

**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.