

Stimulus: Exercise, stress, fasting, low plasma glucose, sleep

Hypothalamus
↑ GHRH Secretion and/or ↓ Somatostatin (SS) Secretion

↑ Plasma GHRH and/or ↓ Plasma SS

Anterior Pituitary
↑ GH Secretion

↑ Plasma GH

Liver and other cells
↑ IGF-1

↑ Plasma IGF-1

Target cells
↑ Growth

Target cells
↑ Protein Synthesis

Target cells
↓ Insulin Action

