Adrenal
- Medulla: middle of cortex, amplifies sympathetic nervous system
  - Controlled by ANS/SNS (fight/flight response)
  - When fight/flight is activated, 2 hormones are activated:
    1. Epinephrine
    2. Norepinephrine
- Cortex: outer layer → Main Focus
  - Stimulant; regulated under stress, both physiological and psychological (smoke or exercise)

  - Hormones
    - Cortisol (glucocorticoid)
    - Aldosterone
  - Actions
      - Inflammation, infection, stress, shock, trauma
    - Aldosterone: Na+ balance, K+ to retain Na+ and excrete K+

Hypothalamus
- CRH
- APG
  - + ACTH
  - Adrenal Gland
- + Cortisol/Aldosterone

  - Long-loop: secretion of cortisol/Aldosterone sends feedback to the HPA to stop secretion of CRH, and to the APG to stop secretion of ACTH.

  - Short-loop: secretion of CRH sends feedback to the hypothalamus to stop secretion of CRH.