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Class 10<sup>th</sup>

Subject Biology

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**iv) Insulin:** This hormone is secreted by Pancreas. The pancreas is located below stomach. It reduces and regulates blood sugar level.

**(v) Sex hormones:**

(a) Testosterone in males: This hormone is secreted by testis. The testis is located in genital area. Its changes associated with puberty (Sexual maturity).

(b) Estrogen in females: This hormone is secreted by Ovaries. The ovaries are located in lower abdomen area. Its changes associated with puberty (Sexual maturity).

**Importance of iodine**

Iodised salt is necessary because iodine mineral is essential part of thyroxine hormone secreted by thyroid gland. Thyroxine regulates metabolism of carbohydrates, fats and proteins. So, we must consume iodised salt which is necessary for proper working of thyroid gland. It's deficiency causes a disease called goiter (Swollen neck).

**Diabetes**

Diabetes is a disease in which blood sugar level increases.

**Cause of Diabetes**

The disease is caused due to the deficiency of insulin hormone secreted by pancreas that is responsible to control blood sugar levels.

**Treatment of Diabetes**

Injections of insulin hormone can help in the treatment of diabetes.