

# Endocrine System Case Studies

## I. Case Study: Mr. Harrison's Fatigue and Weight Changes

Mr. Harrison, a 55-year-old gentleman, has been experiencing persistent fatigue, unexpected weight gain despite no significant changes in his diet, and feeling unusually cold even in warm weather. He also reports some memory issues and a general feeling of sluggishness.

Concerned by these symptoms, he schedules an appointment with his doctor. After a thorough physical examination and blood tests, his doctor suspects an issue with his endocrine system.

### Questions:

1. Which major endocrine gland is most likely involved in Mr. Harrison's symptoms of fatigue, weight gain, and cold intolerance?
  - A) Adrenal gland
  - B) Pancreas
  - C) Thyroid gland
  - D) Pituitary gland
2. If the suspected gland is indeed underperforming, what specific hormone(s) would likely be found at lower-than-normal levels in Mr. Harrison's blood tests?
  - A) Insulin
  - B) Cortisol
  - C) Thyroid hormones (T3 and T4)
  - D) Growth hormone
3. Considering the role of the "master gland," which hormone released by the pituitary gland would likely be elevated in Mr. Harrison's case if the problem originates at the thyroid level (primary hypothyroidism)?
  - A) Adrenocorticotropic hormone (ACTH)
  - B) Growth hormone (GH)
  - C) Thyroid-stimulating hormone (TSH)
  - D) Luteinizing hormone (LH)
4. The thyroid hormones are examples of which type of hormone based on their chemical structure and solubility?
  - A) Peptide hormones
  - B) Steroid hormones
  - C) Amine hormones
  - D) Eicosanoid hormones
5. Given that thyroid hormones are primarily lipid-soluble, where would their receptors typically be located in the target cells?

# Endocrine System Case Studies Lab

**M Lipman**



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