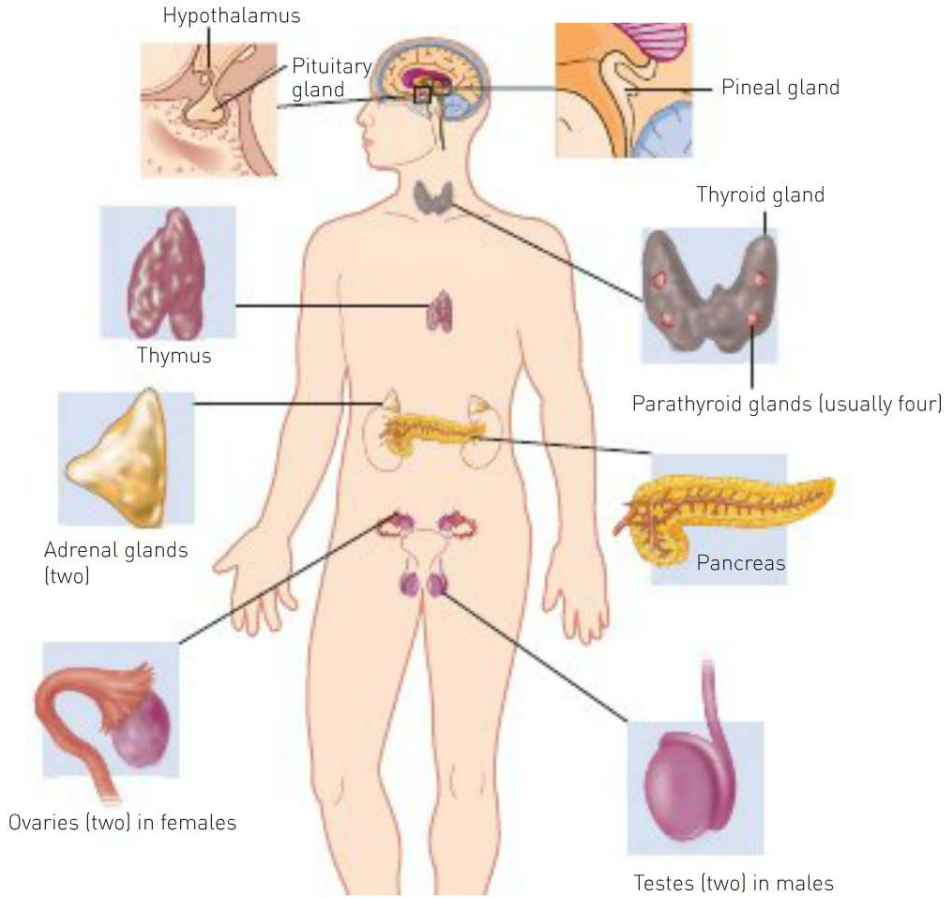
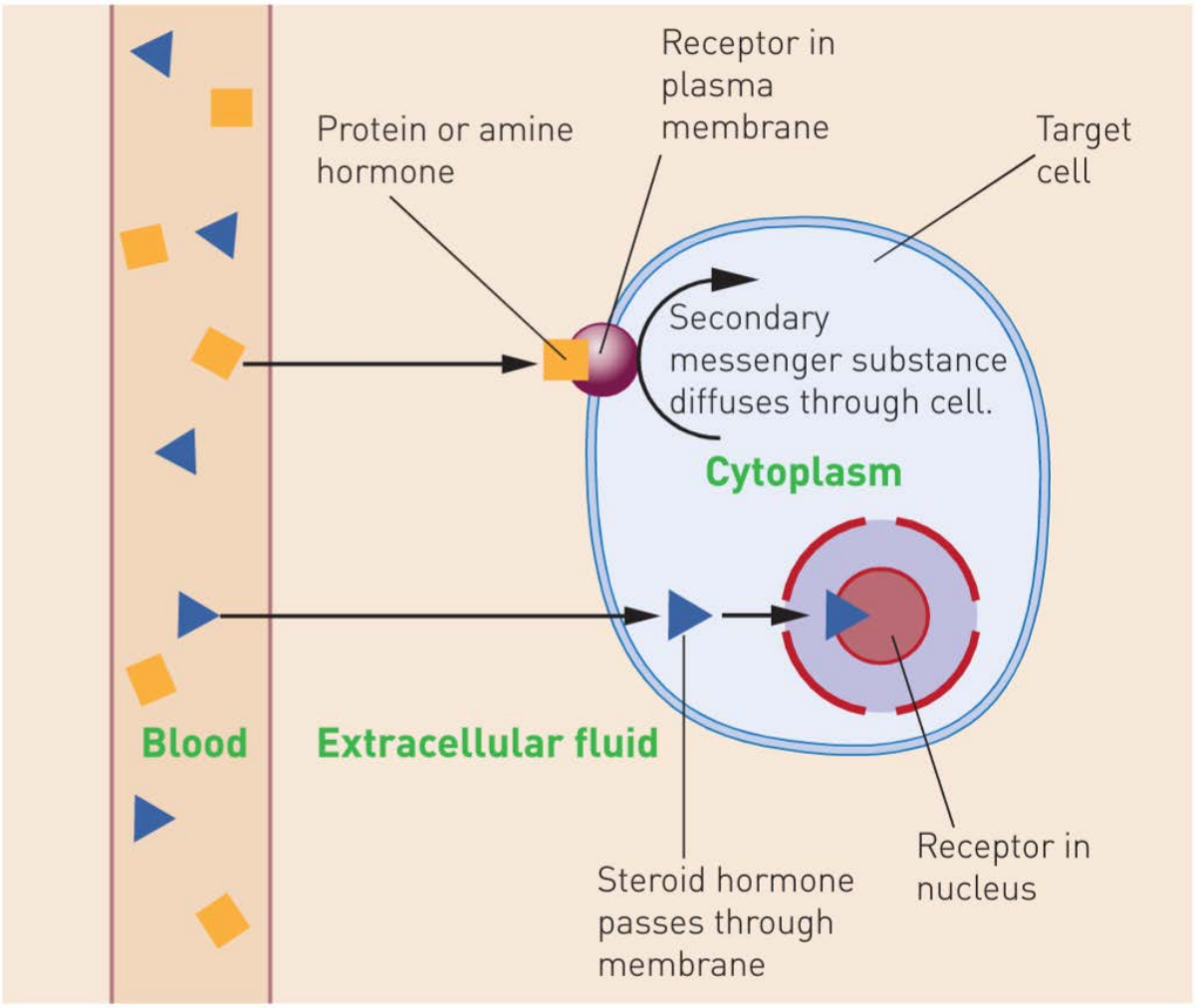


Hormone	Target Organ	Main Effect
Anterior Lobe of Pituitary Gland		
Growth Hormone	All Cells	Growth and Protein Synthesis
Thyroid Stimulating Hormone (TSH)	Thyroid Gland	Secretion of hormones from thyroid.
Adrenocorticotropic Hormone (ACTH)	Adrenal Cortex	Secretion of hormones from the Adrenal Cortex
Prolactin	Mammary Glands	Milk production
Follicle Stimulating Hormone (FSH)	Ovaries (females)	Growth of follicles
	Testes (males)	Secretion of testosterone
Luteinising Hormone (LH)	Ovaries (females)	Ovulation and maintenance of corpus luteum
	Testes (males)	Secretion of testosterone
Posterior Lobe of Pituitary Gland		
Antidiuretic Hormone (ADH)	Kidneys (Loop of Henle and Distal Convoluted Tubules)	Reabsorption of water
Oxytocin	Uterus	Contractions of uterus during childbirth
	Mammary Glands	Release of milk

Gland	Hormone	Target Cells	Main Effects
Thyroid	Thyroxin	Most cells	Increase metabolic rate, and therefore oxygen consumption and heat production
Parathyroids	Parathyroid Hormone (PTH)	Bones Kidneys	Increases levels of calcium in the blood.
Thymus	Thymosin	T Lymphocytes	Stimulates development, and maturation of T Lymphocytes.
Adrenal Cortex	Aldosterone	Kidneys	Increases reabsorption of Na ions and excretion of K ions.
	Cortisol	Most cells	Promotes normal metabolism, helps deal with stress, promotes repair of damaged tissues.
Adrenal Medulla	Adrenaline and Noradrenaline	Most tissues	Prepares the body for fight/flight response, reinforces sympathetic nervous system.
Pancreas	Insulin	Most cells	Stimulates uptake of glucose, lowers blood glucose levels.
	Glucagon	Liver and fat storage tissues	Stimulates breakdown of glycogen and fat; increases blood glucose levels.
Testes	Androgens	Most tissues	Stimulates sperm production, growth of skeleton and muscles, enhance male sexual characteristics.
Ovaries	Oestrogens	Many tissues	Stimulate development of female sexual characteristics, regulates menstrual cycle
	Progesterone	Uterus and Mammary Glands	Regulates menstrual cycle and pregnancy, prepares mammary gland for milk secretion.



Hormones v Nerves		
	Hormones	Nerves
Speed	Slow	Fast
Duration	Long lasting	Instantaneous, Short
Transmission	Blood stream	Nerve cells
Specificity	Most cells, Tissues	Specific cells