

MULTIPLE CHOICE

AB THYROID AND PARATHYROID - PRACTICE SET

PROPOSED FOR REVIEW - questions are the author's verbatim Q&A; distractors are auto-selected from other answers in the same bank and must be checked by a subject-matter reviewer (a distractor could coincidentally be correct). Not authoritative assessment content.

1. Which term describes an underactive thyroid gland?

- A. Hyperthyroidism
- B. Hypothyroidism
- C. Euthyroidism
- D. Hypoparathyroidism

2. What is the sonographic appearance of primary thyroid lymphoma?

- A. A hyperechoic mass with abundant internal vascularity.
- B. A markedly hypoechoic, lobulated, and characteristically hypovascular mass.
- C. An anechoic mass with posterior enhancement and thin walls.
- D. A small isoechoic nodule with a thin peripheral halo.

3. Which statement best describes primary hyperparathyroidism?

- A. Oversecretion of parathyroid hormone, usually from a single parathyroid adenoma
- B. Decreased PTH secretion from autoimmune destruction of the glands
- C. A pituitary disorder that overproduces PTH
- D. Parathyroid hyperplasia caused by chronic renal failure

4. Which condition can be caused by low dietary iodine, an inability of the thyroid to produce adequate hormone, or a pituitary problem?

- A. Hyperparathyroidism
- B. Hypothyroidism
- C. Thyrotoxicosis
- D. Hyperthyroidism

5. Which wedge-shaped muscle is located posterior to the thyroid lobes along the anterior surface of the cervical vertebrae?

- A. Longus colli muscle
- B. Omohyoid muscle
- C. Scalenus anterior muscle
- D. Sternocleidomastoid muscle

6. True or False? The risk of malignancy in any given thyroid nodule decreases as the number of nodules in the gland increases.

- A. False. Malignancy risk is greater when many nodules are present than when there is a single nodule.
- B. True. The risk of malignancy in a given nodule is lower in a multinodular gland than in a solitary nodule.

7. What is the typical clinical presentation of a thyroid cyst?

- A. Painful tender mass with overlying skin erythema.
- B. A palpable solitary or multiple nodules in the neck, often asymptomatic.
- C. Hard, fixed mass with vocal cord paralysis.
- D. Diffuse painless enlargement in a young woman with hypothyroidism.

8. Are thyroid adenomas typically slow-growing or fast-growing?

- A. Fast-growing.
- B. Slow-growing.

9. What are the sonographic findings of a toxic multinodular goiter?

- A. Solitary hypoechoic mass with a thick irregular halo.
- B. Small atrophic gland with fibrous replacement.
- C. Enlarged, inhomogeneous gland with focal scarring, areas of ischemia, and necrosis or cyst formation as the disease progresses.
- D. Diffusely homogeneous gland with normal vascularity.

10. How many primary arteries supply blood to the thyroid gland?

- A. Two (one superior and one inferior thyroid artery)
- B. Four (two superior thyroid arteries and two inferior thyroid arteries)
- C. Three (one superior thyroid artery and two inferior thyroid arteries)
- D. Six (three superior and three inferior thyroid arteries)

11. What is a goiter?

- A. Focal or diffuse enlargement of the thyroid gland, with or without multiple nodules
- B. A congenital midline cyst anterior to the trachea
- C. A benign encapsulated tumor of a single thyroid lobe
- D. Inflammation of the thyroid caused by viral infection

12. True or False? A solitary thyroid nodule with ipsilateral cervical lymphadenopathy is suggestive of a benign process.

- A. False. A solitary thyroid nodule with ipsilateral cervical lymphadenopathy is highly suggestive of malignancy.
- B. True. A solitary thyroid nodule with ipsilateral cervical lymphadenopathy is suggestive of a benign process.

13. Relative to the thyroid gland, the strap muscles lie in which position?

- A. Medial to the thyroid, between it and the trachea
- B. Lateral to the thyroid, between it and the carotid sheath
- C. Posterior to the thyroid
- D. Anterior to the thyroid

14. What is another name for a thyroid storm?

- A. Acute suppurative thyroiditis.
- B. Thyrotoxic crisis.
- C. Myxedema coma.
- D. Thyroid inferno.

15. What is the classic clinical presentation of Hashimoto thyroiditis?

- A. Painless, diffusely enlarged thyroid gland in a young to middle-aged woman.
- B. Painful tender gland in a young woman with recent viral illness.
- C. Solitary hot nodule with hyperthyroidism in an older woman.
- D. Hard, fixed neck mass with hoarseness in an elderly man.

16. Which pituitary hormone stimulates the thyroid gland to secrete thyroxine (T4) and triiodothyronine (T3)?

- A. Calcitonin
- B. Parathyroid hormone (PTH)
- C. Thyrotropin releasing hormone (TRH)
- D. Thyroid stimulating hormone (TSH)

17. Which of the following best describes the clinical signs of hyperthyroidism?

- A. Increased appetite, weight loss, nervousness, excessive sweating, tremor, palpitations, exophthalmos, and heat intolerance.
- B. Hypocalcemia, tetany, and Chvostek sign.
- C. Painless neck mass with cervical lymphadenopathy.
- D. Weight gain, cold intolerance, lethargy, and bradycardia.

18. Which structure produces thyrotropin releasing hormone (TRH)?

- A. Pineal gland
- B. Hypothalamus
- C. Anterior pituitary
- D. Thyroid gland

19. How many parathyroid glands do most individuals possess?

- A. Six
- B. Two

- C. Four
- D. Eight

20. Which autoimmune disorder produces diffuse toxic goiter, hyperthyroidism, and exophthalmos?

- A. Hashimoto thyroiditis
- B. Graves disease
- C. de Quervain thyroiditis
- D. Toxic multinodular goiter

21. What is the most common cause of thyroid disorders worldwide?

- A. Lithium use.
- B. Iodine deficiency.
- C. Radiation exposure.
- D. Autoimmune thyroiditis.

22. When does primary hyperparathyroidism occur?

- A. When the parathyroid glands fail to produce sufficient PTH due to autoimmune destruction.
- B. When chronic renal failure leads to compensatory PTH elevation.
- C. When pituitary failure decreases TSH secretion.
- D. When excessive parathyroid hormone is produced by a parathyroid adenoma, primary hyperplasia, or, rarely, parathyroid carcinoma.

23. Which rare, highly aggressive, undifferentiated thyroid carcinoma typically occurs in patients older than 60 years and has a 5-year mortality of 90% to 95%?

- A. Anaplastic carcinoma
- B. Papillary carcinoma
- C. Follicular carcinoma
- D. Medullary carcinoma

24. Which group of muscles is collectively known as the 'strap muscles' of the anterior neck?

- A. Sternohyoid, sternothyroid, and omohyoid
- B. Mylohyoid, geniohyoid, and stylohyoid
- C. Sternocleidomastoid, platysma, and digastric
- D. Longus colli, longus capitis, and scalene

25. What is the medical term for inflammation of the thyroid gland?

- A. Thyromegaly
- B. Thyroidectomy
- C. Thyrotoxicosis
- D. Thyroiditis