Chapter 15

1. Which of the following glands has both an endocrine and an exocrine function?

   A. mammary gland
   B. pancreas
   C. pituitary
   D. adrenal gland
   E. thyroid gland

2. The hormone which reduces inflammation and is sometimes used to reduce pain and inflammation in arthritic joints is:

   A. cortisol
   B. cortisone
   C. cAMP
   D. calcitonin

3. TSH:

   A. stimulates adrenal cortex
   B. stimulates the gonads
   C. stimulates the thyroid gland

4. Which endocrine gland is involved in the immune response?

   A. adrenal medulla
   B. pancreas
   C. thymus
   D. ovaries
5. Endocrine glands secrete:
   A. sebum
   B. cerumen
   C. hormones
   D. transport proteins
   E. None of the choices are correct.

6. The blood sodium level is regulated by the secretion of:
   A. oxytocin
   B. insulin
   C. cortisone
   D. aldosterone

7. Which of the following hormones is/are secreted by the posterior pituitary?
   A. ADH, oxytocin
   B. PRL, GH, ACTH, TSH
   C. thyroxine

8. During a glucose tolerance test, following the administration of 100 g of glucose, what would happen in a diabetic person?
   A. glucose appears in the urine
   B. blood glucose levels rise some and return to normal
   C. blood glucose levels rise rapidly and remain elevated for some time
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9. Parathyroid hormone triggers:
   A. an increase in stored calcium
   B. an increase in blood calcium
   C. an increase in thyroid hormones
   D. a decrease in phosphorus in bone
10. If the thyroid fails to develop properly the condition that results is called:
   A. cretinism
   B. myxedema
   C. Graves disease
   D. exophthalmos

11. The type of glands that secrete products directly into the bloodstream without ducts are called:
   A. acinar glands
   B. endocrine glands
   C. interoglands
   D. exocrine glands

12. Which of the following reproductive organs is also considered an endocrine gland?
   A. testes
   B. prostate gland
   C. bulbourethral gland
   D. seminal vesicles

13. Which of the following glands secretes cortisol?
   A. pituitary
   B. pancreas
   C. thyroid
   D. adrenal cortex

14. Hypersecretion of the thyroid often results in edema and bulging of the eyeballs referred to as:
   A. irritability syndrome
   B. goiter
   C. glaucoma
   D. exophthalmic goiter

15. The receptor sites for steroid hormones are found in the:
   A. plasma membrane
   B. nucleus
   C. mitochondria
   D. tropomyosin fibers
16. In a comparison of the nervous system with the endocrine system, which is not true?

A. both are controlled exclusively by positive feedback
B. one is composed of neurons, the other glands
C. one works with neurotransmitters, the other hormones
D. one targets muscles and glands, the other cells throughout the body

17. Oversecretion from which gland can cause giantism?

A. adrenal cortex  
B. thyroid  
C. anterior pituitary  
D. adrenal medulla  
E. pancreas

18. The hypothalamus regulates the anterior pituitary via:

A. nerve stimulation  
B. blood osmotic concentrations  
C. blood glucose concentrations  
D. releasing hormones  
E. ACTH

19. The hormone released from the pineal gland that affects circadian rhythms is:

A. ACTH  
B. prolactin  
C. oxytocin  
D. melatonin

20. The thymus produces:

A. melatonin  
B. glucagon, insulin  
C. thymosin
21. The circus lady with a beard most likely:

A. has diabetes insipidus
B. has congenitally enlarged testes
C. has a malfunctioning adrenal cortex
D. has Turner's syndrome

22. Positive feedback is not a way to maintain stable conditions.

A. True
B. False

23. Which statement is NOT true about peptide hormones?

A. They are derived from amino acids, peptides, or proteins.
B. They bind to receptors on the cell surface.
C. They lead to cyclic AMP inside the cell.
D. They create an enzyme cascade effect.
E. They must enter the cell in order to have an effect.

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A. insulin is no longer secreted when the blood glucose level drops
B. insulin is secreted when the blood glucose level is high
C. insulin secretion causes the liver to store glucose as glycogen
D. insulin is no longer secreted when the blood glucose level rises

25. Symptoms of Cushing syndrome include:

A. increased blood pressure
B. facial edema
C. low glucose concentration in the blood
D. increased blood pressure and facial edema

26. Which of the following becomes enlarged if iodine is absent from the diet?

A. pituitary
B. pancreas
C. thyroid
D. adrenal
27. Weakened bones can result from an excess secretion by the:

A. thyroid  
B. adrenals  
C. pancreas  
D. parathyroid  
E. thymus

28. Excess secretion from which gland can cause a person to be thin, hyperactive, always hungry, and irritable?

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B. thyroid  
C. anterior pituitary  
D. adrenal medulla  
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29. Which of the following hormones is/are secreted by the thyroid gland?

A. ADH, oxytocin  
B. PRL, GH, ACTH, TSH  
C. thyroxine

30. Since endocrine glands release hormones to the circulatory system, flooding the entire body with all hormones, the correct cells react because:

A. as target cells, their cell membranes are permeable to the appropriate hormones  
B. as target cells, they have receptor proteins for the appropriate hormones  
C. helper molecules called cAMP cause the cell to take in the appropriate hormones  
D. neurons send the appropriate hormones into the target cell

31. The hormone that is considered a first messenger is _________ and the hormone that is considered a second messenger is _____________.

A. insulin, glucagon  
B. ACTH, cortisol  
C. TSH, thyroxin  
D. glucose, insulin  
E. epinephrine, cAMP
32. The gland that helps regulate the endocrine system by secreting stimulating hormones is the:

A. hypothalamus of the brain  
B. anterior pituitary  
C. posterior pituitary  
D. cerebral cortex

33. Secretions from the ______ cause a person to have elevated blood pressure, elevated heartbeat, energized muscles, and respond to stress.

A. adrenal cortex  
B. thyroid  
C. anterior pituitary  
D. adrenal medulla  
E. pancreas

34. Choose the CORRECT statement.

A. ADH and oxytocin are made in the anterior pituitary.  
B. The hypothalamus controls skeletal muscle function.  
C. Oxytocin is controlled by positive feedback  
D. Inability to produce ADH results in diabetes mellitus.  
E. None of the choices are correct.

35. Which of the following hormones causes uterine contractions during childbirth and milk letdown while babies are nursing?

A. oxytocin  
B. prolactin  
C. adrenocorticotropic  
D. calcitonin  
E. FSH

36. Choose the following mechanism that helps maintain homeostasis in the body.

A. negative feedback  
B. positive feedback
37. Which statement is NOT true about steroid hormones?

A. estrogen is a steroid hormone  
B. steroids do not bind to cell membrane receptors  
C. the hormone-receptor complex can enter the nucleus  
D. the hormone-receptor complex can bind to chromatin  
E. steroids generally act faster than peptide hormones

38. Which of the following pairings is correct?

A. thymus; T cell function  
B. pineal gland; melatonin  
C. adipose tissue; leptins  
D. All of the choices are correct.

39. The brain structure that regulates the internal environment through autonomic control center is the:

A. pons  
B. thalamus  
C. hypothalamus  
D. cerebellum

40. Which of the following hormones can cause skin color changes in fish, amphibians, and reptiles?

A. GH  
B. TSH  
C. ACTH  
D. MSH

41. Which of the following affects growth directly?

A. ACTH  
B. GH  
C. TSH  
D. FSH

42. Glucocorticoids:

A. influence regulate glucose levels  
B. influence salt/water balance  
C. are the sex hormones testosterone and estrogen
43. The hypothalamic-releasing hormones directly control the:

A. adrenal cortex  
B. thyroid  
C. anterior pituitary  
D. posterior pituitary  
E. pancreas

44. Which of the following best describes a chemical messenger that acts between individuals?

A. histamine  
B. prostaglandins  
C. second messengers  
D. cAMP  
E. pheromones

45. The symptoms of myxedema may be reversed if the person:

A. has the thyroid removed  
B. receives a shot of cortisone  
C. receives thyroxin therapy  
D. begins taking female sex hormones

46. A person with Cushing syndrome has a round face and heavy trunk, but thin legs and arms because:

A. the pancreas secretes insulin, which raises the glucose level of the blood  
B. the adrenal cortex promotes the conversion of protein to glucose, and ultimately, to fat  
C. thyroxin lowers the metabolic rate  
D. the adrenal cortex and adrenal medulla work opposite to one another

47. Which of the following is mismatched?

A. thyroxin-thyroid  
B. parathyroid-calcium  
C. insulin-glucose  
D. aldosterone-body size
48. The parathyroid glands are controlled by negative feedback because:
   A. a low blood calcium level causes the parathyroids to stop secreting parathyroid hormone
   B. a high blood calcium level causes the parathyroids to stop secreting parathyroid hormone
   C. the parathyroids are under the control of the hypothalamus and the anterior pituitary

49. In addition to thyroxin, the thyroid gland also produces:
   A. thyrocalcin
   B. calcithyroxin
   C. calcitonin
   D. calciclastin

50. Which of the following hormones promotes renal excretion of sodium and water?
   A. insulin
   B. thyroxin
   C. atrial natriuretic hormone
   D. ADH
   E. calcitonin

51. A second messenger that can activate an enzyme cascade is:
   A. ATP
   B. ADH
   C. cAMP
   D. cATP
   E. ACTH

52. Which of the following is the correct pairing?
   A. calcitonin; decreases blood calcium
   B. PTH; increases blood calcium
   C. Both of the choices are correct.
53. Control of circadian rhythms is associated with the:

A. pancreas and insulin
B. thymus and thyroxin
C. pineal gland and melatonin
D. thymus and thyroxin as well as the pineal gland and melatonin
E. None of the choices are correct.

54. Which statement is INCORRECT?

A. When the blood calcium level is high, the thyroid secretes calcitonin to increase the uptake of calcium.
B. When the blood calcium level is high, the thyroid secretes calcitonin to decrease the uptake of calcium.
C. When the blood calcium level is high, the thyroid secretes calcitonin to maintain the calcium level.

55. Hormones regulate all of the following except:

A. growth
B. reproduction
C. chemical balance
D. metabolism
E. life expectancy

56. Choose the CORRECT statement.

A. The posterior pituitary is also called the hypophysis.
B. Releasing hormones stimulate the hypothalamus.
C. 4 of 6 anterior pituitary hormones target endocrine glands.
D. The concentration of MSH is greatest in humans.
E. PRL is also called somatotropic hormone.

57. The parathyroid glands secrete:

A. epinephrine, norepinephrine
B. PTH
C. cortisol, aldosterone
58. The result of a diet lacking iodine is:

A. thyroid cancer  
B. simple goiter  
C. myxedema  
D. cretinism

59. The thyroid gland releases:

A. thyroxine  
B. triiodothyronine  
C. calcitonin  
D. All of the choices are correct.

60. Calcitonin:

A. lowers the blood's calcium level  
B. raises the blood's calcium level  
C. lowers the blood's glucose level  
D. raises the blood's glucose level

61. Drinking alcohol while perspiring can quickly lead to dehydration because:

A. aldosterone is lost in perspiration  
B. alcohol stimulates rennin secretion  
C. alcohol inhibits ADH secretion  
D. ADH is neutralized by alcohol in a chemical reaction

62. Which of the following stimulates structures within the ovaries?

A. TSH  
B. ACTH  
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63. Erythropoietin is produced:

A. in the kidney  
B. in response to high oxygen levels in the blood  
C. in response to low numbers of white blood cells  
D. in cardiac cells
64. The metabolic disorder where cells have difficulty taking in glucose is called:

A. glycosuria  
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65. Overproduction of growth hormone in an adult results in:

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66. Mineralocorticoids:

A. regulate glucose levels  
B. regulate salt/water balance  
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67. Which of the following hormones will use cAMP to cause a cellular effect?

A. estrogen  
B. progesterone  
C. testosterone  
D. cortisol  
E. norepinephrine

68. The hypothalamus directly controls the glandular secretions of the:

A. mammary glands  
B. anterior pituitary gland  
C. posterior pituitary gland  
D. uterine glands  
E. thyroid gland
69. Starvation, even when eating properly, may be the fate of an individual whose endocrine system secretes:

A. too much thyroxin  
B. too much adrenaline  
C. too little estrogen  
D. too little insulin  
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70. Glucocorticoids such as cortisol and mineralocorticoids such as aldosterone are produced by the:

A. parathyroid  
B. adrenal cortex  
C. adrenal medulla
Chapter 15 Key

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   b. too much adrenaline
   c. too little estrogen
   D. too little insulin
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   B. adrenal cortex
   c. adrenal medulla
## Chapter 15 Summary

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