

HLTH 147 | QUIZ 19 OF 29 (Lecture 24)

NAMES _____

What are binding proteins? What are their five functions?

What are the six IGF-1 binding proteins? Which is the most abundant one?

Circle the anabolic ones:

Androgens	Cortisol	follistatin
Glucagon	Growth hormone	IGF-1
Insulin	Myostatin	Prostaglandins
T3/T4	Eating & sleeping	Currently exercising

Why do skeletal muscles have multiple nuclei?

How does myostatin work? Follistatin?

What's a "diurnal rhythm"? What's an example of a diurnal hormone?

Low fat and cholesterol, high fiber diet: what happens to steroid hormones?

What is ghrelin? What causes it to be released? What is its relationship with hGH?

Circle the actions of growth hormone:

Preserve glycogen

Decrease lipolysis

Decrease protein degradation

Increase protein synthesis

Increase bone growth

Decrease immune function.