INSTRUCTIONS:

Refer to your Learner Study Guide – Pathology & Pathophysiology – Chapter 12 – Disorders of the Endocrine System, plus any other resources available, and complete the following activities.

Answer the following questions:

1. List and explain 8 possible causes of hypothyroidism.
   - Idiopathic
   - Auto-Immune
   - Iodine deficiency
   - Complication of hyperthyroid medication
   - Congenital birth defect
   - Certain medications which suppress thyroid function
   - Exposure to radiation of the neck

2. Give 10 possible signs or symptoms of hypothyroidism.
   - Weight gain
   - Feel tired and depressed
   - Unable to tolerate cold
   - Sluggish digestion
   - Skin is dry and puffy
   - Hair is dry and brittle
   - Loss of lateral eyebrows
   - Long heave menstrual periods
   - May be a goiter
   - Liver function is sluggish which can lead to atherosclerosis
   - Chronic hoarseness
   - Peripheral oedema

3. How does a doctor determine whether or not a patient has hypothyroidism?
   A blood test

4. What is Hashimoto’s thyroiditis?
   An auto-immune disease of hypothyroidism

5. Give 10 possible signs or symptoms of hyperthyroidism.
   - Goiter
   - Anxiety
   - Insomnia
   - Rapid heartbeat
   - Tremor
   - Increased perspiration
   - Sensitive to heat
6. What is the name of the autoimmune disease that results in hyperthyroidism?

Graves’ disease

7. What is the name of the disease in which there is a deficiency of all adrenal gland hormones?

Addison’s disease

8. List the signs and symptoms of Cushing’s syndrome.

- Moon face
- Buffalo hump
- Fragile skin with red streaks
- High blood pressure
- Hyperglycaemia
- Weakening of the bones
- Suppression of the immune system

9. What is the difference between Cushing’s syndrome and Addison’s disease?

Addison’s is a deficiency of all adrenal hormones while Cushing’s is an excess of secretion of glucocorticoids.

10. List 6 signs and symptoms of diabetes mellitus (type I and II).

- Polyuria
- Polyphagia
- Polydipsia
- Frequent infections
- Wounds that will not heal
- Weight loss in type 1 and weight gain in type 2

11. Differentiate between diabetes mellitus type I and type II by completing the following table:

<table>
<thead>
<tr>
<th></th>
<th>Diabetes mellitus type I</th>
<th>Diabetes mellitus type II</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age of onset</strong></td>
<td>Juvenile</td>
<td>Adult onset</td>
</tr>
<tr>
<td><strong>Aetiology</strong></td>
<td>Autoimmune</td>
<td>Lifestyle</td>
</tr>
</tbody>
</table>
### Chapter Activity – Disorders of the Endocrine System

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Insulin</th>
<th>Oral medication</th>
</tr>
</thead>
</table>

12. List 6 possible complications of poorly managed diabetes mellitus (type I or II)

- Cardiovascular disease
- Ulcers
- Kidney disease
- Impaired vision
- Peripheral neuropathy
- Impotence

13. Give a patient with diabetes mellitus (type II) food, supplement and lifestyle recommendations.

- Good diet low in carbs and sugar
- Exercise
- Take supplementation
- Eat proteins