

| Insulin-like<br>growth factor   | T3 and T4   | F: progesterone and estrogen<br>M: Testosterone and DHT   | glucococorticoids  |
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| Growth of body cells,<br>protein synthesis,<br>tissue repair, and<br>increase in blood<br>glucose | controls BMR,<br>proteins sythesis<br>glucose use, ATP<br>production, lipolysis<br>accelerates growth | <ul> <li>F: estrogen: 2<sup>nd</sup> female sex<br/>characterisitcs, increases<br/>protein anabolism, lowers</li> <li>s, blood cholesterol, inhibits<br/>GnRH, FSH, LH</li> <li>F: progesterone synergistic<br/>with estrogen to prepare<br/>endometrium for implantation<br/>prepares mammary gland for<br/>milk production, inhibits Gni<br/>and LH</li> <li>M: Controls male pattern of<br/>development, enlargement<br/>and expression of 2<sup>nd</sup> sex<br/>characteristics, protein anal</li> </ul> | control protein catabolism,<br>Glucose snythesis, lipolysis,<br>increases resistance to<br>stress, anti-iflammatory, in<br>high levels causes depression<br>of the immune responses. |