

*Module 5, Lesson 2 Quiz:*

**TSH, T3 & T4**

1. Most people who suffer from thyroid disease wind up on medication. It is essential that they take it as prescribed, which is generally:
  - a. With food
  - b. In the evening with a full glass of water
  - c. In the morning on an empty stomach**
  - d. With a full glass of water
  
2. Side effects of taking thyroid medications are generally:
  - a. Few to none**
  - b. Mild and take a few days to adjust to
  - c. Severe and clear up in a few days
  - d. Limited to nausea and headache
  
3. The key nutrient that is linked to thyroid disease is \_\_\_\_\_ and can be easily incorporated into the diet with a little salt.
  - a. Iron
  - b. Calcium
  - c. Manganese
  - d. Iodine**
  
4. \_\_\_\_\_ is the type of physician who specializes in thyroid disease and can be a great resource for your clients who may have to investigate irregular labs.
  - a. Endocrinologist**
  - b. Gastroenterologist
  - c. Neurologist
  - d. Oncologist