

## Human Endocrine System Trivia: Questions, Answers, and Facts Printable Trivia Pack

Human Endocrine System trivia explores the glands and chemical messengers that coordinate many of the body's most important functions. From the pituitary and thyroid to insulin and adrenaline, this topic connects everyday health, medical history, and surprising biological facts in a family-friendly way.

### HARD HUMAN ENDOCRINE SYSTEM TRIVIA

1. Which pituitary lobe releases oxytocin into circulation despite not synthesizing it itself?

Answer: The posterior pituitary releases oxytocin after hypothalamic production.

2. What older anatomical term refers to the anterior pituitary?

Answer: Adenohypophysis.

3. If a text says 'neurohypophysis,' which part of the pituitary is it discussing?

Answer: The posterior pituitary.

4. TSH acts directly on which thyroid cell type to drive synthesis and release of T3 and T4?

Answer: Thyroid follicular cells.

5. Unlike many endocrine products, thyroid hormones are stockpiled outside the cells. In what material are they stored?

Answer: They are stored in colloid within thyroid follicles.

6. Which adrenal cortical layer, the outermost one, mainly produces aldosterone?

Answer: Zona glomerulosa.

7. Which innermost adrenal cortical zone mainly produces adrenal androgens?

Answer: Zona reticularis.

8. The adrenal medulla's hormone-secreting cells have a distinctive name. What are they called?

Answer: Chromaffin cells.

9. Within the endocrine pancreas, which hormone is secreted by delta cells?

Answer: Somatostatin.

10. In pancreatic islets, which cell type locally inhibits secretion of both insulin and glucagon?

Answer: Delta cells.

11. Which hormone-like enzyme is released by juxtaglomerular cells of the kidney for blood pressure regulation?

Answer: Renin.

12. What kidney-produced hormone stimulates red blood cell production?

Answer: Erythropoietin.

13. Which hormone proves the heart is doing endocrine side quests too?

Answer: Atrial natriuretic peptide.

14. Which hormone is secreted mainly by adipose tissue?

Answer: Leptin.

#### FUNNY HUMAN ENDOCRINE SYSTEM TRIVIA

1. Which tiny organ gets the show-off nickname "the master gland," as if it runs the endocrine group chat?

Answer: The pituitary gland.

2. The adrenal glands are sometimes described as what, because they sit on top of the kidneys like tiny accessories?

Answer: Little hats sitting on the kidneys.

3. Insulin and glucagon act together like what for blood sugar: a referee, a thermostat, or a drum solo?

Answer: A biochemical thermostat.

4. Hormonal negative feedback is often compared to what household gadget that shuts off the heat when things get warm enough?

Answer: A home thermostat.

5. What is the term for an enlarged thyroid gland that can make the neck visibly swell?

Answer: Goiter.

6. If excess growth hormone appears before growth plates close, which condition can result in a very dramatic growth spurt?

Answer: Gigantism.

7. Too much growth hormone in adults usually leads to which condition, not a second round of middle-school growth?

Answer: Acromegaly.

8. Childhood growth hormone deficiency can result in what condition?

Answer: Dwarfism.

9. What adrenal medulla tumor is notorious for causing sudden bursts of adrenaline-like symptoms, basically an unwanted internal jump-scare?

Answer: Pheochromocytoma.

10. Which condition is different from diabetes mellitus and mainly involves problems with antidiuretic hormone?

Answer: Diabetes insipidus.

11. Untreated hyperthyroidism may send the heart into what fast-beating mode?

Answer: Tachycardia.

12. What is the name for low thyroid function, when the thyroid is basically working in slow motion?

Answer: Hypothyroidism.

13. What is the medical term for overactive thyroid function, when the gland acts like it had three espressos?

Answer: Hyperthyroidism.

#### FUN HUMAN ENDOCRINE SYSTEM TRIVIA

1. If hormones had a hype slogan based on their name's Greek origin, what would it be: "set in motion" or "sit very still" ?

Answer: Set in motion.

2. The term endocrine is built from Greek roots meaning what two ideas put together?

Answer: Within and to separate.

3. Back in 1902, which substance had its term introduced by William Bayliss and Ernest Starling?

Answer: Secretin.

4. Who helped make the word hormone famous in 1905?

Answer: Ernest Starling.

5. Which insulin pioneer shared the 1923 Nobel Prize for the discovery of insulin?

Answer: Frederick Banting.

6. Early insulin treatment needed more than discovery; who helped purify insulin for clinical use?

Answer: James Collip.

7. What year marks the first successful treatment of a person with insulin?

Answer: 1922.

8. Which Nobel-winning scientist is tied to cyclic AMP signaling in 1971?

Answer: Earl Sutherland.

9. Who shared the 1977 Nobel Prize for developing radioimmunoassay?

Answer: Rosalyn Yalow.

10. Which 1977 Nobel laureate is noted here for discoveries about peptide hormone production in the brain?

Answer: Roger Guillemin.

11. Who is famous for showing that the hypothalamus controls the pituitary gland?

Answer: Geoffrey Harris.

12. Hashimoto thyroiditis carries the name of the doctor who first described it in 1912. Who was he?

Answer: Hakaru Hashimoto.

13. Graves disease is a form of what thyroid state: hyperthyroidism or hypothyroidism?

Answer: Hyperthyroidism.

#### HUMAN ENDOCRINE SYSTEM FAMILY TRIVIA

1. Which part of the body acts like a bridge between the nervous system and the endocrine system?

Answer: The hypothalamus links the nervous system and the endocrine system.

2. What hormone is synthesized by the anterior pituitary to help support milk production after childbirth?

Answer: Prolactin is synthesized by the anterior pituitary.

3. Which hormone made by the anterior pituitary is also known by the abbreviation TSH?

Answer: Thyroid-stimulating hormone.

4. If a quiz card says ACTH, which anterior pituitary hormone is it talking about?

Answer: Adrenocorticotrophic hormone.

5. Which two-letter hormone is synthesized by the anterior pituitary: LH, T3, or ADH?

Answer: LH is synthesized by the anterior pituitary.

6. True or false: The posterior pituitary releases antidiuretic hormone, also called vasopressin.?

Answer: True

7. Where are thyroid hormones synthesized?

Answer: Thyroid hormones are synthesized in the thyroid gland.

8. What is the common abbreviation for triiodothyronine?

Answer: Triiodothyronine is commonly abbreviated as T3.

9. Which part of the adrenal gland produces cortisol?

Answer: Cortisol is produced by the adrenal cortex.

10. Aldosterone is produced by which part of the body?

Answer: Aldosterone is produced by the adrenal cortex.

11. Which part of the adrenal gland releases adrenaline?

Answer: Adrenaline is released from the adrenal medulla.

12. How many parathyroid glands are usually found on the back of the thyroid?

Answer: There are usually four small parathyroid glands on the back of the thyroid.

#### EASY HUMAN ENDOCRINE SYSTEM TRIVIA

1. What kind of chemical messengers does the endocrine system use to send signals through the body?

Answer: Hormones

2. Endocrine glands are commonly described as what kind of glands because they do not use ducts?

Answer: Ductless glands

3. Which gland sits at the base of the brain?

Answer: The pituitary gland

4. Which endocrine gland is found at the front of the neck?

Answer: The thyroid gland

5. Each adrenal gland sits on top of which organ?

Answer: A kidney

6. What are the hormone-producing clusters in the pancreas called?

Answer: The islets of Langerhans

7. Alpha cells in the pancreatic islets release which hormone?

Answer: Glucagon

8. Beta cells in the pancreatic islets produce what hormone?

Answer: Insulin

9. Epinephrine is another name for which hormone?

Answer: Adrenaline

10. Thyroxine is commonly abbreviated by what label?

Answer: T4

11. Which hormone helps lower blood calcium levels?

Answer: Calcitonin

12. The pineal gland mainly produces which hormone?

Answer: Melatonin

13. Which hormone is produced by the ovaries?

Answer: Estrogen

Source: <https://triviagong.com/themes/human-endocrine-system>