

1. The adrenal glands are on the superior surface of the _____.
2. Catecholamines are made in the _____, while steroid hormones are made in the _____.
3. Stress causes
 - a. the sympathetic nervous system to stimulate the adrenal medulla to release _____.
 - b. the adrenal cortex to release the anti-inflammatory hormone _____.
4. Catecholamines trigger glucose production from _____, while cortisol stimulates glucose production from _____.
5. Which hormone controls glucose production during long-term stress?
6. Therefore, what would you expect would happen to nutrient reserves during long-term stress?
7. The production of cortisol is controlled by the anterior pituitary hormone _____, which, in turn, is controlled by the hypothalamic hormone _____.
8. Since ACTH acts on the entire adrenal cortex, what other hormones would increase in addition to cortisol?
9. What effect does aldosterone have on Na^+ retention?
10. As a secondary effect, what happens to water when Na^+ is retained? (see movement across a membrane, p. 28)
11. What function would water retention serve during stress?

