

KEY FACTS

- High blood glucose → insulin released → cells take up glucose → liver stores as glycogen
- Low blood glucose → glucagon released → glycogen → glucose (liver)
- Type 1: no insulin (autoimmune). Type 2: insulin resistance (lifestyle).
- FSH → egg matures. Oestrogen → uterus lining. LH → ovulation. Progesterone → maintains lining.

KEY TERMS

Insulin	Lowers blood glucose — from pancreatic beta cells
Glucagon	Raises blood glucose — breaks down glycogen
Negative feedback	Response opposes change to restore set point

■ EXAM TIP: Insulin LOWERS. Glucagon RAISES. Glucagon ≠ glycogen. Type 1 (no insulin, injection) ≠ Type 2 (resistance, diet).