

Complete the text below with the given words:

HORMONES, PANCREAS, PINEAL, SLOWLY, ENDOCRINE, PITUARY, TARGET, ADRENAL, EXOCRINE, HYPOTHYROIDISM, BLOODSTREAM

What Is the Endocrine System?

The _____ system is a group of glands that produce chemical messengers called _____. These hormones travel through the _____ to reach target cells.

Unlike the nervous system, which uses electrical signals, the endocrine system works more _____, but its effects last longer.

Endocrine glands are different from _____ glands, because they release hormones directly into the bloodstream instead of using ducts.

One of the most important glands is the _____ gland, often called the “master gland” because it controls other glands.

The _____ gland produces melatonin, which helps regulate sleep.

The _____ gland controls metabolism, while the _____ glands help the body respond to stress.

The _____ produces insulin, which helps control blood sugar levels.

Hormones bind to specific _____ cells, which respond to these signals.

An example of a disorder is _____, a condition where the thyroid is underactive.