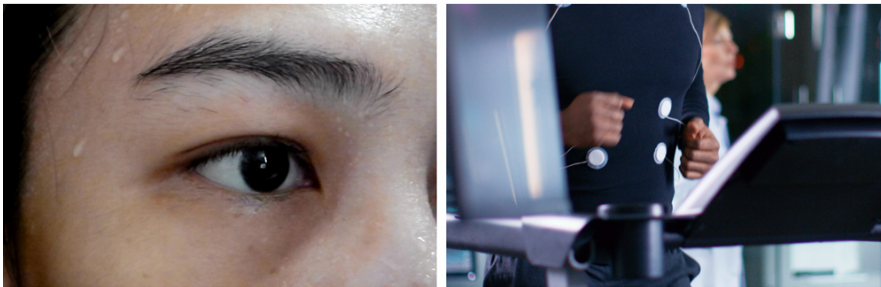
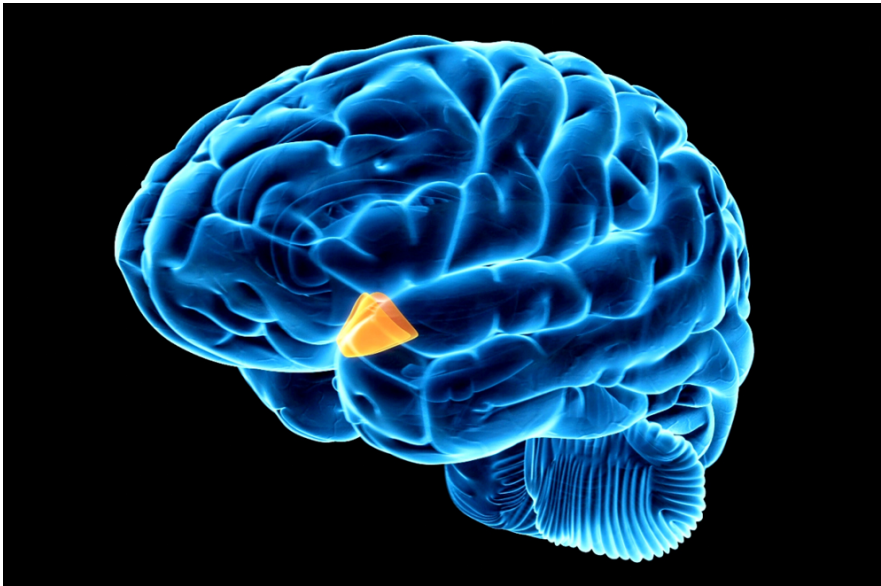




## What Does the Hypothalamus Do?



### Overview

Your hypothalamus is a small hormone-producing area of your brain. It helps your body in many ways. But what does it do, exactly? Let's take a moment to learn more.

### Healthy hypothalamus

The hypothalamus region is about the size of an almond. It's found at the base of your brain. It's above your pituitary gland (commonly called the body's "master gland"). And it's below an area of the brain called the "thalamus."

### The hypothalamus' role

Your hypothalamus makes hormones that control a lot of things. These hormones control body temperature and heart rate. They control hunger and thirst. They control your sleep patterns, mood and sex drive. Your hypothalamus also regulates the release of hormones by other glands in your body. This includes hormones released by the pituitary gland.

### Treating the hypothalamus

If your hypothalamus doesn't work properly, you can have serious problems. You can have increased hunger and thirst. You may gain weight rapidly. You can have a low body temperature or a slow heart rate. We treat these issues in a few ways. You may need to take hormones. You may need to take drugs to help with your symptoms. And you may benefit from surgery or radiation treatment. For more info, talk to your doctor.