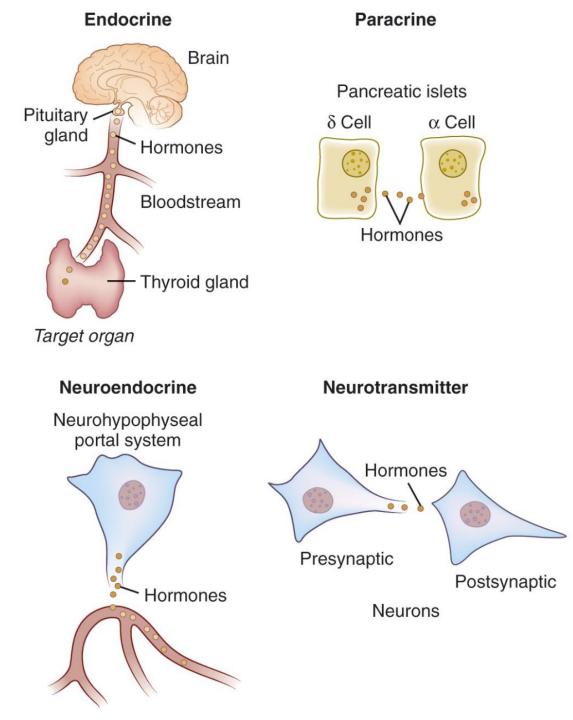


# Physical Activity and Health Promotion

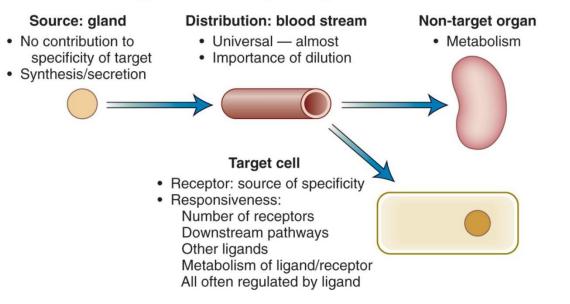
### Costanzo Giulio Moretti

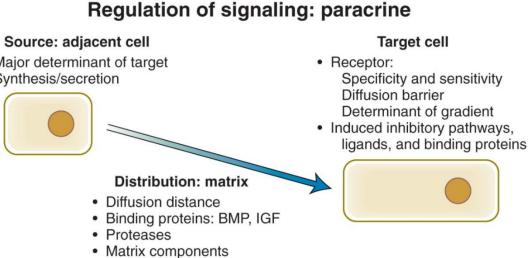
Unit of Endocrinology University of Rome TorVergata St John Calibita Hospital Tiber Island Rome Section of Reproductive Endocrinology

## Lesson 1 Basic



### **Regulation of signaling: endocrine**

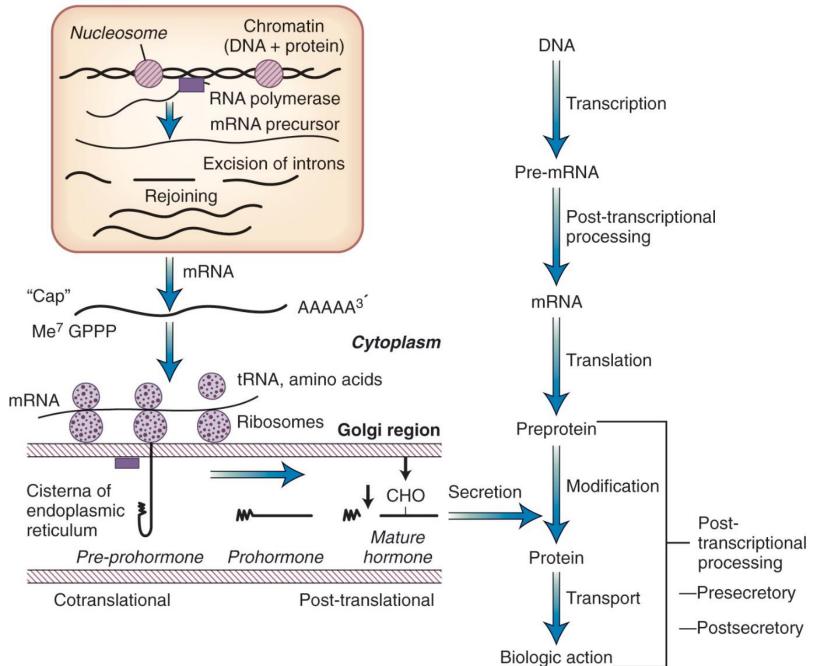


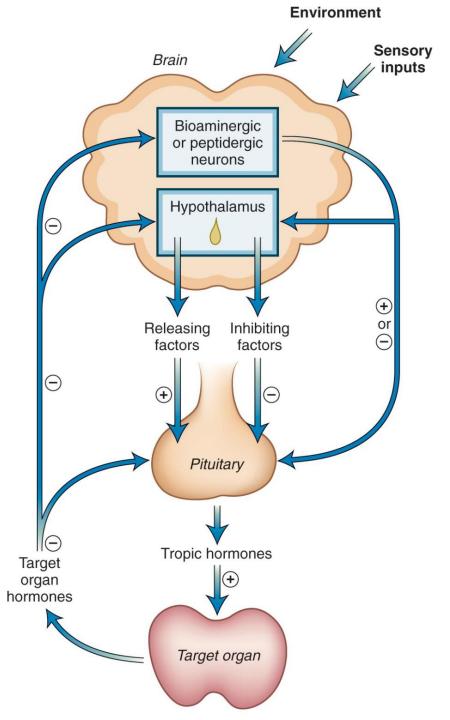


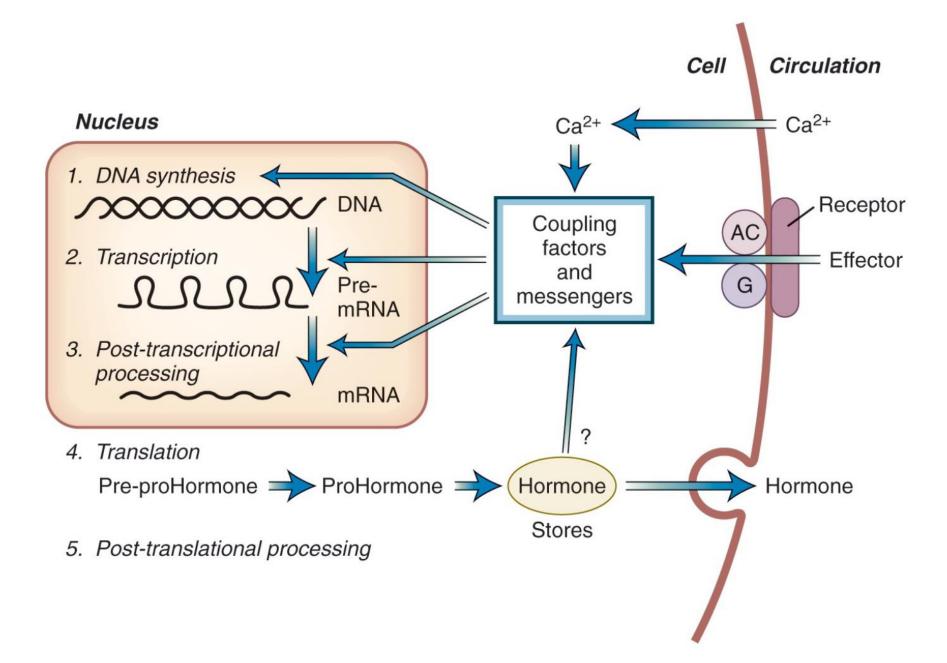
- · Major determinant of target
- Synthesis/secretion

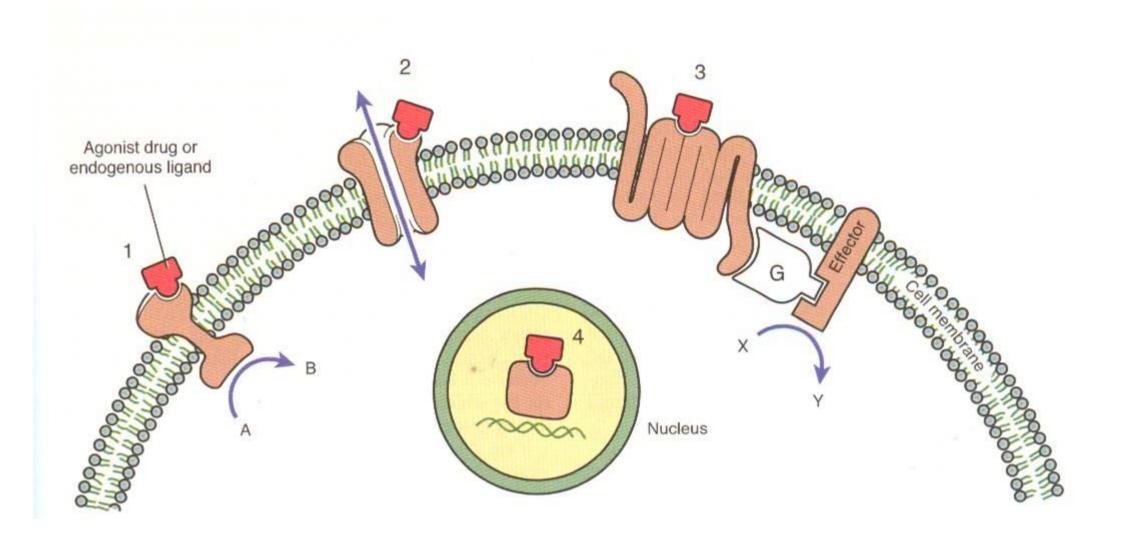


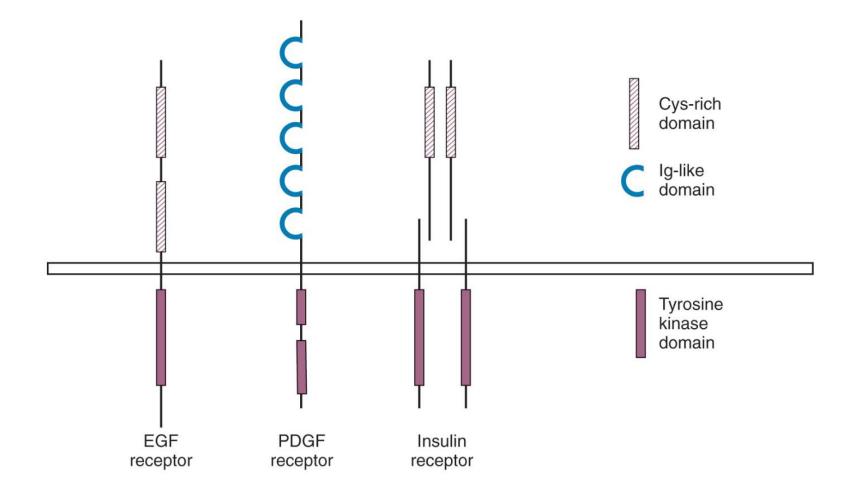
#### Nucleus

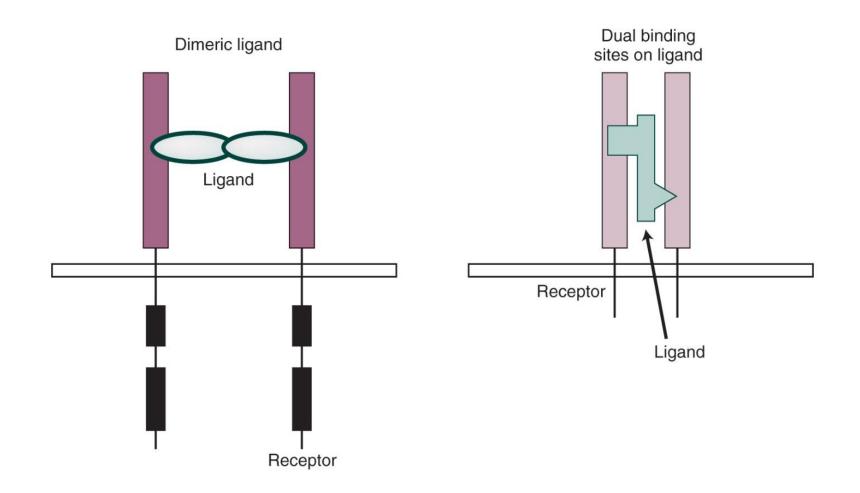


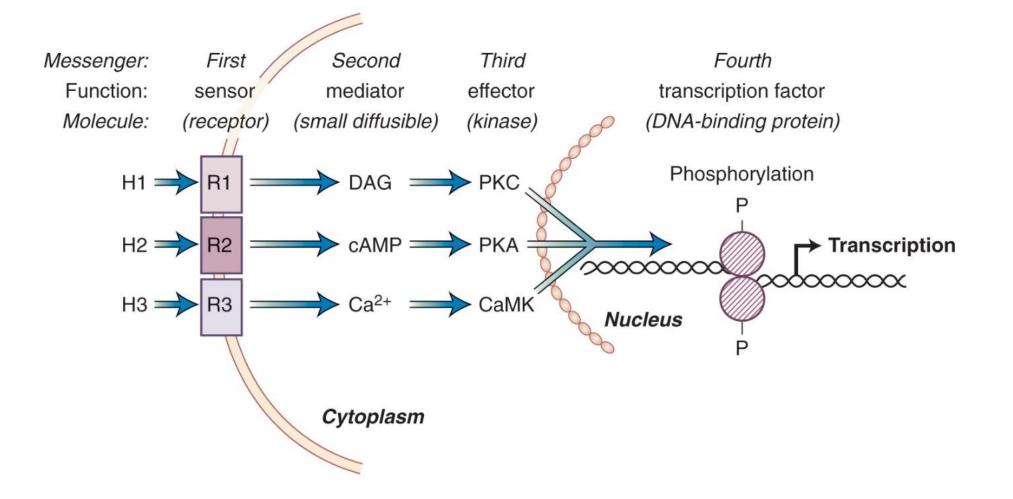


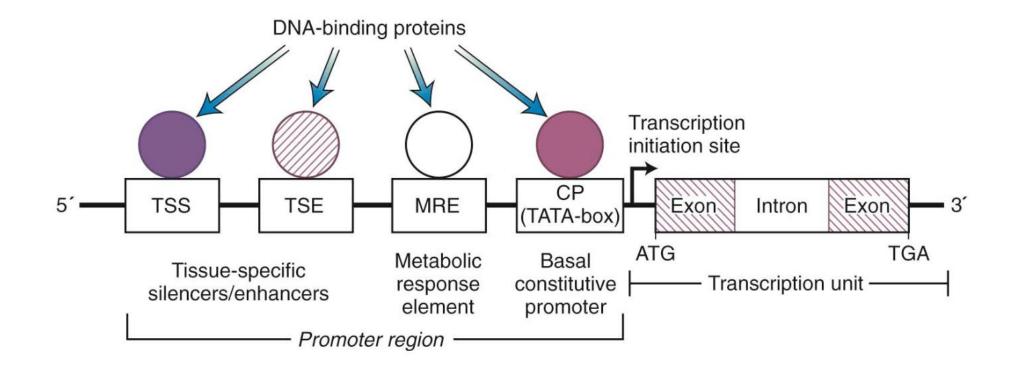


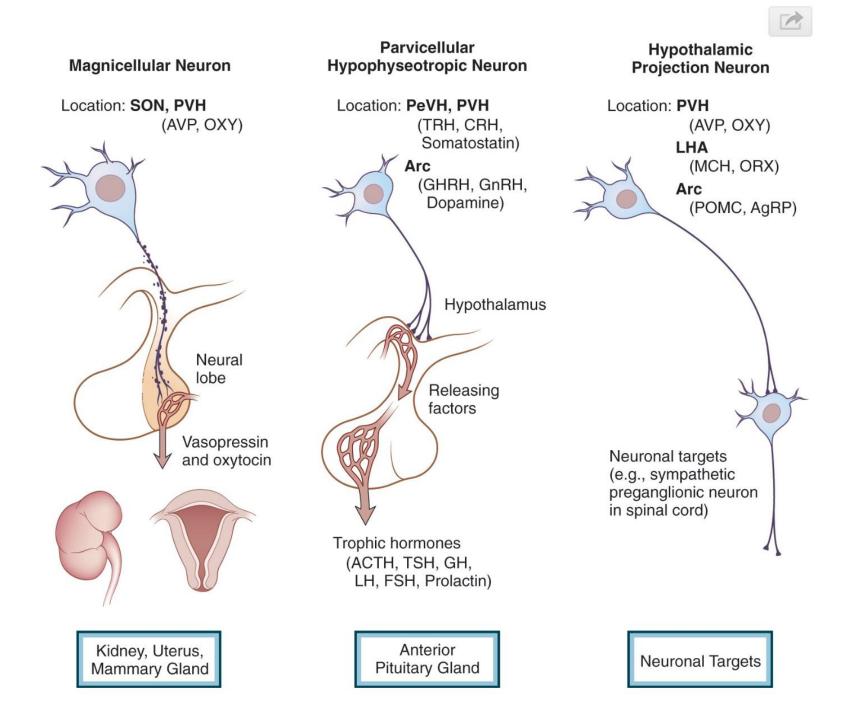


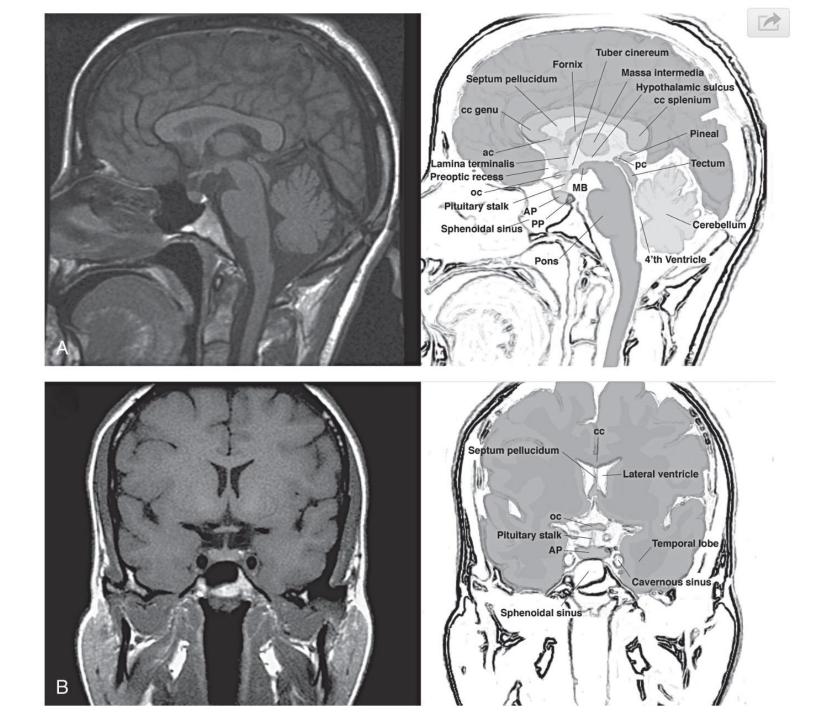












Paraventricular Nucleus	Arcuate Nucleus
Magnicellular Division	Acetylcholine
Angiotensin II Cholecystokinin (CCK) Dynorphins Nitric oxide (NO) Oxytocin Vasopressin (AVP)	<ul> <li>γ-Aminobutyric acid (GABA)</li> <li>Agouti-related peptide (AgRP)</li> <li>Cocaine- and amphetamine-regulated</li> <li>transcript (CART)</li> <li>Dopamine</li> <li>Dynorphin</li> <li>Endocannabinoids</li> </ul>
Parvicellular Divisions	Enkephalins
γ-Aminobutyric acid (GABA)Angiotensin IIAtrial natriuretic factor (ANF)Bombesin-like peptidesCholecystokinin (CCK)Corticotropin-releasing hormone(CRH)DopamineEndocannabinoidsEnkephalinsGalaninGlutamateInterleukin-1 (IL-1)Neuropeptide Y (NPY)NeurotensinNitric oxide (NO)RFamide-related peptides(RFRP)SomatostatinThyrotropin-releasing hormone(TRH)Vasopressin (AVP)Vasoactive intestinal peptide	Galanin Galanin-like peptide (GALP) Glutamate Gonadotropin-releasing hormone (GnRH) Growth hormone–releasing hormone (GHRH) Kisspeptins Melanocortins (ACTH, $\alpha$ -MSH, $\beta$ -MSH, $\gamma$ -MSH) Neurokinin B (NKB) Neuromedin U Neuropeptide Y (NPY) Neurotensin Nociceptin/orphanin FQ (OFQ) Opioids ( $\beta$ -endorphin) peptides Pancreatic polypeptide Prolactin Pro-opiomelanocortin Pyro-glutamyl-RFamide peptide (QRFP) Somatostatin Substance P