

What Are the Major Lymph Node Groups?

Worksheet

The major lymph node groups include cervical (neck), axillary (armpit), inguinal (groin), mesenteric (intestines), and mediastinal (chest) nodes - each filtering lymph from its own defined drainage region.

Questions

1. Which lymph node group primarily drains the breast and upper limb?
 - A) Inguinal
 - B) Cervical
 - C) Axillary
 - D) Mesenteric
2. Which lymph node group drains the leg and external genitalia?
 - A) Inguinal
 - B) Axillary
 - C) Cervical
 - D) Mediastinal
3. Which lymph node group would most likely swell first from a throat infection?
 - A) Inguinal
 - B) Cervical
 - C) Axillary
 - D) Popliteal
4. What is a 'sentinel lymph node'?
 - A) Any swollen node
 - B) The first node a tumor's lymph drains to
 - C) A node found only in the neck
 - D) A node that produces antibodies
5. A patient has swollen lymph nodes in the armpit after a cut on the hand became infected. Explain the connection.
6. A patient with an infected toe develops tenderness in the groin. Which node group is involved, and why?
7. In breast cancer, doctors often biopsy a specific node group first to check for spread. Which group, and why?
8. Define: What do axillary lymph nodes drain?
9. Define: What do inguinal lymph nodes drain?
10. Define: What do cervical lymph nodes drain?

Answer Key

1. C) Axillary - The axillary nodes in the armpit are the main regional group for the arm and most of the breast.
2. A) Inguinal - The inguinal nodes in the groin drain the lower limb, external genitalia and lower abdominal wall.
3. B) Cervical - Cervical lymph nodes drain the head and neck, including the throat.
4. B) The first node a tumor's lymph drains to - The sentinel node is the first stop for lymph (and potential cancer cells) from a specific tissue, so it's biopsied first in cancer staging.
5. Pathogens enter through the break in the skin on the hand They travel through the arm's lymphatic vessels toward the trunk The axillary lymph nodes are the regional group draining the upper limb Immune activity in these nodes to fight the infection causes them to swell
6. The leg and foot drain into lymphatic vessels running up the limb These vessels lead to the inguinal lymph nodes, the regional group for the lower limb Pathogens from the toe infection reach these nodes and trigger an immune response The resulting swelling and tenderness is felt in the groin
7. Most of the breast's lymphatic drainage flows toward the armpit The axillary lymph nodes are therefore the primary regional group receiving lymph from the breast Cancer cells traveling via lymphatic vessels would reach these nodes first (the 'sentinel' nodes) So axillary nodes are typically biopsied first to assess whether cancer has spread
8. The arm, most of the breast, and the lateral chest wall.
9. The leg, external genitalia, and lower abdominal wall.
10. The head and neck, including the scalp, throat, and mouth.

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