

Acid Reflux (GERD) Multiple-Choice Quiz with Answers

1. What is another common name for acid reflux?

- A. Gastritis
- B. GERD
- C. Colitis
- D. Hepatitis

Answer: B. GERD

Explanation: GERD stands for Gastroesophageal Reflux Disease, a chronic condition where stomach acid flows back into the esophagus.

2. Which organ carries food from the mouth to the stomach?

- A. Trachea
- B. Colon
- C. Esophagus
- D. Pancreas

Answer: C. Esophagus

Explanation: The esophagus is the muscular tube that transports food and liquids to the stomach.

3. What symptom is most commonly associated with acid reflux?

- A. Blurred vision
- B. Heartburn
- C. Joint pain
- D. Ear infection

Answer: B. Heartburn

Explanation: Heartburn is a burning sensation in the chest caused by stomach acid irritating the esophagus.

4. What usually prevents stomach acid from moving backward into the esophagus?

- A. Appendix
- B. Lower esophageal sphincter
- C. Gallbladder
- D. Small intestine

Answer: B. Lower esophageal sphincter

Explanation: The lower esophageal sphincter (LES) acts as a valve between the esophagus and stomach.

5. Which food is commonly known to trigger acid reflux?

- A. Oatmeal
- B. Bananas
- C. Spicy foods
- D. Rice

Answer: C. Spicy foods

Explanation: Spicy foods can irritate the esophagus and relax the LES, increasing reflux risk.

6. Which beverage may worsen acid reflux?

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

Answer: C. Coffee

Explanation: Coffee contains caffeine, which may relax the LES and increase acid reflux symptoms.

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

Answer: C. Back into the esophagus

Explanation: Reflux means backward flow of stomach acid into the esophagus.

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

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

Answer: B. Chronic coughing

Explanation: Acid reflux can irritate the throat and airways, especially when lying down.

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

Answer: C. Losing excess weight

Explanation: Excess abdominal pressure from obesity can worsen reflux symptoms.

10. Which medication type reduces stomach acid production?

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

D. Antifungals

Answer: C. Proton pump inhibitors

Explanation: PPIs reduce acid production and are commonly used to treat GERD.

11. What does "heartburn" feel like?

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

Answer: A. Burning chest pain

Explanation: Heartburn is a burning sensation behind the breastbone.

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

Answer: C. Lying down right after eating

Explanation: Lying flat allows stomach acid to travel more easily into the esophagus.

13. Which acid is primarily involved in acid reflux?

- A. Citric acid
- B. Hydrochloric acid
- C. Lactic acid
- D. Acetic acid

Answer: B. Hydrochloric acid

Explanation: The stomach produces hydrochloric acid to digest food.

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

- A. Asthma
- B. Barrett's esophagus
- C. Kidney stones
- D. Cataracts

Answer: B. Barrett's esophagus

Explanation: Chronic acid exposure may damage the esophageal lining and lead to Barrett's esophagus.

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

- A. Fried chicken
- B. Citrus fruits
- C. Oatmeal
- D. Tomato sauce

Answer: C. Oatmeal

Explanation: Oatmeal is low in acid and may help absorb stomach acid.

16. Smoking can worsen acid reflux because it:

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

Answer: C. Relaxes the LES

Explanation: Smoking weakens the lower esophageal sphincter, allowing reflux.

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

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

Answer: B. Endoscopy

Explanation: An endoscopy uses a camera to examine the esophagus and stomach.

18. What is regurgitation?

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

Answer: C. Backflow of stomach contents into the throat or mouth

Explanation: Regurgitation is a common symptom of acid reflux.

19. Which sleeping position may help reduce nighttime reflux?

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

Answer: B. Head elevated

Explanation: Elevating the head helps keep stomach acid down.

20. Which food is acidic and may trigger reflux?

- A. Applesauce
- B. Tomatoes

- C. Potatoes
- D. Lettuce

Answer: B. Tomatoes

Explanation: Tomatoes are acidic and commonly worsen reflux symptoms.

21. Which symptom may indicate severe GERD?

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

Answer: A. Difficulty swallowing

Explanation: Trouble swallowing may indicate esophageal irritation or narrowing.

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

Answer: C. Gastroesophageal Reflux Disease

Explanation: GERD is the chronic form of acid reflux.

23. Which medication neutralizes existing stomach acid?

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

Answer: A. Antacids

Explanation: Antacids quickly neutralize stomach acid for short-term relief.

24. Which condition is associated with obesity and reflux?

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

Answer: A. Increased abdominal pressure

Explanation: Extra abdominal weight pushes stomach contents upward.

25. Which drink is least likely to trigger reflux?

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

Answer: C. Water

Explanation: Water is neutral and generally safe for reflux sufferers.

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

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

Answer: A. Fried foods

Explanation: Fatty foods slow stomach emptying and relax the LES.

27. What complication may result from untreated GERD?

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

Answer: A. Esophageal ulcers

Explanation: Acid can erode the esophageal lining and cause ulcers.

28. Which symptom may mimic a heart attack?

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

Answer: A. Heartburn

Explanation: Severe heartburn can sometimes resemble chest pain from heart disease.

29. Which meal pattern is better for GERD?

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

Answer: C. Smaller frequent meals

Explanation: Smaller meals reduce stomach pressure and reflux risk.

30. Alcohol may worsen reflux because it:

- A. Strengthens digestion
- B. Tightens the LES
- C. Relaxes the LES

D. Eliminates stomach acid

Answer: C. Relaxes the LES

Explanation: Alcohol weakens the valve between the stomach and esophagus.

31. Which fruit is usually less acidic?

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

Answer: C. Banana

Explanation: Bananas are low-acid fruits often tolerated well by GERD patients.

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

Answer: B. Control acid flow between stomach and esophagus

Explanation: The LES prevents stomach contents from moving upward.

33. Which symptom can occur in children with reflux?

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

Answer: A. Frequent spitting up

Explanation: Reflux is common in infants and young children.

34. Which medicine class blocks histamine to reduce acid?

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

Answer: A. H2 blockers

Explanation: H2 blockers reduce acid production by blocking histamine receptors.

35. Which habit may improve reflux symptoms?

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

Answer: A. Avoiding late-night meals

Explanation: Waiting several hours before lying down helps prevent reflux.

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

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

Answer: A. Lungs

Explanation: Acid may reach the airways and worsen respiratory symptoms.

37. Which condition may coexist with GERD?

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

Answer: A. Asthma

Explanation: GERD can trigger or worsen asthma symptoms.

38. Which food may soothe acid reflux?

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

Answer: A. Oatmeal

Explanation: Bland, high-fiber foods are often easier on the stomach.

39. Which factor increases GERD risk during pregnancy?

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

Answer: A. Hormonal changes

Explanation: Pregnancy hormones relax the LES, increasing reflux.

40. Which symptom is NOT typical of acid reflux?

- A. Heartburn
- B. Sour taste in mouth
- C. Regurgitation

D. Broken teeth

Answer: D. Broken teeth

Explanation: Broken teeth are not a common direct symptom of GERD.

41. Which surgery may help severe GERD?

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

Answer: B. Fundoplication

Explanation: Fundoplication strengthens the barrier between stomach and esophagus.

42. Which type of clothing may worsen reflux?

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

Answer: B. Tight belts

Explanation: Tight clothing increases abdominal pressure.

43. Which food is commonly acidic?

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

Answer: A. Citrus fruits

Explanation: Citrus foods can irritate the esophagus.

44. Which symptom may indicate acid reaching the throat?

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

Answer: A. Hoarseness

Explanation: Acid irritation can affect the vocal cords.

45. GERD is considered chronic when symptoms occur:

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

Answer: B. Frequently over time

Explanation: Persistent reflux symptoms define chronic GERD.

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

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

Answer: A. Antacids

Explanation: Antacids provide rapid short-term relief.

47. Which organ produces stomach acid?

- A. Liver
- B. Pancreas

- C. Stomach
- D. Colon

Answer: C. Stomach

Explanation: Specialized stomach cells produce hydrochloric acid.

48. Which activity after eating may worsen reflux?

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

Answer: C. Lying flat

Explanation: Gravity helps keep acid in the stomach when upright.

49. Which food contains caffeine?

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

Answer: B. Chocolate

Explanation: Chocolate contains caffeine and may trigger reflux.

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

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

Answer: A. Esophagitis

Explanation: Esophagitis is inflammation caused by acid irritation.

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

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

Answer: A. Hoarseness

Explanation: Silent reflux may occur without heartburn but affect the throat.

52. Which diet may help reduce reflux?

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

Answer: A. Low-fat diet

Explanation: Fatty foods are common reflux triggers.

53. Which drink is acidic?

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

Answer: A. Lemon juice

Explanation: Lemon juice is highly acidic and may aggravate reflux.

54. Which symptom requires prompt medical evaluation?

- A. Difficulty swallowing

- B. Mild hiccups
- C. Temporary thirst
- D. Sneezing

Answer: A. Difficulty swallowing

Explanation: It may indicate serious esophageal damage or narrowing.

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

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

Answer: A. Esophageal cancer

Explanation: Long-term GERD may increase cancer risk in some patients.

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

Answer: B. Elevating the bed head

Explanation: Elevation helps prevent acid from flowing upward.

57. Which symptom often accompanies regurgitation?

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

Answer: A. Sour taste

Explanation: Acid reflux into the mouth may leave a sour or bitter taste.

58. Which food is high-fat?

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

Answer: A. French fries

Explanation: Fried foods are high in fat and can worsen reflux.

59. Which age group can experience reflux?

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

Answer: D. All age groups

Explanation: Acid reflux can affect infants, children, and adults.

60. Which symptom may worsen after large meals?

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

Answer: A. Heartburn

Explanation: Large meals increase stomach pressure and reflux risk.

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

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

Answer: A. PPIs

Explanation: Proton pump inhibitors strongly suppress stomach acid production.

62. Which body position worsens reflux most?

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

Answer: C. Bending over

Explanation: Bending increases abdominal pressure and reflux.

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

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

Answer: A. Heart disease

Explanation: Chest pain should always be evaluated carefully.

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

- A. Greasy foods
- B. Bland foods

- C. Acidic foods
- D. Spicy foods

Answer: B. Bland foods

Explanation: Bland foods are less likely to irritate the esophagus.

65. Which hormone-related condition commonly increases reflux?

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

Answer: A. Pregnancy

Explanation: Hormonal and physical changes increase reflux risk during pregnancy.

66. Which beverage often contains carbonation?

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

Answer: A. Soda

Explanation: Carbonated drinks may increase stomach pressure.

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

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

Answer: A. Chronic sore throat

Explanation: Acid irritation can inflame throat tissues.

68. Which food is usually reflux-friendly?

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

Answer: A. Grilled chicken

Explanation: Lean proteins are generally less likely to trigger reflux.

69. What is a common trigger for GERD symptoms?

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

Answer: A. Large fatty meals

Explanation: Fat slows digestion and increases reflux likelihood.

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

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

Answer: A. Wheezing

Explanation: Acid irritation may trigger respiratory symptoms.

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

- A. Chocolate
- B. Rice

- C. Turkey
- D. Pears

Answer: A. Chocolate

Explanation: Chocolate contains caffeine and may relax the LES.

72. Which action is best after meals?

- A. Lying down
- B. Exercising intensely
- C. Staying upright
- D. Sleeping immediately

Answer: C. Staying upright

Explanation: Gravity helps reduce reflux when upright.

73. Which specialist often treats severe GERD?

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

Answer: A. Gastroenterologist

Explanation: Gastroenterologists specialize in digestive diseases.

74. Which symptom is common in nighttime reflux?

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

Answer: A. Coughing

Explanation: Acid irritation can worsen when lying flat at night.

75. Which food is least likely to trigger reflux?

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

Answer: A. Plain rice

Explanation: Plain low-fat foods are often well tolerated.

76. Which factor can weaken the LES?

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

Answer: A. Smoking

Explanation: Smoking reduces LES effectiveness.

77. Which symptom may occur after eating spicy foods?

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

Answer: A. Heartburn

Explanation: Spicy foods commonly trigger reflux symptoms.

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

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

D. Joint reflux

Answer: A. Laryngopharyngeal reflux

Explanation: LPR affects the throat and larynx.

79. Which lifestyle habit may improve GERD?

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

Answer: A. Quitting smoking

Explanation: Smoking cessation often improves reflux symptoms.

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

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

Answer: A. pH monitoring

Explanation: Esophageal pH monitoring measures acid exposure.

81. Which food category commonly triggers reflux?

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

Answer: A. Fatty foods

Explanation: Fat slows stomach emptying and promotes reflux.

82. Which symptom can result from chronic acid exposure?

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

Answer: A. Tooth enamel erosion

Explanation: Acid reaching the mouth may damage teeth.

83. Which body system is mainly affected by GERD?

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

Answer: A. Digestive system

Explanation: GERD primarily affects the digestive tract.

84. Which food is acidic?

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

Answer: A. Orange juice

Explanation: Citrus juices often trigger reflux symptoms.

85. Which habit may reduce reflux episodes?

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

Answer: A. Eating slowly

Explanation: Slow eating may reduce overeating and stomach pressure.

86. Which symptom may be worse when bending over?

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

Answer: A. Heartburn

Explanation: Bending increases pressure on the stomach.

87. Which type of meal is recommended for GERD?

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

Answer: A. Smaller meals

Explanation: Smaller meals reduce reflux risk.

88. Which food may trigger reflux due to acidity?

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

Answer: A. Tomato sauce

Explanation: Tomato products are acidic and common triggers.

89. Which reflux symptom may affect sleep?

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

Answer: A. Nighttime heartburn

Explanation: GERD symptoms commonly worsen at night.

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

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

Answer: A. Esophageal stricture

Explanation: Repeated acid injury may narrow the esophagus.

91. Which medication is commonly available over the counter?

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

Answer: A. Antacids

Explanation: Antacids are widely available for quick relief.

92. Which food is generally low risk for reflux?

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

Answer: A. Steamed vegetables

Explanation: Non-spicy vegetables are often reflux-friendly.

93. Which symptom may suggest worsening GERD complications?

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

Answer: A. Unexplained weight loss

Explanation: Weight loss may indicate serious swallowing problems or complications.

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

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

Answer: A. Carbonated beverages

Explanation: Bubbles increase stomach pressure and reflux risk.

95. Which food is usually recommended for reflux sufferers?

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

Answer: A. Lean turkey

Explanation: Lean proteins are less likely to trigger symptoms.

96. Which factor may contribute to GERD?

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

Answer: A. Hiatal hernia

Explanation: A hiatal hernia can weaken the anti-reflux barrier.

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

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

Answer: A. Bad breath

Explanation: Acid reflux can contribute to unpleasant breath odor.

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

Answer: A. Eating 2–3 hours before bedtime

Explanation: Allowing time for digestion helps reduce nighttime reflux.

99. Which food is most likely to aggravate GERD?

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

D. Rice

Answer: A. Fried onion rings

Explanation: Fried and greasy foods commonly worsen reflux symptoms.

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

Answer: B. It can often be improved with lifestyle changes

Explanation: Weight management, diet changes, and avoiding triggers can significantly improve GERD symptoms.