

Evolve Endocrine Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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. What is the function of luteinizing hormone (LH) in the female menstrual cycle?**
 - A. Stimulating thyroid hormone production**
 - B. Triggering ovulation**
 - C. Regulating blood sugar levels**
 - D. Promoting follicle development**

- 2. What health issue is associated with excessive levels of leptin?**
 - A. Decreased appetite**
 - B. Obesity and metabolic syndrome**
 - C. Hypoglycemia**
 - D. Insufficient fat storage**

- 3. Which factor can lead to hypoglycemia in diabetic patients?**
 - A. Excess insulin or inadequate food intake**
 - B. High carbohydrate diet**
 - C. Increased physical activity**
 - D. Low levels of glucagon**

- 4. Which autoimmune condition is associated with hyperthyroidism?**
 - A. Hashimoto's thyroiditis**
 - B. Graves' disease**
 - C. Lupus**
 - D. Addison's disease**

- 5. What are the symptoms of adrenal insufficiency?**
 - A. Fatigue, weight loss, low blood pressure**
 - B. Rapid heartbeat, increased appetite, mood swings**
 - C. Dry skin, insomnia, weight gain**
 - D. Nasal congestion, swollen glands, fever**

- 6. Which food may be a suitable substitute for broccoli in a diabetic diet?**
- A. Carrots**
 - B. Green beans**
 - C. Potatoes**
 - D. Rice**
- 7. What condition is characterized by low levels of insulin and high blood sugar?**
- A. Type 1 diabetes mellitus**
 - B. Type 2 diabetes mellitus**
 - C. Gestational diabetes**
 - D. Hypoglycemia**
- 8. What is a common effect of adrenal insufficiency?**
- A. Weight gain**
 - B. Fatigue and weakness**
 - C. Increased blood pressure**
 - D. Hyperactivity**
- 9. Which hormone primarily regulates metabolism?**
- A. Insulin**
 - B. Thyroid hormones**
 - C. Cortisol**
 - D. Adrenaline**
- 10. Which hormone is released in response to low blood calcium levels?**
- A. Calcitonin**
 - B. Parathyroid hormone (PTH)**
 - C. Thyroid hormone**
 - D. Insulin**

Answers

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

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Explanations

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1. What is the function of luteinizing hormone (LH) in the female menstrual cycle?

- A. Stimulating thyroid hormone production**
- B. Triggering ovulation**
- C. Regulating blood sugar levels**
- D. Promoting follicle development**

Luteinizing hormone (LH) plays a crucial role in the female menstrual cycle, primarily by triggering ovulation. This event occurs mid-cycle, around day 14 of a typical 28-day menstrual cycle. When LH levels surge, it leads to the release of a mature egg from the ovary, a process essential for fertility. This surge signifies the transition from the follicular phase of the cycle, where follicles develop in the ovaries, to the luteal phase, where the ruptured follicle transforms into the corpus luteum. While other hormones influence the menstrual cycle, LH is specifically recognized for its function in stimulating the final maturation of ovarian follicles and promoting ovulation. Understanding this role is key when studying reproductive physiology and the endocrine changes that accompany the menstrual cycle.

2. What health issue is associated with excessive levels of leptin?

- A. Decreased appetite**
- B. Obesity and metabolic syndrome**
- C. Hypoglycemia**
- D. Insufficient fat storage**

Excessive levels of leptin are primarily associated with obesity and metabolic syndrome. Leptin is a hormone produced by adipose (fat) tissue that helps regulate energy balance by inhibiting hunger, which in turn can help manage body weight. In normal circumstances, higher fat levels lead to increased leptin production, which should signal the body to reduce appetite and increase energy expenditure. However, in individuals who are obese, there is often a phenomenon known as leptin resistance, where the body no longer responds to high levels of leptin. This resistance results in ongoing appetite stimulation despite elevated leptin levels, which can contribute to further weight gain and complications like insulin resistance, increased inflammation, and dyslipidemia. These metabolic disturbances are central components of metabolic syndrome, which encompasses a cluster of conditions including diabetes, cardiovascular disease, and hypertension. Understanding the relationship between leptin and obesity is crucial in addressing how excessive levels of leptin contribute to these broader health issues, solidifying the association between elevated leptin levels and metabolic syndrome.

3. Which factor can lead to hypoglycemia in diabetic patients?

A. Excess insulin or inadequate food intake

B. High carbohydrate diet

C. Increased physical activity

D. Low levels of glucagon

Excess insulin or inadequate food intake is a primary factor that can lead to hypoglycemia in diabetic patients. In individuals with diabetes who are on insulin therapy or certain medications that stimulate insulin production, the risk of hypoglycemia increases if they inject more insulin than necessary or do not consume enough carbohydrates to balance the insulin levels. When insulin is present in excess without sufficient food intake, it facilitates the uptake of glucose by cells, resulting in a decrease in blood glucose levels. This situation can create a state where the body does not have enough available glucose for energy, leading to symptoms of hypoglycemia such as shakiness, sweating, confusion, and, in severe cases, loss of consciousness. While high carbohydrate diets, increased physical activity, and low levels of glucagon may influence blood sugar levels, they do not have the same direct impact on causing hypoglycemia as the combination of excess insulin and inadequate food intake. For example, a high carbohydrate diet can actually help prevent hypoglycemia if calorie intake is sufficient to match insulin dosages. Increased physical activity can lower blood sugar levels, but usually not to the point of hypoglycemia unless combined with other factors. Low levels of glucagon can impair the body's ability to raise blood sugar when

4. Which autoimmune condition is associated with hyperthyroidism?

A. Hashimoto's thyroiditis

B. Graves' disease

C. Lupus

D. Addison's disease

Hyperthyroidism is an overactivity of the thyroid gland, resulting in elevated levels of thyroid hormones in the body. Among the autoimmune conditions, Graves' disease is specifically linked with hyperthyroidism. In Graves' disease, an autoimmune response triggers the production of antibodies that stimulate the thyroid gland, leading to excessive hormone production. This condition often presents with symptoms like weight loss, rapid heartbeat, heat intolerance, and anxiety. In contrast, Hashimoto's thyroiditis is an autoimmune disorder that typically leads to hypothyroidism, characterized by an underactive thyroid gland and insufficient hormone production. While lupus can have various endocrine manifestations, including potential thyroid issues, it is not specifically known for causing hyperthyroidism. Addison's disease primarily affects the adrenal glands and does not cause thyroid hormone imbalance. Thus, the association of Graves' disease with hyperthyroidism is due to its specific mechanism of antibody-mediated stimulation of the thyroid, leading to the hyperfunctional state.

5. What are the symptoms of adrenal insufficiency?

- A. Fatigue, weight loss, low blood pressure**
- B. Rapid heartbeat, increased appetite, mood swings**
- C. Dry skin, insomnia, weight gain**
- D. Nasal congestion, swollen glands, fever**

Adrenal insufficiency occurs when the adrenal glands do not produce adequate amounts of the hormones cortisol and, in some cases, aldosterone. The symptoms associated with this condition stem primarily from insufficient cortisol levels, which play a crucial role in the body's response to stress, metabolism, and maintaining blood pressure. Fatigue is a prominent symptom as the body may struggle to perform normal functions without adequate cortisol, leading to a constant sense of tiredness. Weight loss can occur due to the body's inability to regulate metabolism properly, and this can often be accompanied by a decreased appetite. Low blood pressure is another key indicator of adrenal insufficiency; without enough cortisol, blood vessels may not constrict adequately, leading to hypotension, especially in times of stress or illness. The other symptoms listed in the other answer choices do not accurately reflect the hallmark characteristics of adrenal insufficiency. Rapid heartbeat, increased appetite, and mood swings are more indicative of conditions like hyperthyroidism or adrenal overactivity. Symptoms like dry skin, insomnia, and weight gain suggest hormonal imbalances possibly related to other endocrine disorders but do not specifically point to adrenal insufficiency. Similarly, nasal congestion, swollen glands, and fever are more aligned with infections or immune responses rather than adrenal function. Thus, the symptoms

6. Which food may be a suitable substitute for broccoli in a diabetic diet?

- A. Carrots**
- B. Green beans**
- C. Potatoes**
- D. Rice**

Green beans can be an excellent substitute for broccoli in a diabetic diet due to their favorable nutrient profile and low glycemic index. They provide essential vitamins and minerals, including vitamin C, vitamin K, and fiber, which can aid in blood sugar management and support overall health. Compared to the other options, green beans have a lower carbohydrate content, which is particularly beneficial for individuals managing diabetes. They contain approximately 7 grams of carbohydrates per cup, making them a good choice for maintaining stable blood sugar levels. Additionally, green beans are lower in calories, which can help with weight management, an important aspect of diabetes control. In contrast, carrots, potatoes, and rice are higher in carbohydrates, which can lead to greater fluctuations in blood sugar levels if not monitored properly. While they can certainly have a place in a balanced diet, they may not be as suitable as green beans when looking for a direct substitute that aligns with the specific nutritional needs of a diabetic diet.

7. What condition is characterized by low levels of insulin and high blood sugar?

- A. Type 1 diabetes mellitus**
- B. Type 2 diabetes mellitus**
- C. Gestational diabetes**
- D. Hypoglycemia**

The condition characterized by low levels of insulin and high blood sugar is primarily Type 1 diabetes mellitus. In Type 1 diabetes, the body's immune system attacks and destroys insulin-producing beta cells in the pancreas, leading to an absolute deficiency of insulin. This results in elevated blood sugar levels, as insulin is essential for glucose uptake by the cells. Type 2 diabetes, on the other hand, is characterized by insulin resistance, where the body produces insulin but the cells do not respond effectively to it. Initially, insulin levels may be normal or even high, but over time, the pancreas may not keep up with the increased demands, leading to a relative insulin deficiency. Gestational diabetes occurs during pregnancy and is characterized by insulin resistance but can still have a higher level of insulin at certain points, especially in the early stages. It is not primarily characterized by low insulin. Hypoglycemia refers to low blood sugar levels, which occurs when there is either too much insulin present or insufficient glucose. This condition does not fit the criterion of having high blood sugar. In summary, Type 1 diabetes mellitus is the correct answer due to its direct association with low insulin production and resulting high blood sugar levels.

8. What is a common effect of adrenal insufficiency?

- A. Weight gain**
- B. Fatigue and weakness**
- C. Increased blood pressure**
- D. Hyperactivity**

Adrenal insufficiency, also known as adrenal gland failure, leads to insufficient production of adrenal hormones, particularly cortisol. A common effect of this condition is the presentation of fatigue and weakness. This occurs because cortisol plays a critical role in the body's response to stress and energy metabolism. When cortisol levels are low, individuals may experience significant fatigue, a lack of energy, and overall muscle weakness, making it challenging to maintain normal daily activities. In contrast, adrenal insufficiency typically does not cause weight gain, increased blood pressure, or hyperactivity, which are more associated with conditions involving excess adrenal hormones, such as Cushing's syndrome. Thus, fatigue and weakness are hallmark symptoms indicative of adrenal insufficiency, highlighting the importance of adrenal function in maintaining energy levels and muscle strength.

9. Which hormone primarily regulates metabolism?

- A. Insulin
- B. Thyroid hormones**
- C. Cortisol
- D. Adrenaline

Thyroid hormones, primarily thyroxine (T4) and triiodothyronine (T3), are the main regulators of metabolism in the body. These hormones are produced by the thyroid gland and play a crucial role in controlling the rate of metabolic processes, including how the body utilizes energy. They influence the metabolic rate of nearly every cell in the body, affecting the conversion of nutrients into energy and the overall energy expenditure. By promoting the metabolism of carbohydrates, fats, and proteins, thyroid hormones ensure that energy production is aligned with the body's needs, which is essential for maintaining homeostasis, growth, and development. When there is an imbalance in thyroid hormone levels—such as in hyperthyroidism or hypothyroidism—metabolism can be significantly altered, leading to various health issues. Insulin, cortisol, and adrenaline also contribute to metabolic processes but in more specific contexts. Insulin primarily regulates glucose metabolism and promotes the storage of energy, while cortisol is more involved in the stress response and modulating metabolism during times of stress. Adrenaline serves to increase energy availability during 'fight or flight' situations but does not have the broad regulatory role that thyroid hormones do in day-to-day metabolic function.

10. Which hormone is released in response to low blood calcium levels?

- A. Calcitonin
- B. Parathyroid hormone (PTH)**
- C. Thyroid hormone
- D. Insulin

The hormone released in response to low blood calcium levels is parathyroid hormone (PTH). PTH is secreted by the parathyroid glands, which are four small glands located on the back of the thyroid gland. When calcium levels in the blood drop below a normal range, PTH is released to help increase those levels. PTH acts on several target organs to raise blood calcium levels. It stimulates the release of calcium from bones, increases the reabsorption of calcium in the kidneys, and enhances the activation of vitamin D in the kidneys, which in turn aids in calcium absorption from the intestines. Through these mechanisms, PTH plays a crucial role in maintaining calcium homeostasis in the body. In contrast, calcitonin, which is not the correct answer, works to lower blood calcium levels by inhibiting bone resorption and promoting calcium excretion through the kidneys. Thyroid hormone and insulin do not play significant roles in calcium regulation, making PTH the primary hormone that responds to hypocalcemia effectively.

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://evolveendocrine.examzify.com>

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

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