

ARDMS Abdomen Board (AB) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. A 35-year-old woman presents with a tender neck and an enlarged thyroid. An inhomogeneous thyroid with irregular borders is seen on sonogram. This is most characteristic of which condition?**
 - A. A Malignant Lesion**
 - B. Graves Disease**
 - C. Adenomatous Hyperplasia**
 - D. Hashimoto's Thyroiditis**

- 2. What anatomical structure contributes to the support and protection of the testicles?**
 - A. Tunica albuginea**
 - B. The scrotum**
 - C. Vas deferens**
 - D. Epididymis**

- 3. Which strap muscle is located posterior to the sternohyoid?**
 - A. Thyrohyoid muscle**
 - B. Sternothyroid muscle**
 - C. Longus colli muscle**
 - D. Omohyoid muscle**

- 4. Which of the following is a normal variant of the right lobe of the liver that might be mistaken for hepatomegaly?**
 - A. Focal nodular hyperplasia**
 - B. Hepatic adenoma**
 - C. Riedel's Lobe**
 - D. Liver cyst**

- 5. What is the main role of the adrenal medulla?**
 - A. Secreting corticosteroids**
 - B. Producing sex hormones**
 - C. Producing catecholamines**
 - D. Regulating metabolism**

- 6. A presenting symptom of a testicular malignant tumor may include:**
- A. Para-aortic lymphadenopathy**
 - B. Acute scrotal pain**
 - C. Retroperitoneal lymphadenopathy**
 - D. All of the above**
- 7. The portal vein is considered enlarged if it measures over what size?**
- A. 10mm**
 - B. 12mm**
 - C. 13mm**
 - D. 15mm**
- 8. What is the maximum diameter of the common bile duct in mm?**
- A. 6 mm**
 - B. 8 mm**
 - C. 10 mm**
 - D. 12 mm**
- 9. What is a common reason for an increase in liver size?**
- A. Malnutrition**
 - B. Hepatitis**
 - C. Dehydration**
 - D. Diabetes**
- 10. Alkaline phosphatase levels are increased in which of the following conditions?**
- A. Fatty Liver**
 - B. Acute Hepatitis**
 - C. Obstruction of the Biliary System**
 - D. Cirrhosis**

Answers

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1. D
2. B
3. B
4. C
5. C
6. D
7. C
8. B
9. B
10. C

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Explanations

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1. A 35-year-old woman presents with a tender neck and an enlarged thyroid. An inhomogeneous thyroid with irregular borders is seen on sonogram. This is most characteristic of which condition?

- A. A Malignant Lesion**
- B. Graves Disease**
- C. Adenomatous Hyperplasia**
- D. Hashimoto's Thyroiditis**

The presence of a tender neck and an enlarged thyroid, along with the ultrasound findings of an inhomogeneous thyroid with irregular borders, strongly indicates Hashimoto's Thyroiditis. This autoimmune condition causes chronic inflammation of the thyroid gland, leading to its enlargement and the typical ultrasound appearance characterized by heterogeneous echogenicity and irregular contours. In Hashimoto's Thyroiditis, the irregular borders and inhomogeneity reflect the infiltrative nature of the autoimmune process, which results in both lymphocytic infiltration and variable fibrosis throughout the gland. Over time, this results in altered architectural integrity, contributing to the irregular appearance on imaging. The tenderness may be a result of acute exacerbations or a recent increase in inflammatory activity. In contrast, while malignancies can also present as an enlarged thyroid with irregular borders, they often have other specific sonographic features such as microcalcifications or significant vascularity that help differentiate them from benign conditions. Graves' Disease typically presents with a diffusely enlarged, homogeneous goiter and is less likely to be tender. Adenomatous Hyperplasia may lead to an enlarged gland but usually demonstrates a more homogeneous appearance on ultrasound. Thus, the overall clinical picture and imaging findings align most closely with Hashimoto's Thyroiditis.

2. What anatomical structure contributes to the support and protection of the testicles?

- A. Tunica albuginea**
- B. The scrotum**
- C. Vas deferens**
- D. Epididymis**

The anatomical structure that primarily contributes to the support and protection of the testicles is the scrotum. The scrotum is a pouch of skin that holds the testicles outside the body, providing several essential functions. One of its key roles is to maintain an optimal temperature for sperm production and storage, as the testicles require a slightly cooler environment than the body's internal temperature for effective spermatogenesis. Moreover, the scrotum provides physical protection to the testicles against external trauma and injury. Its muscular nature allows it to contract and relax, which helps regulate the distance of the testicles from the body, further assisting in temperature regulation. This anatomical feature is crucial for male reproductive health. While the tunica albuginea is a fibrous layer surrounding the testicles that provides some level of support, it is not the main structure responsible for the external protection and thermoregulation provided by the scrotum. The vas deferens and epididymis are important components of the male reproductive system but do not serve to support or protect the testicles directly. The epididymis, in particular, is involved in sperm maturation and storage, while the vas deferens is involved in transporting sperm, not in protecting or supporting the testicular

3. Which strap muscle is located posterior to the sternohyoid?

- A. Thyrohyoid muscle
- B. Sternothyroid muscle**
- C. Longus colli muscle
- D. Omohyoid muscle

The sternothyroid muscle is indeed located posterior to the sternohyoid muscle. This anatomical positioning is important when evaluating the muscles of the neck and understanding their relationships to one another. The sternothyroid originates from the posterior surface of the manubrium of the sternum and the first costal cartilage, and it runs upward to insert on the thyroid cartilage, effectively placing it behind the sternohyoid, which runs from the sternum to the hyoid bone. This relationship helps to clarify the anatomical layout for procedures or imaging in the neck area, as knowing the position of the sternothyroid relative to the sternohyoid can assist in avoiding complications during interventions. The roles of these muscles, including the sternothyroid's function in depressing the larynx, are integral to understanding overall neck function and dynamics.

4. Which of the following is a normal variant of the right lobe of the liver that might be mistaken for hepatomegaly?

- A. Focal nodular hyperplasia
- B. Hepatic adenoma
- C. Riedel's Lobe**
- D. Liver cyst

Riedel's lobe is considered a normal anatomical variant of the right lobe of the liver, and it can extend more inferiorly than the typical liver shape, leading to an appearance that may suggest hepatomegaly or enlargement of the liver. Understanding this variant is important for proper imaging interpretation, as it may be mistaken for pathological liver enlargement. Riedel's lobe is characterized by its elongated and downward projection, which distinguishes it from normal liver contour. This variant is usually asymptomatic and does not indicate any liver disease. Recognizing it is crucial in avoiding misdiagnosis that could lead to unnecessary interventions or further imaging. In contrast, focal nodular hyperplasia and hepatic adenoma are both tumor-like conditions that may lead to an actual increase in liver size or mass lesions but do not represent normal liver anatomy. A liver cyst, while it can also be a benign condition, typically does not mimic the impression of hepatomegaly in the same anatomical manner as Riedel's lobe does. Therefore, Riedel's lobe stands out as the correct choice in the context of normal anatomical variations of the liver.

5. What is the main role of the adrenal medulla?

- A. Secreting corticosteroids
- B. Producing sex hormones
- C. Producing catecholamines**
- D. Regulating metabolism

The primary function of the adrenal medulla is to produce catecholamines, which include epinephrine (adrenaline) and norepinephrine (noradrenaline). These hormones play a crucial role in the body's response to stress, particularly through the "fight-or-flight" mechanism. When the body perceives a stressful situation, the adrenal medulla releases catecholamines into the bloodstream, leading to various physiological responses such as increased heart rate, elevated blood pressure, and heightened energy availability. This rapid release of hormones prepares the body to respond effectively to perceived threats. The adrenal medulla differs from other components of the adrenal gland, like the cortex, which is responsible for producing corticosteroids and sex hormones. While these hormones are essential for different bodily functions such as metabolism and sexual development, they do not fall under the primary role of the adrenal medulla. Hence, the specific production of catecholamines is fundamental to the adrenal medulla's function and highlights its vital role in the body's acute stress response.

6. A presenting symptom of a testicular malignant tumor may include:

- A. Para-aortic lymphadenopathy
- B. Acute scrotal pain
- C. Retroperitoneal lymphadenopathy
- D. All of the above**

In the context of testicular malignant tumors, it's important to consider the range of symptoms that may present in patients. Testicular cancer can lead to various complications and associated symptoms, reflecting its impact on surrounding structures and lymphatic drainage. Para-aortic lymphadenopathy is a common finding because the testicles drain lymphatically to the para-aortic lymph nodes. When malignancy is present, cancerous cells can metastasize to these nodes, leading to noticeable enlargement, which can sometimes be detected via imaging studies during evaluation. Acute scrotal pain may arise due to several factors in the context of a testicular tumor, such as torsion or associated inflammation. While not all testicular tumors present initially with pain, acute discomfort can occur, particularly if there are complications like hemorrhage or infarction within the tumor. Retroperitoneal lymphadenopathy is also a possible manifestation. Testicular tumors can metastasize to the retroperitoneal lymph nodes as the cancer progresses. This local spread can result in retroperitoneal mass effects, which can lead to pain, discomfort, or other systemic symptoms. Since each of these symptoms can present in patients with testicular tumors at different stages, the correct answer encompasses the understanding that all of these

7. The portal vein is considered enlarged if it measures over what size?

- A. 10mm**
- B. 12mm**
- C. 13mm**
- D. 15mm**

The portal vein is considered enlarged if it measures over 13 mm in diameter. This threshold is significant as it helps in the evaluation of conditions like portal hypertension. An increase in the diameter of the portal vein can indicate increased pressure in the portal venous system, which may result from factors like liver cirrhosis, hepatic obstruction, or significant vascular diseases. In clinical practice, a diameter exceeding 13 mm is a crucial indicator for sonographers and other medical professionals when assessing liver and vascular health. Monitoring the size of the portal vein is an essential aspect of abdominal ultrasound examinations, especially in patients with known liver disease or those presenting with related symptoms.

8. What is the maximum diameter of the common bile duct in mm?

- A. 6 mm**
- B. 8 mm**
- C. 10 mm**
- D. 12 mm**

The maximum diameter of the common bile duct is generally accepted to be around 8 mm in adults. This measurement provides a useful reference for clinicians when evaluating for pathological conditions such as choledocholithiasis (bile duct stones) or strictures, which can lead to bile duct dilation. In clinical practice, a common bile duct measuring larger than 8 mm is often investigated further due to the potential for underlying issues. Understanding this measurement is fundamental in abdominal ultrasound interpretation, as normal variations, age, and certain physiological states can affect the duct's size. However, 8 mm is widely recognized as the upper limit of normal in most adults, making it the correct answer in this context.

9. What is a common reason for an increase in liver size?

- A. Malnutrition
- B. Hepatitis**
- C. Dehydration
- D. Diabetes

The increase in liver size, or hepatomegaly, is often associated with various liver conditions, among which hepatitis is a key contender. Hepatitis is an inflammation of the liver, frequently caused by viral infections, autoimmune diseases, toxins, or excessive alcohol intake. This inflammation leads to swelling of liver tissues, resulting in an enlarged liver. When the liver is inflamed, it may create additional fluid and cellular changes, contributing to an increase in size that can be detected through imaging studies or physical examination. Other conditions, such as malnutrition, dehydration, or diabetes, may affect liver function or the overall health of the liver, but they do not typically result in significant liver enlargement like hepatitis does. For instance, malnutrition may lead to fatty liver but does not necessarily cause the liver to be enlarged. Dehydration can affect the body's fluid balance but does not directly influence the size of the liver. Diabetes can have metabolic effects on the liver, leading to certain conditions like fatty liver disease, however, it doesn't straightforwardly result in enlargement like hepatitis. Thus, hepatitis is a more direct and common cause of an increase in liver size, making it the correct answer in this context.

10. Alkaline phosphatase levels are increased in which of the following conditions?

- A. Fatty Liver
- B. Acute Hepatitis
- C. Obstruction of the Biliary System**
- D. Cirrhosis

Alkaline phosphatase (ALP) is an enzyme that is found in several tissues throughout the body, with high concentrations in the liver, bones, kidneys, and bile ducts. Elevated levels of alkaline phosphatase are particularly significant in conditions affecting the biliary system, as this enzyme is involved in the breakdown of proteins and is typically elevated when bile flow is obstructed. Obstruction of the biliary system leads to an accumulation of bile acids and other substances within the liver and bile ducts, which subsequently stimulates the production and release of alkaline phosphatase. The most common causes of biliary obstruction include gallstones, tumors, and strictures, all of which can hinder bile drainage and result in an increase of alkaline phosphatase levels due to the direct impact on the bile ducts. While other conditions such as fatty liver, acute hepatitis, and cirrhosis can lead to various changes in liver enzyme levels, they typically do not result in a significant elevation of alkaline phosphatase like biliary obstruction does. In fact, fatty liver primarily affects liver transaminases, acute hepatitis can cause increased AST and ALT levels predominantly, and cirrhosis can show variable ALP levels depending on the underlying cause and stage. Thus,

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://ardmsab.examzify.com>

We wish you the very best on your exam journey. You've got this!

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