

# Adrenal hormones

Region (zone)		Hormone	Target tissue	Hormonal effect	Control
<b>Cortex</b>	Zona glomerulosa	Mineralocorticoids (aldosteron)	Kidney	Increased renal reabsorption of Na <sup>+</sup> and water Synergic to ADH Excretion of K <sup>+</sup>	renin-angiotensin system, high level of K <sup>+</sup> low level of Na <sup>+</sup>
	Zona fasciculata	Glucocorticoids (hydrocortison)	Most cells	Release of aminoacids from muscles and lipids from fat tissue, peripheral utilization of lipids, antiinflammatory effects	Stimulation by ACTH
	Zona reticularis	Androgens (dehydroepiandrosterone)	Most cells	In adult males not significant Children and women growth of bones, muscles, hematopoiesis	Stimulation by ACTH
<b>Medulla</b>		Epinefrine, norepinefrine	Most cells	Increased heart activity, centralization of circulation, bronchodilatation, glycogenolysis, regulation of glycemia	Sympaticus