

The term “suprarenal [glands](#)” and “adrenal glands” are synonymous; they refer to the same pair of glands situated on top of each kidney.

The adrenal glands, also known as suprarenal glands, are essential endocrine glands in the human body. These glands are divided into two distinct regions, each with its own functions:

**Adrenal Cortex:** The outer layer of the adrenal glands, known as the adrenal cortex, produces several important hormones, including cortisol (which helps regulate metabolism and the body's response to stress), aldosterone (which regulates salt and water balance and blood pressure), and small amounts of androgens (male sex hormones).

**Adrenal Medulla:** The inner portion of the adrenal glands, known as the adrenal medulla, produces two primary hormones: epinephrine (adrenaline) and norepinephrine (noradrenaline). These hormones are involved in the “fight or flight” stress response, affecting heart rate, blood flow, and overall readiness to respond to a threat.

The adrenal glands are vital for the body's ability to manage stress, regulate metabolism, and maintain homeostasis. Dysfunctions in these glands can lead to various health issues, such as Cushing's syndrome (resulting from excessive cortisol production) or Addison's disease (caused by insufficient cortisol and aldosterone production).

The name “suprarenal glands” is less commonly used today, but it refers to the same anatomical structures as the more commonly used term “adrenal glands.”

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Last update: **2024/06/07 02:59**

