Anatomy and Physiology II
Practice Exam 1

1. What glands produce steroid hormones?
   a. _____
   b. _____
2. What gland produces an amino acid hormone that is fat soluble and crosses cell membranes?
   a. Gland: _____
   b. Hormone(s): _____
3. What is the significance of hormones being fat soluble (steroid or steroid like)?

   _____

   _____
4. Contrast how nerve signals work in the body compared to how hormones work in the body? Discuss speed as well as duration?
   a. Hormones: _____

      _____
   b. Nerves: _____

      _____
5. Fill in the steps for how steroid or steroid like hormones work at the cellular level. (What bonds to what, identify secondary messengers if any, what activates what and how, how is the cell effected)?
   a. _____

      _____
   b. _____

      _____
   c. _____

      _____
   d. _____

      _____

6. Fill in the steps for how amino acid (protein, peptide and amino acid) type hormones work at the cellular level. (What bonds to what, identify secondary messengers if any, what activates what and how, how is the cell effected)?
   a. _____
   _____
   b. _____
   _____
   c. _____
   _____
   d. _____
   _____
   e. _____
   _____
7. What are prostaglandins, how are they different from hormones, name two medications which inhibit them?

   _____
   _____
   _____
8. For the following hormones, know where they are produced, the target tissues they affect, what effects they have, and how they are regulated. Know the hormone related diseases and their symptoms:
   a. Human Growth Hormone (hGH)
      i. Gland: _____
      ii. Tissue/Effects: _____
      _____
      _____
      iii. Release Trigger: _____
      iv. Gland: _____ Hormone: _____
      v. Gland: _____ Hormone: _____
      vi. Effect: _____
      vii. Inhibition Trigger: _____
      viii. Gland: _____ Hormone: _____

ix. Gland: _____ Hormone: _____

x. Effect: _____

xi. Diseases: _____

b. Follicle Stimulating Hormone (FSH)

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Release Trigger: _____

_____

iv. Gland: _____ Hormone: _____

v. Gland: _____ Hormone: _____

vi. Effect: _____

_____

_____

_____

vii. Inhibition Trigger: _____

_____

viii. Gland: _____ Hormone: _____

ix. Gland: _____ Hormone: _____

x. Effect: _____

xi. Diseases: _____

c. Luteinizing Hormone (LH)

i. Gland: _____

ii. Tissue/Effects: _____

_____

iii. Release Trigger: _____

_____

iv. Gland: _____ Hormone: _____

v. Gland: _____ Hormone: _____

vi. Effect: _____

_____

_____

_____

vii. Inhibition Trigger: _____

_____

viii. Gland: _____ Hormone: _____

ix. Gland: _____ Hormone: _____

x. Effect: _____

xi. Diseases: _____

d. Prolactin (PRL)

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Release Trigger: _____

iv. Gland: _____ Hormone: _____

v. Gland: _____ Hormone: _____

vi. Effect: _____

vii. Inhibition Trigger: _____

viii. Gland: _____ Hormone: _____

ix. Gland: _____ Hormone: _____

x. Effect: _____

xi. Diseases: _____

e. Melanocyte Stimulating Hormone (MSH)

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Release Trigger: _____

iv. Gland: _____ Hormone: _____

v. Gland: _____ Hormone: _____

vi. Effect: _____

vii. Inhibition Trigger: _____

viii. Gland: _____ Hormone: _____

ix. Gland: _____ Hormone: _____

x. Effect: _____

xi. Diseases: _____

f. Oxytocin (OT)

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Release Trigger: _____

iv. Gland: _____ Hormone: _____

v. Effect: _____

vi. Inhibition Trigger: _____

vii. Gland: _____ Hormone: _____

viii. Effect: _____

ix. Diseases: _____

g. Antidiuretic Hormone (ADH)

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Release Trigger: _____

iv. Gland: _____ Hormone: _____

v. Effect: _____

vi. Inhibition Trigger: _____

vii. Gland: _____ Hormone: _____

viii. Effect: _____

ix. Diseases: _____

h. Melatonin

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Release Trigger: _____

_____

iv. Gland: _____ Hormone: _____

v. Effect: _____

vi. Inhibition Trigger: _____

_____

vii. Gland: _____ Hormone: _____

viii. Effect: _____

ix. Diseases: _____

i. Triiodothyronine (T3) / Thyroxine (T4)

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Release Trigger: _____

iv. Gland: _____ Hormone: _____

v. Gland: _____ Hormone: _____

vi. Gland: _____ Hormone: _____

vii. Effect: _____

viii. Inhibition Trigger: _____

ix. Gland: _____ Hormone: _____

x. Gland: _____ Hormone: _____

xi. Gland: _____ Hormone: _____

xii. Effect: _____

xiii. Diseases: _____

j. Calcitonin

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Release Trigger: _____

iv. Gland: _____ Hormone: _____

v. Effect: _____

vi. Inhibition Trigger: _____

vii. Gland: _____ Hormone: _____

viii. Effect: _____

ix. Diseases: _____

k. Parathyroid Hormone (PTH)

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Release Trigger: _____

iv. Gland: _____ Hormone: _____

v. Effect: _____

vi. Inhibition Trigger: _____

vii. Gland: _____ Hormone: _____

viii. Effect: _____

ix. Diseases: _____

l. Aldosterone

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

_____

_____

iii. Release Trigger: _____

iv. Inhibition Trigger: _____

v. Steps in release process:

1. _____

_____

2. _____

_____

3. _____

_____

4. _____

_____

5. _____

_____

6. _____

_____

vi. Diseases: _____

m. Cortisol

n. Corticosterone

o. Cortisone

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Release Trigger: _____

iv. Gland: _____ Hormone: _____

v. Gland: _____ Hormone: _____

vi. Gland: _____ Hormone: _____

vii. Effect: _____

viii. Inhibition Trigger: _____

ix. Gland: _____ Hormone: _____

x. Gland: _____ Hormone: _____

xi. Gland: _____ Hormone: _____

xii. Effect: _____

xiii. Diseases: _____

p. Dehydroepiandosterone (DHEA)

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Diseases: _____

q. Epinephrine

r. Norepinephrine

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Release Trigger: _____

iv. Diseases: _____

s. Glucagon

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Release Trigger: _____

iv. Inhibition Trigger: _____

v. Diseases: _____

t. Insulin

i. Gland: _____

ii. Tissue/Effects: _____

_____

_____

iii. Release Trigger: _____

iv. Inhibition Trigger: _____

v. Diseases: _____

u. Somatostatin

i. Gland: _____

ii. Tissue/Effects: _____

_____

iii. Release Trigger: _____

iv. Inhibition Trigger: _____

v. Diseases: _____

v. Pancreatic Polypeptide

i. Gland: _____

ii. Tissue/Effects: _____

_____

iii. Release Trigger: _____

iv. Inhibition Trigger: _____

v. Diseases: _____

9. For the following disease identify the hormone related to the disease and describe the condition:

a. Dwarfism

i. Hormone: _____

ii. _____

_____

_____

b. Giantism

i. Hormone: _____

ii. _____

_____

_____

c. Acromegaly

i. Hormone: _____

ii. _____

_____

_____

d. Diabetes insipidus

i. Hormone: _____

ii. _____

_____

_____

_____

e. Cretinism

i. Hormone: _____

ii. _____

_____

_____

f. Myxedema

i. Hormone: _____

ii. _____

_____

_____

_____

g. Graves Disease

i. Hormone: _____

ii. _____

_____

_____

_____

h. Goiters

i. Hormone: _____

ii. _____

_____

_____

i. Hypoparathyroidism

i. Hormone: _____

ii. _____

_____

_____

_____

j. Addison’s Disease

i. Hormone: _____

ii. _____

_____

_____

_____

k. Cushing’s Syndrome

i. Hormone: _____

ii. _____

_____

_____

_____

l. Diabetes Mellitus Type I

i. Hormone: _____

ii. _____

_____

_____

_____

m. Diabetes Mellitus Type II

i. Hormone: _____

ii. _____

_____

_____

_____