

Thyroid and Parathyroid Hormones

The thyroid gland secretes **triiodothyronine (T3)** and **thyroxine (T4)**. These hormones play an important role in regulating your weight, energy level, core temperature, skin, hair and nail growth, and metabolism. In summary, thyroid hormones keep almost every function of the body in balance and are an important part of the endocrine system.

A third hormone from the thyroid is **Calcitonin**. It can be elevated in a type of thyroid cancer. Interestingly, no disease related to its absence has been defined.

Parathyroid hormone regulates blood calcium levels in the bones, intestines and kidneys. Parathyroid hormone comes from the four parathyroid glands located in the neck, just behind the thyroid. These glands detect the blood calcium level and determine when to release the hormone. The hormone plays a role in regulating blood calcium levels and helps the body maintain adequate calcium stores in the bloodstream to maintain bone health.