

Name \_\_\_\_\_

## The Dynamic Adrenal Glands: Your Body's Stress Managers

### Short Answer Key

1. The three main types of hormones produced by the adrenal cortex are glucocorticoids, mineralocorticoids, and androgens.
2. Adrenaline and noradrenaline prepare the body for a stressful situation by increasing heart rate, dilating airways, and boosting energy levels.
3. Chronic stress can lead to health problems like adrenal fatigue or adrenal insufficiency.
4. Aldosterone helps control blood pressure and electrolyte balance.
5. The adrenal glands are located on top of each kidney in the body.

