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6.6 Hormones, Homeostasis & Reproduction



IB Biology - Revision Notes

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6.6.1Hormones

Insulin & Glucagon

Introduction to Hormones

- A hormone is a chemical substance produced by an endocrine gland and carried by the blood
 - The endocrine glands that produce hormones in animals are known collectively as the **endocrine system**
 - A **gland** is a group of cells that produces and releases one or more substances (a process known as secretion)
- Hormones are chemicals which transmit information from one part of the organism to another and that bring about a change
- They alter the activity of one or more specific target organs
 - Hormones only affect cells with **receptors** that the hormone can bind to
 - These are either found on the cell surface membrane, or inside cells
 - Receptors have to be **complementary** to hormones for there to be an effect
- Hormones are used to control functions that do not need instant responses

Insulin and Glucagon

- The pancreas is an organ found in the abdomen of mammals
- It functions as both an **endocrine gland** and an **exocrine gland**
 - Endocrine glands secrete hormones directly into the blood, whereas exocrine glands secrete substance via a duct
 - The exocrine function of the pancreas is to produce digestive enzymes to be delivered to the small intestine
 - The endocrine function of the pancreas is to produce the hormones glucagon and insulin

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- © 20⁻⁴ Within the pancreas, these two functions are performed by different tissues
 - Most of the cells of the pancreas secrete digestive enzymes, but throughout the organ, there
 are small sections of cells known as the islets of Langerhans that produce hormones
 - The islets of Langerhans contain two cell types: alpha cells (α cells), which secrete glucagon, and beta cells (β cells), which secrete insulin





The location and structure of the pancreas

The control of blood glucose by glucagon and insulin

- If the concentration of glucose in the blood decreases below a certain level, cells may not have enough glucose for respiration and so may not be able to function normally
- If the concentration of glucose in the blood increases above a certain level, this can also disrupt the normal function of cells, potentially causing major problems
- The control of blood glucose concentration is a key part of **homeostasis**
- Blood glucose concentration is controlled by glucagon and insulin:
 - Glucagon is synthesised and secreted by α cells when blood glucose falls and stimulates
 - liver and muscle cells to **convert stored glycogen** into **glucose** to be released into the blood, **increasing blood glucose concentration**

Copyright Insulin is synthesised and secreted by β cells when blood glucose rises and stimulates liver

© 2024 Exal and muscle cells to convert excess glucose into glycogen to be stored, decreasing blood glucose concentration





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Control of blood glucose levels

😧 Exam Tip

The terms glucagon and glycogen are very often mixed up by students as they sound similar. Remember:

- Glucagon is the **hormone**
- Glycogen is the **polysaccharide** that **glucose is stored as**

Learn the differences between the spellings and what each one does so you do not get confused in the exam!



Diabetes

- There are over 3 million people suffering from diabetes in the UK
- Diabetes is a condition in which the homeostatic control of blood glucose has failed or deteriorated
- In individuals with diabetes their insulin function is disrupted which allows the glucose concentration in the blood to rise
- An elevated blood glucose level can lead to noticeable symptoms, some of which are harmful, e.g.
 - The kidneys are unable to filter out this excess glucose in the blood and so it is often present in the **urine**
 - The increased glucose concentration also causes the kidneys to produce large quantities of urine, making the individual feel thirsty due to **dehydration**
 - Continuously elevated blood glucose levels can also damage tissues, in particular their proteins
- There are two different types of diabetes: type I and type II

Typeldiabetes

- **Type 1 diabetes** is a condition in which the pancreas fails to produce sufficient insulin to control blood glucose levels
- It normally begins in childhood due to an autoimmune response whereby the body's immune system attacks the β cells of the islets of Langerhans in the pancreas
 - The β cells **produce** and **release insulin**
- Insulin causes the cells to take up glucose from the blood for respiration and for storage as glycogen; without insulin the glucose remains in the blood, resulting in an individual feeling fatigued

Copyren If the blood glucose concentration reaches a dangerously high level after a meal then **organ**

- Type I diabetes is normally treated with regular blood tests to check glucose levels, insulin injections and a diabetes appropriate diet
 - Health authorities encourage type I diabetics to eat a similar diet to the general public. They suggest five portions of fruit and veg a day, minimally processed food and consuming more polysaccharides than monosaccharides or disaccharides
- The insulin used by diabetics can be **fast-acting** or **slow-acting**; each allowing for a different level of control

Type II diabetes

• Type II diabetes is more common than type I



- It usually develops in those aged 40 and over, however more and more young people are developing the condition
- In type II diabetes the pancreas still produces insulin but the receptors have reduced in number or no longer respond to it
- The lack of response to insulin means there is a **reduced glucose uptake** by the cells, which leads to a **high blood glucose concentration**
 - This can cause the **β cells** to produce more and more insulin in the attempt to lower blood glucose levels
 - Eventually the β cells can no longer produce enough insulin and blood sugar becomes uncontrollable
- For type II diabetes treatment involves a sugar and fat controlled diet and an exercise regime
 - Any food that is rapidly digested into sugar will cause a sudden, dangerous spike in blood sugar
- **Obesity** is a majorrisk factor for type II diabetes

		Туре 1	Туре 2
	Cause	Inability of pancreas to produce insulin	Cells of the body become resistant to insulin or insufficient insulin produced by the pancreas
Copyright © 2024 Exam	Treatment Papers Practice	Monitoring blood glucose levels and injecting human insulin throughout the day (particularly after meals consumed)	Maintain a low-carbohydrate diet and regular exercise to reduce need for insulin

Type I Diabetes and Type II Diabetes Table



Thyroxin

- Thyroxin is a hormone that is released from the thyroid gland, located in the neck
- Thyroxin's main role is to regulate the basal metabolic rate (BMR); this is the speed at which metabolic reactions occur in the body when it is at rest
 - Thyroxin therefore targets almost all cells in the body, as all cells metabolise
 - However, the most metabolically active cells, such as those of the **liver**, **muscle** and **brain**, are most affected
- Thyroxin plays a role in regulating body temperature
 - If the body becomes **cooler**, this triggers **increased thyroxin secretion** by the thyroid gland
 - The increase in thyroxin increases the metabolic rate, which increases the generation of body heat
 - This causes **body temperature** to **rise**
- Thyroxin deficiency, caused by a condition known as hypothyroidism, has the following effects on the body:
 - Lack of energy
 - Lowmood
 - Forgetfulness
 - Weight gain
 - Less glucose and fat is broken down by cellular respiration to release energy
 - Constantlyfeelingcold
 - Less heat is generated by respiration
 - Constipation
 - Muscular contractions in the gut wall slow down due to reduced energy from respiration
 - Impaired brain development in children

^{lop} ^y 6.6.2 Hormones Continued

- Leptin
- Leptin is a hormone that is secreted by fat storage cells known as adipose cells
- The concentration of leptin in the blood is controlled by the **amount of adipose tissue** in the body
- As we eat food over a period of time, adipose cells store fats in the form of **lipids**
 - As adipose cells fill up, they secrete **more leptin**
 - This leptin circulates in the blood and targets groups of cells in the **hypothalamus** that are responsible for **controlling appetite**
 - It does this by **binding to receptors** in the membranes of these cells
 - This inhibits appetite and causes the sensation of hunger to be suppressed, or stopped
- If food intake is low over a period of time, the lipid reserves in adipose cells are used up and the adipose cells become empty again
 - As adipose cells empty and shrink, they secrete less leptin
 - The suppression of **appetite** stops, and the **sensation of hunger returns**



Testing Leptin

- As leptin inhibits appetite and causes the sensation of hunger to be suppressed, it was once thought that clinical obesity could be controlled by injecting patients with leptin
- Early trials in mice showed promise
 - Mice with a genetic leptin deficiency were shown to be less active and to gain weight faster than mice without this deficiency
 - Individuals with leptin deficiency lost 30% of their body mass when injected with leptin
- However, clinical trials to test whether this could be an effective treatment for obesity in humans found it to be **ineffective**

Reasons for the failure to control obesity with leptin injections

- Unlike in mice, most obese humans have very high concentrations of leptin in their blood
 - There are some human individuals who have problems with leptin production, but these are the exception rather than the rule
- It seems as though their bodies have become resistant to the effects of the hormone
 - The target cells in the hypothalamus become resistant to leptin and therefore fail to respond to it
 - This leads to a lack of appetite suppression, causing a continuous sensation of hunger and excessive food intake

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- This means that injections of extra leptin fail to control obesity in the majority of obese patients
- Other problems with the clinical trials included
 - The need to inject leptin several times a day
 - Irritation at the injection site
 - Regain of any weight lost after the end of the trial

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© 2024 Eltis always important to remember that while other mammalian research models such as mice are important, they are **not always perfect**



Melatonin

- Many physiological processes and behavioural patterns occur in regular, daily rhythms in organisms throughout the plant and animal kingdoms
 - Many animal species are only active for a specific part of the 24 -hour cycle e.g. nocturnal animals are only active at night
- Humans are adapted to live in a 24-hour cycle and many aspects of our physiology and behaviour, including physical activity, sleep, body temperature, and secretion of hormones, follow specific and regular cycles throughout the 24-hour period
 - These daily cycles are known as **circadian rhy thms**
- In humans, many circadian rhythms are influenced by the hormone **melatonin**
 - Melatonin is secreted by the pineal gland, which is located in the brain
 - Melatonin secretion increases in the evening in response to darkness and decreases at dawn in response to light
- Although melatonin affects many aspects of human physiology and behaviour, one of the main circadian rhythms it controls is our sleep-wake cycle
 - Increasing melatonin levels lead to feelings of tiredness and promote sleep
 - Decreasing melatonin levels lead to the body's preparation for waking up and staying awake during the day
- Experiments have also suggested that
 - Increased melatonin at night contributes to the night-time drop in core body temperature in humans
 - Melatonin receptors in the kidney enable melatonin produced at night to cause the night -
 - time decrease in urine production in humans
 - Melatonin is **still released in the absence of light and dark signals**, but on a slightly longer cycle than the usual 24 hours
- © 2024 Exam PaSubjects living in the dark with no access to natural daylight still release melatonin on a roughly 24 hour cycle
 - This suggests that the role of light is to **reset the melatonin system** every day to keep the circadian rhythm in line with daylight hours



Uses of Melatonin

- Jet lag is the term used to describe the various symptoms a person can experience after crossing multiple time zones during a long flight
- The symptoms can include:
 - Difficulty in remaining awake during the day
 - Difficulty in sleeping during the night
 - General fatigue
 - Irritability
 - Headaches
 - Indigestion
- Jet lag occurs because the body's circadian rhythms are still set to the timing of day and night in the time zone from which the person has just departed, rather than the time zone they have just arrived in
- Jet lag usually only last for a **few days** as the body adjusts to the new day and night regime
- Melatonin tablets are sometimes taken to prevent or reduce jet-lag symptoms
 - The tablets are normally taken just before going to sleep
 - Some clinical trials have shown this use of melatonin to be effective in promoting sleep and reducing other jet lag symptoms
 - However, the safe and appropriate use of this medication still needs more testing

6.6.3 Reproduction: Background

William Harvey & Sexual Reproduction in Deer

- William Harvey (1578 1657) was an English physician who contributed greatly to our understanding of anatomy and physiology
- He is mainly remembered for his work on the circulation of the blood, however, he also spent a

lot of time studying **how life passes from one generation to the next** and conducted much. Copyrig research into **sexual reproduction**

- © 2014 At the start of the 17th century there was very little understanding of how each sex; males and females, contributed to producing offspring
 - The main hypothesis at the time was that the semen produced by males combined with the menstrual blood of females to form an 'egg', which would then develop into a foetus inside the mother
 - William Harvey's work on understanding sexual reproduction involved testing this old hypothesis using animals, mainly deer
 - His work included:
 - Dissecting the **uteruses**, or **wombs**, of female deer at all stages of pregnancy
 - Harvey found that the uterus was always empty at the time of conception i.e. just after successful mating, disproving the hypothesis that semen and menstrual blood combined in the uterus to form a foetus
 - Harvey expected to find 'eggs' developing in the uterus immediately after mating;
 instead, he only found something developing there two or more months after mating
 - Dissecting the **ovaries** of female deer throughout the mating season
 - He found no sign of an 'egg'
 - Note that **he did not have access to a microscope** during his work



William Harvey's Experimental Technique

NOS: Developments in scientific research follow improvements in apparatus; William Harvey was hampered in his observational research into reproduction by lack of equipment. The microscope was invented 17 years after his death

- In scientific research, critical developments often follow improvements in scientific apparatus
 - For example, distant objects in Space often remain undiscovered until a telescope, or some other piece of equipment, powerful enough to detect them is developed
- William Harvey was greatly held back in his observational research into reproduction by a lack of suitable equipment
 - The microscope was invented 17 years after his death
 - Harvey failed to solve the mystery of sexual reproduction because effective microscopes were not available when he was working
 - This meant he could not find and observe male and female gametes, so the fusion of gametes and subsequent embryo development remained undiscovered
 - In addition, Harvey's decision to use deer as a study species was unlucky, as deer embryos remain microscopically small i.e. small enough that they can only be viewed using a microscope, for an unusually long period of time
- Although the presence of sperm cells in semen was first reported in 1677, it wasn't until the 19th century that the fertilisation of an egg cell by a sperm cell was finally observed
 - This showed that something contained within the egg and the sperm was being inherited by offspring, which lead to a much greater understanding of sexual reproduction
- The fact that scientific research is often held back by a lack of **sufficiently powerful** or **precise apparatus** is a problem that will continue into the future
- In some ways this is very exciting, as it suggests that our scientific knowledge and understanding
- of the universe will **continue to expand** as new **scientific techniques** and **technologies** are developed

Conv. 6.6.4 Reproduction: Sex Determination in Males

SRY Gene

- In sexual reproduction in humans, a sperm from a male fuses with, or fertilises, an egg from a female to form a zygote, which then develops into an embry o
- To begin with the embryo develops in the same way regardless of its sex, and embryonic gonads develop that will either become **ovaries** in females or **testes** in males
- The factor that determines whether the embryonic gonads will develop into ovaries or testes is the **presence or absence** of a **single gene** known as the **SRY gene**
 - The SRY gene is located on the **Y chromosome**, meaning that is only present in roughly 50% of embryos
 - The SRY gene codes for a DNA-binding protein known as TDF, or testis determining factor, which stimulates the expression of further genes responsible for the **development of** testes
- If the SRY gene is present in the embryo's DNA, the **embryonic gonads** will develop into **testes**
- If the embryo has two X chromosomes, and therefore the SRY gene is not present in its DNA, the embryonic gonads will develop into ovaries



Testosterone

- During embryonic development, at the time when the embryo is developing into a foetus, the testes develop **testosterone-secreting cells** which produce and secrete **testosterone**
- This testosterone causes pre-natal development of male genitalia
 - This testosterone secretion declines in the latter stages of pregnancy so that, at birth, the testes are **inactive**
- During puberty in males, testosterone secretions increase once again
- This leads to:
 - The stimulation of **sperm production in the testes**; a primary sexual characteristic of males
 - The development of male **secondary sexual characteristics** e.g.
 - The penis gets larger
 - Growth of facial hair
 - Deepening of the voice

Secondary sexual characteristics

- Primary sexual characteristics are the features of reproductive organs that differ between males and females
 - They are present during development in the uterus
- Secondary sexual characteristics are the changes that occur during puberty as children grow into adults
- They are controlled by the release of **hormones**
 - Oestrogen and progesterone in females
 - Testosterone in males
- Some changes occur in both males and females, including:
 - The further development of sexual organs
- The growth of body hair
- © 2024 Exam Papers Practice
 - Emotional changes also occur at this time due to the increased levels of hormones in the body

ractice





Secondary sexual characteristics of a human male

6.6.5 Reproduction: Sex Determination in Females

Oestrogen & Progesterone

- During early development an embryo develops embryonic gonads that will either become ovaries in females or testes in males
- The factor that determines whether the embryonic gonads will develop into ovaries or testes is the **presence or absence** of a **single gene** known as the **SRY gene**
- The SRY gene is on the **Y chromosome**, so if the embryo has **two X chromosomes** the embryonic gonads will develop into **ovaries**
- This means testosterone will not be secreted by the developing embryo
- The two female hormones oestrogen and progesterone are present throughout pregnancy
 - These hormones are secreted by the **mother's ovaries** and the **placenta**
- The absence of foetal testosterone and presence of maternal oestrogen and progesterone causes female reproductive organs to develop
- During female puberty, oestrogen and progesterone secretions increase
- This leads to:
 - The start of the **menstrual cycle**
 - The development of female secondary sexual characteristics e.g. breast development





Secondary sexual characteristics of a human female

Menstrual Cycle

• The **menstrual cycle** is the series of changes that take place in the female body leading up to and following the release of an egg from the ovaries

It starts in early adolescence in girls and is controlled by **hormones**

The average menstrual cycle is 28 days long
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- The **uterus lining**, or **endometrium**, thickens from **day 7** through to **day 28** of the cycle in preparation for receiving a fertilised egg
- The release of an egg, or **ovulation**, occurs about **half way** through the cycle on **day 14**, and the egg then travels down the oviduct to the uterus
 - Eggs develop inside fluid-filled sacs known as egg follicles inside the ovary
 - The follicle releases the egg at ovulation and becomes an empty follicle known as a corpus luteum
- Failure to fertilise the egg leads to **menstruation**, commonly known as a period
 - Menstruation involves the loss of menstrual blood via the vagina
 - This is caused by the breakdown of the endometrium
- Menstruation takes place roughly between **days 1-7** of the cycle
 - The number of days during which menstruation occurs can vary
- After menstruation finishes, the endometrium starts to **thicken again** in preparation for the **possible implantation** of a fertilised egg in the next cycle





Changes in the endometrium during the menstrual cycle

How ovarian and pituitary hormones control the menstrual cycle

- Four hormones control the events that occur during the menstrual cycle:
 - Two of these hormones are produced by the pituitary gland in the brain
 - Follicle-stimulating hormone (FSH)
 - Luteinising hormone (LH)

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- The other two hormones are produced in the **ovaries**
 - Oestrogen; produced by the egg follicle, and by the corpus luteum after ovulation
 - Progesterone; produced by the corpus luteum
- The roles of FSH and LH:
 - FSH is secreted by the pituitary gland and stimulates the development of several immature egg cells in follicles in the ovary
 - FSH also stimulates the **secretion of oestrogen** by the **follicle wall**
- The pituitary gland is stimulated to release LH when oestrogen levels have reached their peak
- LH causes ovulation to occur; the shedding of the mature egg cell from the follicle and its release from the ovary
 - The shedding of the mature egg cell leaves behind an empty egg follicle called the corpus luteum
- LH also stimulates the production of progesterone from the corpus luteum



Changes in the levels of the pituitary hormones FSH and LH in the blood during the menstrual cycle

- The roles of oestrogen and progesterone: **Oestrogen** levels rise from **day I** to **peak** just before **day 14**
- This causes the endometrium to start thickening and the egg cell to mature
- The peak in oestrogen occurs just before the egg is released
- Progesterone stays low from day 1-14 and starts to rise once ovulation has occurred
 - Progesterone is produced by the corpus luteum
- The increasing levels of progesterone cause the endometrium to continue to thicken
- A fall in progesterone levels as the corpus luteum deteriorates causes the endometrium to break down, resulting in menstruation





Changes in the levels of oestrogen and progesterone in the blood during the menstrual cycle

Negative and positive feedback mechanisms controlling the menstrual cycle



- The four hormones all **interact** to control the menstrual cycle via both negative and positive feedback
 - FSH and oestrogen
 - FSH stimulates the development of a follicle, and the follicle wall produces the hormone oestrogen; it can be said that **FSH stimulates the production of oestrogen**
 - As well as causing growth and repair of the endometrium, oestrogen also causes an increase in FSH receptors; this makes the follicles more receptive to FSH which, in turn, stimulates more oestrogen production
 - This is **positive feedback**
 - When oestrogen levels are high enough, it inhibits the secretion of FSH
 - This is negative feedback
 - LH and oestrogen
 - When oestrogen rises to a high enough level, it **stimulates the release of LH** from the pituitary gland, causing ovulation on around day 14 of the cycle
 - After ovulation, LH causes the wall of the follicle to develop into the corpus luteum, which secretes more oestrogen
 - This is positive feedback
 - LH and progesterone
 - LH stimulates the wall of the follicle to develop into the corpus luteum, which secretes progesterone
 - Progesterone thickens and maintains the endometrium but also inhibits the secretion of FSH and LH from the pituitary gland
 - This is **negative feedback**

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Where hormones involved in the menstrual cycle are made and act – remember that hormones travel around the body in the bloodstream but only have an effect on a target organ



Hormones & IVF

- A couple may find it difficult to conceive a baby **naturally**
- This can be due to insufficient levels of reproductive hormones affecting the development of egg and sperm cells, or as a result of issues with the reproductive system of the male or female
- One possible treatment is for eggs to be fertilised by sperm outside the body in carefully controlled laboratory conditions
 - This is known as *in vitro* **f**ertilisation, or **IVF**
- Although the process can vary, it normally follows the same main steps:
 - The first step involves stopping the normal secretion of hormones; the woman takes a drug to **inhibit the secretion of FSH and LH** from the pituitary gland
 - This also causes oestrogen and progesterone secretions to stop
 - This temporarily halts the menstrual cycle, allowing doctors to control the timing and quantity of egg production in the woman's ovaries
 - The woman is then given injections of FSH and LH to stimulate the development of follicles; as the injection gives a much higher FSH concentration than is present during a normal menstrual cycle, 'superovulation' occurs
 - Many more follicles than normal begin to mature
 - The eggs are then collected from the woman and fertilised by sperm from the man in **sterile** conditions in the laboratory
 - The fertilised eggs develop into embryos
 - At the stage when they are tiny balls of cells, about 48 hours after fertilisation, one or more embryos are inserted into the mother's uterus
 - Finally, extra progesterone is normally given to the woman to ensure the endometrium is maintained

© 2024 EThe success rate of IVF is low (~30%) but there have been many improvements and advancements in medical technologies which are helping to increase the success rate



6.6.6 Skills: Reproduction Diagrams

Male & Female Diagrams

- You should be able to **annotate diagrams** of the female and male **reproductive systems** to show the names of the different **structures**
- You should also be able to recall the **function** of each of these structures



Front and side view of the female reproductive system

Female Reproductive System Table





Front and side view of the male reproductive system

Male Reproductive System Table