Gland	Hormone Abbrev.	Hormone Name	What triggers it's release / when is it released?	Effect (what does it cause and where)?
Hypothalamus		Oxytocin	Pregnancy	Uterine Contractions, lactation, "pair bonding"
	ADH	Vasopressin	High BP	Removes extra water to blood (Kidneys) to lower BP
	TRH	Thyrotropin Releasing Hormone	Body Temp	Regulates the release of TSH by Pituitary
	CRH	Corticotropin Releasing Hormone	Fear, Emotional Stress, Physical Stress	Regulares the release of ACTH
	PIH	Prolactin Inhibiting Hormone	Lack of need for lactation (baby stops nursi	Prevents the release of Prolactin in Pituitary, stopping lactation.
Pituitary	TSH	Thyrotropin	Low body temperature / pregnancy	increases body temp and metabolic rate
	FSH	Follicle Stimulating Hormone	Instruction of Pituitary	Females: Ovum (egg) maturation (pre ovulation) Male: Sperm Maturation
	LH	Lutenizing Hormone	Instruction of Pituitary	Females: Ovulation (release of mature ovum) Male: Increased Testosterone Production
	ACTH	Adrenocorticotropic Hormone	Instruction of Hypothalamus	Instructs to Adrenal Glands to release Cortisol
Pineal Gland		Melatonin	light levels	causes feelings of sleep

Gland	Hormone Abbrev.	Hormone Name	What triggers it's release / when is it released?	Effect (what does it cause and where)?
Thyroid		Thyroxin	Hypothalamus	increases metabolic rate throughout body
		Calcitonin	blood calcium level	causes more Ca to be stored from blood into bones
Parathyroid	PTH		instruction from hypothalamus	Causes more Ca to be removed from bones into blood
Pancreas		Insulin	blood sugar level	increases use of blood sugar by cells (Spend)
		Glucagon	blood sugar level	increases blood sugar by breaking down glycogen stored in the liver
Adrenal		Cortisol	light levels, stress	increases alertness, contributes to anger in high levels
		Epinephrine	fear, surprise	increased alertness, increased energy levels in muscles, decrease in less important functions (digestion)
		Aldosterone	instructions from pituitary	increased cell growth & repair, female secondary sex char.
		Androgens	instructions from pituitary	triggers puberty, increases sex drive
Gonads		Estrogen	instructions from pituitary & hypothalamus	causes primary and secondary (breast development, etc) sex char in females.
		Progesterone	instructions from pituitary & hypothalamus	Maintains the endometrium in early menstrual cycle and during pregnancy
		Testosterone	instructions from pituitary & hypothalamus	causes primary and secondary (muscle, some aggression, etc) sex char in males.

5 of the 8 organs and their hormones