Table of Glands

GLAND	HORMONES PRODUCED	EFFECTS
Hypothalamus	• Gonadotropin-releasing hormone (GnRH) • Prolactin-releasing hormone • Relaxin • Growth hormone	• Body temperature • Hunger • Moods • Thirst • Sleep • Directs the release of hormones from other glands.
Pineal gland	• Melatonin	• Sleep
Pituitary gland (aka the 'master control gland') • Has two parts: anterior and posterior; • Connects to the hypothalamus by a stalk made of blood vessels and nerve fibers	• Follicle-stimulating hormone (FSH) • Luteinizing hormone (LH) • Prolactin • Growth hormone • Adrenocorticotrophic hormone (ACTH) • Oxytocin	• Regulates most other endocrine glands (including ovaries) • Controls function of some organs • Growth • Milk production • Development of breast tissue • Autonomic nervous system (including heart rate, body temperature, and urination) • Cortisol production (maintains blood pressure and blood sugar levels) • Progresses labor
Thyroid gland	Uses iodine from food to make • Triiodothyronine (T3) • Thyroxine (T4)	• Metabolism • Breathing • Heart rate • Cholesterol levels
Parathyroid glands	• Parathyroid hormone (PTH)	• Regulates the amount of calcium, phosphorus and vitamin D in the body
Thymus gland • Only active till puberty • Also part of the immune system	• Thymosin	• Production and maturation of T-lymphocytes or T cells (note that all T cells in the body are produced by puberty)
Adrenal glands	• Cortisol • Aldosterone • Androgenic steroids (converted to estrogens in the ovaries) • Epinephrine (Adrenaline) Norepinephrine (Noradrenaline)	• Response to stress • Metabolism • Immune system • Blood pressure • Heart rate
Pancreas	• Insulin	• Maintains blood sugar levels
Ovaries	• Progesterone • Estradiol • Estrone • Estriol	• Development of female sex characteristics menstrual cycle • Reproductive system