

Hormone Action

- Hormones fall into 2 general groups :
 - **Steroid Hormones**
 - **Nonsteroid Hormones**
- Steroid Hormones are produced from cholesterol. Nonsteroid hormones include proteins, peptide, and amino acids>

Steroid Hormones

- Steroid hormones can easily cross membranes, since they are membranes.
- Once in the cell, it can enter nucleus and change patten of gene expression in cell.

Nonsteroid Hormones

- Nonsteroid hormones can't pass through membranes of cells.
- Nonsteroid hormones bind to receptors and cause the release of secondary messenger that affect cell activities.