

**KEY FACTS**

- Hormones: secreted by endocrine glands into blood → travel to target organs
- Pituitary: "master gland" — FSH, LH, ADH, growth hormone
- Adrenal glands: adrenaline (fight or flight — ↑ heart rate)
- Thyroid: thyroxine (metabolic rate)
- Nervous system: fast, specific, short-lived. Endocrine: slow, widespread, long-lasting

**KEY TERMS**

<b>Hormone</b>	Chemical messenger from endocrine gland in blood → target organ
<b>Endocrine gland</b>	Ductless gland secreting hormones into bloodstream
<b>Adrenaline</b>	Hormone from adrenal glands — prepares body for fight or flight
<b>Target organ</b>	Organ with specific receptors for a particular hormone

■ EXAM TIP: Nervous vs endocrine: FAST/SPECIFIC/SHORT = nervous. SLOW/WIDESPREAD/LONG = endocrine. This comparison appears in 4-mark questions.