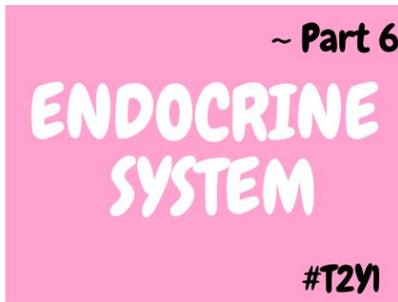


Note: All text underlined in blue are hyperlinks to external resources



## Key learning outcomes:

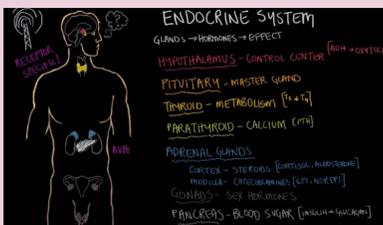
- Identify the key endocrine glands in the body and the hormones that they release
- Describe a basic hormone cascade and explain how the hypothalamus-pituitary-adrenal (HPA) axis works
- Identify microscopic features of endocrine glands

## ANATOMY

## PHYSIOLOGY

This system is a lot harder to categorise into anatomy, microanatomy and physiology than other systems. This is because it is all integrated and associated with many other systems in the body, so you will find it easier to understand when you have an understanding of each. Therefore, for this resource, However, it is good to get an overview as it will set the foundation for understanding the roles of hormones in the digestive system (part 8) and reproductive system (part 9) particularly.

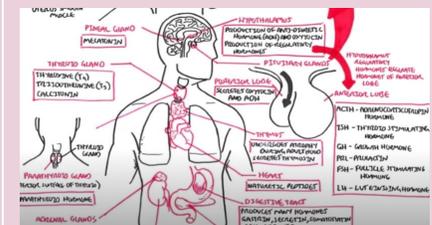
Therefore anatomy & physiology will be combined and there are 3 sources for suggested endocrinology overview videos to watch. Although they are all reviewing the same info, it is recommended to **choose at least two** of these to get two different approaches to explaining it:



Khan Academy - 11m - [WATCH](#)



Check out [Part 1](#) & [Part 2](#) from Crash Course series



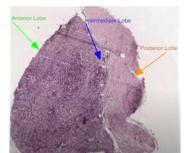
Detailed 20m [video](#) by Armando Hasudungan

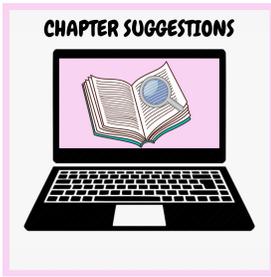
Additionally, have a play with this interactive [resource](#) to gain an appreciation of where the key endocrine glands are in the body

## MICROANATOMY

Similarly, you will cover the relevant microanatomy topics when learning your other systems. So please do not get stressed about making notes on this, just simply begin to gain an appreciation of it: This [video](#) will review the pituitary, pineal, thyroid/parathyroid and adrenal glands .

You can review the info in the video by checking out these [microscopic slides](#) - the information at the start is very detailed but feel free to skim over it to get a greater understanding.





If you like to read instead, the following sources give an overview of the information discussed in the videos:

- Chapter 17 ([READ](#)) - reviews hormones and glands (note Gonadal and Placental Hormones will be covered further in the Reproductive system) + gives an insight into some related diseases for some interest!
- Brilliant lumen learning article ([READ](#))
- This is a good read if you have a strong interest in endocrinology! It does go into a lot of detail, but it is very thorough ([READ](#))

**To finish off, try these quizzes to see what you have learnt!**

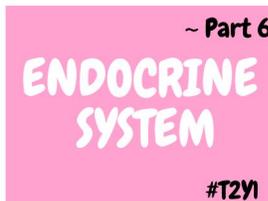
- There are 2 physiology and 1 anatomy quiz to have a go at ([GO](#))
- Try out this hormone quiz - if you press "other quizzes" in the corner, there are four more to have a go at! ([GO](#))



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*Here is some great advice from Brooke, Year 1:*

- Flashcards are a really good way of learning the different structures of the endocrine system, which hormones they produce and their effects.
- As long as you can identify the major endocrine glands and what hormones they secrete, you'll be well prepared for PCS. Have fun and good luck!



Hope you have found this resource useful! Once you have completed this, please give some short feedback - it will take 10 seconds to fill in! This will help me to get your opinions and check engagement! ([GIVE FEEDBACK](#))