

CB7a Hormones

Word	Pronunciation	Meaning
adrenal gland	<i>ad-reen-al gland</i>	A gland located on top of a kidney that produces the hormone adrenalin. It can be referred to as an adrenal.
endocrine gland		An organ that makes and releases hormones into the blood.
hormone	<i>hor-moan</i>	Chemical messenger that is released into the blood from an endocrine gland and causes target cells to change how they work.
hormonal system		The collection of glands in the body that release hormones. This system controls long-term or widespread responses by the body to changes inside and outside the body.
ovary		Organ in the female reproductive system that releases egg cells and the hormones oestrogen and progesterone.
pancreas	<i>pan-cree-as</i>	Organ in the body that produces some digestive enzymes, as well as the hormones insulin and glucagon.
pituitary gland	<i>pit-you-i-tar-ee</i>	An organ just below the brain that controls many activities of the body (e.g. metabolic rate and the menstrual cycle) by the release of hormones into the blood. It can be referred to as the pituitary.
sex hormone		Any hormone that affects reproduction (e.g. oestrogen, testosterone).
target organ		An organ on which a hormone has an effect.
testis		An organ in the male reproductive system that produces sperm cells and the hormone testosterone. Plural is testes.
thyroid gland		A gland that releases the hormone thyroxine into the blood.

CB7b Hormonal control of metabolic rate

Word	Pronunciation	Meaning
adrenalin		A hormone that is released from the adrenal glands when you are nervous or excited.
fight-or-flight response		Several responses that prepare the body for sudden action, including increased heart rate, increased blood flow to muscles, and release of glucose into the blood.
glycogen	<i>gly-co-jen</i>	A polymer storage material made from glucose, particularly in liver cells
metabolic rate	<i>met-a-bol-ick</i>	The overall rate at which chemical reactions take place in the body.
negative feedback		A control mechanism in which a change in a condition, such as temperature, causes the opposite change to happen and so brings the condition back to a normal level.

resting metabolic rate		The metabolic rate when the body is at rest.
thyroxine	<i>thy-rox-in</i>	A hormone released by the thyroid gland, which affects metabolic rate by changing how certain cells work (e.g. causes heart cells to contract more strongly).

CB7c The menstrual cycle

Word	Pronunciation	Meaning
contraception	<i>con-tra-sep-shun</i>	The prevention of pregnancy.
fertilisation		Fusing of a male gamete with a female gamete.
menopause	<i>men-o-paws</i>	When the menstrual cycle stops completely.
menstrual cycle	<i>men-strew-al</i>	A monthly cycle involving the reproductive organs in women.
menstruation	<i>mens-strew-ay-shun</i>	The breakdown and loss of the thickened part of the uterus lining at the start of a woman's menstrual cycle.
oestrogen	<i>ee-stro-jen</i>	A hormone produced by the ovaries which is important in the menstrual cycle.
ovulation		The release of an egg from an ovary.
period		The 'bleed' that occurs during menstruation.
pregnancy	<i>preg-nan-see</i>	The time during which a fertilised egg develops in the uterus until the birth of the baby.
progesterone	<i>pro-jest-er-own</i>	One of the hormones released by the ovaries.
puberty	<i>pew-ber-tee</i>	The stage of life when the body develops in ways that make it able to reproduce (e.g. production of sperm cells in testes, and the release of egg cells from ovaries).

CB7d Hormones and the menstrual cycle

Word	Pronunciation	Meaning
Assisted Reproductive Technology (ART)		Technology that helps to increase the chance of pregnancy, such as the use of hormones to stimulate egg release.
clomifene therapy	<i>clom-if-eeen</i>	A form of therapy used to stimulate ovulation.
corpus luteum	<i>cor-pus lew-tee-um</i>	A structure formed from the egg follicle after an egg cell is released from an ovary. It produces progesterone.
egg follicle	<i>egg foll-ick-ul</i>	Cells in the ovary that surround a developing egg. The follicle produce hormones, such as oestrogen.
follicle-stimulating hormone (FSH)		A hormone produced by the pituitary gland that causes egg cells to mature in ovaries.
in vitro fertilisation (IVF)		Fertilising an egg cell by placing it in a sterile container then adding sperm cells.
luteinising hormone		A hormone produced by the pituitary gland that causes ovulation.

CB7e Control of blood glucose

Word	Pronunciation	Meaning
diabetes		A disease in which the body cannot control blood glucose concentration at the correct level.
glucagon	<i>gloo-ka-gon</i>	A hormone that increases blood glucose concentration.
homeostasis	<i>gly-co-jen</i>	Controlling the internal environment of the body at stable levels.
insulin	<i>in-syoo-lin</i>	A hormone that decreases blood glucose concentration by causing cells to take in glucose. It is used in the treatment of type 1 diabetes.
type 1 diabetes	<i>die-a-beet-ees</i>	A type of diabetes in which the pancreas does not produce insulin.

CB7f Type 2 diabetes

Word	Pronunciation	Meaning
body mass index (BMI)		An estimate of the amount of fat in a person's body, using their mass and height, on which judgements of health are made.
correlation		A relationship between two variables, so that if one variable changes so does the other correlation can be positive or negative.
type 2 diabetes	<i>die-a-beet-ees</i>	A type of diabetes in which cells do not respond to insulin, or too little insulin is produced.
waist : hip ratio		An estimate of the amount of the fat in the body, calculated by dividing the waist measurement by the hip measurement. It can be used to make judgements about health.