

Control of the Endocrine System

- Like most systems of the body, the endocrine system is regulated by feedback mechanism that function to maintain homeostasis.

Maintaining Water Balance

- When exercising strenuously, you lose water, which might lead to dehydration. Hypothalamus contains cells that are sensitive to conservation of water.
- **Hypothalamus responds in 2 ways :**
 - When water content in body decreases, hypothalamus signal posterior pituitary to release ADH, which help the kidneys to remove water slowly.
 - When water content rises, pituitary release less ADH, so kidney remove more water.

Controlling Metabolism

- When hypothalamus senses that thyroxine is low, it secretes TRH, hormone that stimulates anterior pituitary to release TSH. TSH stimulate release of thyroxine by thyroid.