

Name _____

The Dynamic Adrenal Glands: Your Body's Stress Managers

Open-Ended Response Answer Key

1. The adrenal glands manage stress by producing hormones like cortisol, adrenaline, and noradrenaline, which help the body respond to stressful situations by increasing alertness and energy levels.
2. The hormones produced by the adrenal glands affect bodily functions by regulating metabolism, immune response, blood pressure, and electrolyte balance.
3. Dysfunction of the adrenal glands can lead to health problems such as adrenal fatigue, adrenal insufficiency, or disorders like Cushing's syndrome or Addison's disease.
4. It's important for the body to have a stress response system like the adrenal glands to help it cope with and adapt to challenging situations, ensuring survival and maintaining overall health.

