

## Acid Reflux (GERD) Multiple-Choice Quiz

1. What is another common name for acid reflux?
  - A. Gastritis
  - B. GERD
  - C. Colitis
  - D. Hepatitis
2. Which organ carries food from the mouth to the stomach?
  - A. Trachea
  - B. Colon
  - C. Esophagus
  - D. Pancreas
3. What symptom is most commonly associated with acid reflux?
  - A. Blurred vision
  - B. Heartburn
  - C. Joint pain
  - D. Ear infection
4. What usually prevents stomach acid from moving backward into the esophagus?
  - A. Appendix
  - B. Lower esophageal sphincter
  - C. Gallbladder
  - D. Small intestine
5. Which food is commonly known to trigger acid reflux?
  - A. Oatmeal
  - B. Bananas
  - C. Spicy foods
  - D. Rice
6. Which beverage may worsen acid reflux?

- A. Water
- B. Herbal tea
- C. Coffee
- D. Milk

7. Acid reflux occurs when stomach contents move:

- A. Into the lungs
- B. Into the kidneys
- C. Back into the esophagus
- D. Into the pancreas

8. Which symptom may occur at night with acid reflux?

- A. Nosebleeds
- B. Chronic coughing
- C. Foot cramps
- D. Rash

9. What lifestyle change can help reduce acid reflux?

- A. Eating large meals before bed
- B. Smoking cigarettes
- C. Losing excess weight
- D. Drinking more soda

10. Which medication type reduces stomach acid production?

- A. Antibiotics
- B. Antihistamines
- C. Proton pump inhibitors
- D. Antifungals

11. What does "heartburn" feel like?

- A. Burning chest pain
- B. Sharp knee pain
- C. Tingling fingers

D. Ear pressure

12. Which habit can worsen acid reflux?

A. Sleeping with the head elevated

B. Eating slowly

C. Lying down right after eating

D. Drinking water

13. Which acid is primarily involved in acid reflux?

A. Citric acid

B. Hydrochloric acid

C. Lactic acid

D. Acetic acid

14. Which condition can develop from long-term GERD?

A. Asthma

B. Barrett's esophagus

C. Kidney stones

D. Cataracts

15. Which food is generally considered safer for acid reflux sufferers?

A. Fried chicken

B. Citrus fruits

C. Oatmeal

D. Tomato sauce

16. Smoking can worsen acid reflux because it:

A. Strengthens digestion

B. Tightens the LES

C. Relaxes the LES

D. Neutralizes stomach acid

17. Which test may be used to examine the esophagus?

- A. Colonoscopy
- B. Endoscopy
- C. MRI of the knee
- D. Mammogram

18. What is regurgitation?

- A. Vomiting blood
- B. Difficulty breathing
- C. Backflow of stomach contents into the throat or mouth
- D. Muscle spasms

19. Which sleeping position may help reduce nighttime reflux?

- A. Flat on the back
- B. Head elevated
- C. Face down
- D. Sitting cross-legged

20. Which food is acidic and may trigger reflux?

- A. Applesauce
- B. Tomatoes
- C. Potatoes
- D. Lettuce

21. Which symptom may indicate severe GERD?

- A. Difficulty swallowing
- B. Sneezing
- C. Hair loss
- D. Leg cramps

22. What does GERD stand for?

- A. Gastrointestinal Enzyme Reflux Disorder
- B. General Esophageal Reaction Disease
- C. Gastroesophageal Reflux Disease

D. Gastric Enzyme Retention Disorder

23. Which medication neutralizes existing stomach acid?

- A. Antacids
- B. Antibiotics
- C. Sedatives
- D. Steroids

24. Which condition is associated with obesity and reflux?

- A. Increased abdominal pressure
- B. Improved digestion
- C. Reduced acid production
- D. Stronger LES muscles

25. Which drink is least likely to trigger reflux?

- A. Cola
- B. Alcohol
- C. Water
- D. Coffee

26. Which food is high in fat and may worsen GERD?

- A. Fried foods
- B. Bananas
- C. Brown rice
- D. Green beans

27. What complication may result from untreated GERD?

- A. Esophageal ulcers
- B. Broken bones
- C. Glaucoma
- D. Migraine headaches

28. Which symptom may mimic a heart attack?

- A. Heartburn
- B. Sneezing
- C. Rash
- D. Fever

29. Which meal pattern is better for GERD?

- A. Large heavy meals
- B. Skipping meals
- C. Smaller frequent meals
- D. Eating once daily

30. Alcohol may worsen reflux because it:

- A. Strengthens digestion
- B. Tightens the LES
- C. Relaxes the LES
- D. Eliminates stomach acid

31. Which fruit is usually less acidic?

- A. Orange
- B. Grapefruit
- C. Banana
- D. Lemon

32. What is the purpose of the LES?

- A. Produce bile
- B. Control acid flow between stomach and esophagus
- C. Digest proteins
- D. Store vitamins

33. Which symptom can occur in children with reflux?

- A. Frequent spitting up
- B. Tooth fractures
- C. Hearing loss
- D. Nose deformity

34. Which medicine class blocks histamine to reduce acid?

- A. H2 blockers
- B. Vaccines
- C. Painkillers
- D. Antivirals

35. Which habit may improve reflux symptoms?

- A. Avoiding late-night meals
- B. Eating before bed
- C. Smoking after meals
- D. Drinking more soda

36. Acid reflux can irritate which body part besides the esophagus?

- A. Lungs
- B. Fingernails
- C. Kidneys
- D. Knees

37. Which condition may coexist with GERD?

- A. Asthma
- B. Appendicitis
- C. Measles
- D. Scoliosis

38. Which food may soothe acid reflux?

- A. Oatmeal
- B. Hot peppers
- C. Onion rings
- D. Salsa

39. Which factor increases GERD risk during pregnancy?

- A. Hormonal changes

- B. Low blood sugar
- C. Ear infections
- D. Increased calcium

40. Which symptom is NOT typical of acid reflux?

- A. Heartburn
- B. Sour taste in mouth
- C. Regurgitation
- D. Broken teeth

41. Which surgery may help severe GERD?

- A. Appendectomy
- B. Fundoplication
- C. Tonsillectomy
- D. Gallbladder removal

42. Which type of clothing may worsen reflux?

- A. Loose clothing
- B. Tight belts
- C. Cotton shirts
- D. Sandals

43. Which food is commonly acidic?

- A. Citrus fruits
- B. Oatmeal
- C. Turkey breast
- D. Rice cakes

44. Which symptom may indicate acid reaching the throat?

- A. Hoarseness
- B. Knee swelling
- C. Blurred vision
- D. Foot pain

45. GERD is considered chronic when symptoms occur:

- A. Once yearly
- B. Frequently over time
- C. Only during exercise
- D. Only after infections

46. Which over-the-counter medicine works fastest?

- A. Antacids
- B. PPIs
- C. Antibiotics
- D. Steroids

47. Which organ produces stomach acid?

- A. Liver
- B. Pancreas
- C. Stomach
- D. Colon

48. Which activity after eating may worsen reflux?

- A. Walking
- B. Light stretching
- C. Lying flat
- D. Sitting upright

49. Which food contains caffeine?

- A. White rice
- B. Chocolate
- C. Chicken
- D. Cucumbers

50. Which condition involves inflammation of the esophagus from acid?

- A. Esophagitis

- B. Arthritis
- C. Bronchitis
- D. Nephritis

51. Which symptom may occur in "silent reflux"?

- A. Hoarseness
- B. Broken arm
- C. Rash
- D. Hair loss

52. Which diet may help reduce reflux?

- A. Low-fat diet
- B. High-fat diet
- C. Liquid-only diet
- D. Candy-based diet

53. Which drink is acidic?

- A. Lemon juice
- B. Water
- C. Almond milk
- D. Herbal tea

54. Which symptom requires prompt medical evaluation?

- A. Difficulty swallowing
- B. Mild hiccups
- C. Temporary thirst
- D. Sneezing

55. What does chronic acid exposure increase the risk of?

- A. Esophageal cancer
- B. Kidney stones
- C. Cataracts
- D. Bone fractures

56. Which sleeping habit may reduce nighttime reflux?

- A. Sleeping immediately after eating
- B. Elevating the bed head
- C. Sleeping face down
- D. Using extra blankets only

57. Which symptom often accompanies regurgitation?

- A. Sour taste
- B. Blurred vision
- C. Joint pain
- D. Fever

58. Which food is high-fat?

- A. French fries
- B. Apples
- C. Oatmeal
- D. Broccoli

59. Which age group can experience reflux?

- A. Adults only
- B. Elderly only
- C. Children only
- D. All age groups

60. Which symptom may worsen after large meals?

- A. Heartburn
- B. Vision changes
- C. Ear pain
- D. Skin itching

61. Which medication type is commonly prescribed for severe GERD?

- A. PPIs

- B. Antifungals
- C. Antidepressants
- D. Vaccines

62. Which body position worsens reflux most?

- A. Upright sitting
- B. Standing
- C. Bending over
- D. Walking

63. Which condition may cause chest discomfort similar to GERD?

- A. Heart disease
- B. Broken finger
- C. Ear infection
- D. Pink eye

64. Which type of food is usually safest for GERD?

- A. Greasy foods
- B. Bland foods
- C. Acidic foods
- D. Spicy foods

65. Which hormone-related condition commonly increases reflux?

- A. Pregnancy
- B. Anemia
- C. Migraine
- D. Eczema

66. Which beverage often contains carbonation?

- A. Soda
- B. Water
- C. Milk
- D. Tea

67. Which symptom may suggest acid reflux affecting the throat?

- A. Chronic sore throat
- B. Broken toe
- C. Rash
- D. Fever

68. Which food is usually reflux-friendly?

- A. Grilled chicken
- B. Buffalo wings
- C. Jalapeños
- D. Fried fish

69. What is a common trigger for GERD symptoms?

- A. Large fatty meals
- B. Drinking water
- C. Eating vegetables
- D. Sleeping upright

70. Which symptom may indicate reflux-related airway irritation?

- A. Wheezing
- B. Blurred vision
- C. Leg numbness
- D. Ear ringing

71. Which food may trigger symptoms because of caffeine content?

- A. Chocolate
- B. Rice
- C. Turkey
- D. Pears

72. Which action is best after meals?

- A. Lying down
- B. Exercising intensely

- C. Staying upright
- D. Sleeping immediately

73. Which specialist often treats severe GERD?

- A. Gastroenterologist
- B. Dermatologist
- C. Ophthalmologist
- D. Orthopedist

74. Which symptom is common in nighttime reflux?

- A. Coughing
- B. Ear swelling
- C. Tooth fractures
- D. Leg cramps

75. Which food is least likely to trigger reflux?

- A. Plain rice
- B. Hot sauce
- C. Fried onions
- D. Citrus juice

76. Which factor can weaken the LES?

- A. Smoking
- B. Drinking water
- C. Walking
- D. Eating vegetables

77. Which symptom may occur after eating spicy foods?

- A. Heartburn
- B. Hearing loss
- C. Skin rash
- D. Tooth pain

78. Which type of reflux reaches the throat and voice box?

- A. Laryngopharyngeal reflux
- B. Kidney reflux
- C. Colon reflux
- D. Joint reflux

79. Which lifestyle habit may improve GERD?

- A. Quitting smoking
- B. Eating late at night
- C. Drinking excessive alcohol
- D. Wearing tight belts

80. Which diagnostic tool measures acid levels in the esophagus?

- A. pH monitoring
- B. X-ray of the arm
- C. EEG
- D. Eye exam

81. Which food category commonly triggers reflux?

- A. Fatty foods
- B. Whole grains
- C. Vegetables
- D. Lean proteins

82. Which symptom can result from chronic acid exposure?

- A. Tooth enamel erosion
- B. Broken bones
- C. Hair growth
- D. Vision improvement

83. Which body system is mainly affected by GERD?

- A. Digestive system
- B. Nervous system
- C. Skeletal system

D. Reproductive system

84. Which food is acidic?

- A. Orange juice
- B. Oatmeal
- C. Chicken breast
- D. Brown rice

85. Which habit may reduce reflux episodes?

- A. Eating slowly
- B. Overeating
- C. Skipping sleep
- D. Drinking excess alcohol

86. Which symptom may be worse when bending over?

- A. Heartburn
- B. Rash
- C. Sneezing
- D. Leg cramps

87. Which type of meal is recommended for GERD?

- A. Smaller meals
- B. Extra-large meals
- C. High-fat meals
- D. Spicy buffets

88. Which food may trigger reflux due to acidity?

- A. Tomato sauce
- B. Oatmeal
- C. Turkey
- D. Crackers

89. Which reflux symptom may affect sleep?

- A. Nighttime heartburn
- B. Wrist pain
- C. Sneezing
- D. Blurred vision

90. Which condition may occur from scarring in the esophagus?

- A. Esophageal stricture
- B. Cataracts
- C. Pneumonia
- D. Arthritis

91. Which medication is commonly available over the counter?

- A. Antacids
- B. Chemotherapy drugs
- C. Insulin injections
- D. Antivirals

92. Which food is generally low risk for reflux?

- A. Steamed vegetables
- B. Fried chicken
- C. Chili peppers
- D. Citrus candy

93. Which symptom may suggest worsening GERD complications?

- A. Unexplained weight loss
- B. Mild thirst
- C. Hiccups
- D. Sneezing

94. Which type of drink may increase belching and reflux?

- A. Carbonated beverages
- B. Water
- C. Herbal tea
- D. Low-fat milk

95. Which food is usually recommended for reflux sufferers?

- A. Lean turkey
- B. Fried bacon
- C. Hot wings
- D. Pepperoni pizza

96. Which factor may contribute to GERD?

- A. Hiatal hernia
- B. Strong bones
- C. Good posture
- D. Hydration

97. Which symptom may result from acid irritation in the mouth?

- A. Bad breath
- B. Better vision
- C. Hair growth
- D. Ear pressure

98. Which meal timing habit helps reduce reflux?

- A. Eating 2–3 hours before bedtime
- B. Eating while lying down
- C. Midnight snacking
- D. Skipping breakfast daily

99. Which food is most likely to aggravate GERD?

- A. Fried onion rings
- B. Plain oatmeal
- C. Bananas
- D. Rice

100. Which statement about acid reflux is TRUE?

- A. It only affects older adults

- B. It can often be improved with lifestyle changes
- C. It is always caused by infection
- D. It never requires medical treatment