



### **Summary:**

A hormone is a chemical substance, made in one place and delivered to another place. It regulates the body's activities. Hormones are secreted in small amounts into the bloodstream to influence the activity of distant cells. Hormones are produced by various organs of the body. Organs that produce hormones are called endocrine glands and form the endocrine system. The specific endocrine gland receives message from the pituitary gland, which is also known as the master gland, stating how much hormone is needed and what is the site of action. The hormone then moves in the bloodstream till it reaches the targeted tissues or cells. These tissues and cells will have receptors which serve as binding sites for the attachment of the hormone. Once, the hormone gets attached to the binding sites, the hormone carries out its specific role.

