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» **Journal Abstract**

The effects of mid-altitude on endocrine profile

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Many of the physiologic changes that occur during acute and prolonged altitude exposure may actually negate adaptations that possibly improve physiologic performance upon return to sea level. Fourteen volunteer male students (male scouts) who inhabit at 1050 m were enrolled into the study to research; how mid-altitude affects some endocrine parameters. The basic evaluation was done before the camping at 3200 m, and the endocrine evaluation was repeated 10 days after, at the end of the camping. Volunteer students went through a general check up at the beginning. Blood samples were taken for determining the amount of growth hormone (GH), prolactine (PRL), follicule stimulating hormone (FSH), luteinizing hormone (LH), thyroid stimulating hormone (TSH), total triiodotyronine (TT3), total tyroxine (TT4), total testosterone (TTes) and cortisol levels. The levels of GH, PRL, FSH, LH, and TTes levels were changed after the camping period, and the difference found statistically significant ($p < 0.05$). These observations suggest that exposure to altitude is associated with hyperprolactinemia and an impaired pituitary gonadal function. The alterations in the hormones levels are either be due to hypoxic stress or secondary to altitude induced hyperprolactinemia. The special characteristics of hypobaric hypoxia have been affected directly the endocrine profile.

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