

ADRENAL GLAND FUNCTION & ANATOMY

Patient Education Reference Guide

[Anatomical Illustration: Location of Adrenal Glands atop Kidneys]

Adrenal Cortex (Outer)

Produces vital hormones including Cortisol (stress response/metabolism) and Aldosterone (blood pressure/salt balance).

Adrenal Medulla (Inner)

Produces "fight or flight" hormones including Adrenaline (Epinephrine) and Noradrenaline (Norepinephrine).

Hormone	Primary Function	Body's Response
Cortisol	Stress & Metabolism	Regulates blood sugar, reduces inflammation, and manages nutrient usage.
Aldosterone	Blood Pressure	Balances sodium and potassium to regulate blood volume and pressure.
DHEA	Sex Hormones	Precursor for estrogen and testosterone production.
Adrenaline	Immediate Stress	Increases heart rate and energy levels during acute physical stress.

Quick Tips for Adrenal Health

- Maintain consistent sleep-wake cycles to support cortisol rhythms.
- Manage chronic stress through mindfulness or physical activity.
- Monitor salt intake as directed by your healthcare provider.

- Follow prescribed medication schedules strictly for hormonal balance.

This document is for educational purposes only. Consult your physician for medical advice.

Patient Name: _____ Date: _____