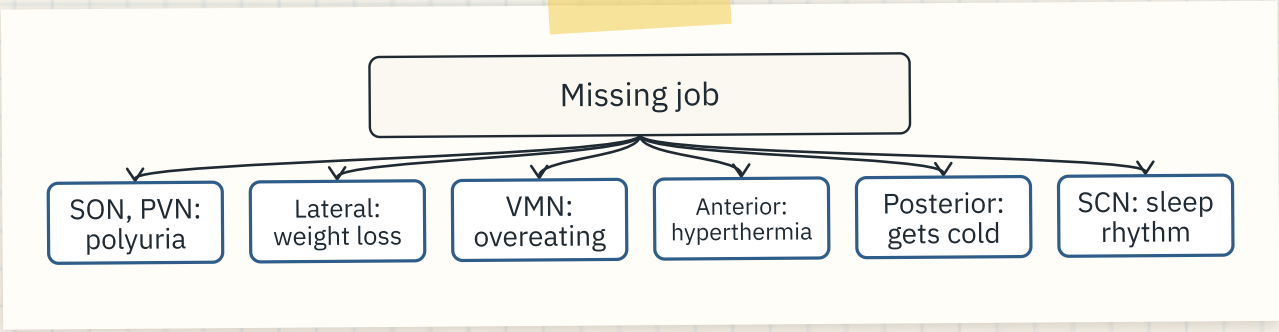
Hypothalamus by nucleus

Match the symptom to the job



Step by step

1. Name the missing job
2. Match it to the nucleus
3. Check the exam convention

Nucleus	Job
Supraoptic, paraventricular	Water (ADH)
Lateral	Hunger
Ventromedial	Satiety
Anterior	Cooling
Posterior	Heating
Suprachiasmatic	The clock

Nucleus and job

Rule of thumb

Lateral hunger, ventromedial satiety
Anterior cools, posterior heats
Suprachiasmatic: the clock

Exam traps

- Lateral and temperature lesion rules are exam conventions; real lesions are messier.
- Supraoptic and paraventricular loss gives dilute polyuria with thirst (central diabetes insipidus).
- Do not mix up lateral (hunger) and ventromedial (satiety).

Hypothalamic nuclei and their functions

Video, written lesson, practice question and sources: medservatory.com/usmle-step-1/neuroanatomy-localisation/hypothalamic-nuclei-and-functions

For exam study only, not medical advice. Follow local guidelines and your lab's ranges.
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