1. What 3 criteria must be satisfied in order for a chemical to be classified as a hormone? Identify 3 exogenous hormone sources and 3 endogenous classifications.

2. Compare and contrast the anterior and posterior pituitary while emphasizing the unique relationship of each part to the hypothalamus. Identify 2 hormones produced by the hypothalamus that are stored in the posterior pituitary and describe their general functions. Identify hormones produced by the anterior pituitary and also describe their general functions. Identify corresponding hypothalamic release- and release-inhibiting hormones that provide regulation of specific anterior pituitary hormones.

3. What is growth hormone? Why might it be viewed falsely as the fountain of youth and body builder’s dream? What are issues with taking it exogenously?

4. Where are the hormones insulin & glucagon produced? What are their specific actions? At the hormonal and cellular level where are problems in a diabetes mellitus patient?

5. What mineral is required for thyroid hormone production? When dietary intake of this mineral is deficient what can happen? What hormones are released from the adrenals during a fight-or-flight or alarm reaction.