

## 100 Multiple-Choice Quiz about Amyotrophic Lateral Sclerosis (ALS)

1. What does ALS stand for?

- A. Acute Lateral Syndrome
- B. Amyotrophic Lateral Sclerosis
- C. Autoimmune Limb Syndrome
- D. Advanced Lumbar Sclerosis

2. Which body system is primarily affected by ALS?

- A. Digestive system
- B. Respiratory system
- C. Nervous system
- D. Endocrine system

3. ALS is commonly known by what other name?

- A. Parkinson's disease
- B. Lou Gehrig's disease
- C. Huntington's disease
- D. Alzheimer's disease

4. Which cells are primarily damaged in ALS?

- A. Red blood cells
- B. Sensory neurons
- C. Motor neurons
- D. Skin cells

5. What is a common early symptom of ALS?

- A. Vision loss
- B. Muscle weakness
- C. Hearing impairment
- D. Kidney pain

6. ALS most commonly affects which type of movement?

- A. Involuntary movement
- B. Voluntary movement
- C. Cardiac rhythm
- D. Digestive contractions

7. Which age group is most commonly diagnosed with ALS?

- A. Infants
- B. Teenagers
- C. Adults between 40 and 70
- D. Adults over 90

8. Is ALS considered contagious?

- A. Yes
- B. No
- C. Only through blood contact
- D. Only in hospitals

9. Which famous physicist lived with ALS for many years?

- A. Isaac Newton
- B. Albert Einstein
- C. Stephen Hawking
- D. Nikola Tesla

10. What part of the nervous system do motor neurons connect to?

- A. Muscles
- B. Liver
- C. Kidneys
- D. Eyes only

11. Which symptom may develop as ALS progresses?

- A. Hair growth
- B. Paralysis
- C. Improved memory
- D. Better balance

12. ALS primarily affects which muscles?

- A. Voluntary muscles
- B. Smooth muscles only
- C. Heart muscles only
- D. Eye muscles only

13. Which test may help diagnose ALS?

- A. Electrocardiogram
- B. Electromyography (EMG)
- C. Colonoscopy
- D. Mammogram

14. Which function often becomes difficult in ALS?

- A. Breathing
- B. Hair coloring
- C. Digestion of sugar
- D. Vision focusing

15. ALS affects the brain's ability to:

- A. Produce insulin
- B. Control voluntary muscles
- C. Filter toxins
- D. Detect light

16. Which gender is slightly more likely to develop ALS?

- A. Females
- B. Males
- C. Both equally in all age groups
- D. Children only

17. What is dysarthria?

- A. Difficulty swallowing

- B. Difficulty speaking clearly
- C. Difficulty hearing
- D. Difficulty sleeping

18. Which symptom involves trouble swallowing?

- A. Dysphagia
- B. Dyspnea
- C. Dyslexia
- D. Dysuria

19. Which breathing aid may ALS patients eventually require?

- A. Hearing aid
- B. Ventilator
- C. Dialysis machine
- D. Pacemaker

20. Which area of the body may first show ALS symptoms?

- A. Limbs
- B. Fingernails
- C. Teeth
- D. Skin

21. What is fasciculation?

- A. Muscle twitching
- B. Bone fracture
- C. Joint swelling
- D. Hair loss

22. Which specialist often helps diagnose ALS?

- A. Dermatologist
- B. Neurologist
- C. Ophthalmologist
- D. Dentist

23. ALS usually affects cognition in what way?

- A. Severe memory loss in all patients
- B. No effect in most patients
- C. Immediate dementia
- D. Blindness

24. Which gene has been linked to some familial ALS cases?

- A. BRCA1
- B. CFTR
- C. SOD1
- D. APOE only

25. Familial ALS means the disease:

- A. Is infectious
- B. Runs in families
- C. Only affects children
- D. Is caused by diet

26. What percentage of ALS cases are familial?

- A. About 5–10%
- B. About 50%
- C. About 75%
- D. Nearly all

27. Sporadic ALS means:

- A. It occurs randomly
- B. It is always inherited
- C. It only affects athletes
- D. It affects only children

28. Which medication may modestly slow ALS progression?

- A. Ibuprofen
- B. Riluzole

- C. Penicillin
- D. Metformin

29. Which therapy helps maintain mobility in ALS?

- A. Radiation therapy
- B. Physical therapy
- C. Chemotherapy
- D. Immunotherapy only

30. Which healthcare professional helps with communication problems?

- A. Speech-language pathologist
- B. Cardiologist
- C. Podiatrist
- D. Radiologist

31. Which symptom is common in bulbar-onset ALS?

- A. Rash
- B. Speech difficulty
- C. Blindness
- D. Chest pain

32. ALS progression is generally:

- A. Rapidly reversible
- B. Progressive over time
- C. Curable with antibiotics
- D. Limited to one limb forever

33. Which muscle function is usually preserved until later stages?

- A. Breathing
- B. Walking
- C. Eye movement
- D. Swallowing

34. ALS is classified as which type of disease?

- A. Neurodegenerative
- B. Infectious
- C. Nutritional
- D. Dermatologic

35. Which symptom may result from weakened respiratory muscles?

- A. Shortness of breath
- B. Vision improvement
- C. Increased appetite
- D. Faster reflexes

36. Which device may help ALS patients communicate?

- A. Speech-generating device
- B. Stethoscope
- C. Thermometer
- D. Glucometer

37. What is muscle atrophy?

- A. Muscle enlargement
- B. Muscle wasting
- C. Bone infection
- D. Skin inflammation

38. Which factor increases ALS risk?

- A. Smoking
- B. Wearing glasses
- C. Drinking water
- D. Sleeping regularly

39. Which military group has shown higher ALS rates?

- A. Veterans

- B. Teachers
- C. Musicians
- D. Pilots only

40. What happens to muscles when motor neurons die?

- A. They strengthen automatically
- B. They lose function
- C. They become infected
- D. They glow under X-rays

41. Which of the following is NOT a common ALS symptom?

- A. Muscle weakness
- B. Muscle cramps
- C. Fever
- D. Difficulty speaking

42. What is the average survival after ALS diagnosis?

- A. A few weeks
- B. Two to five years
- C. Twenty years for all patients
- D. Lifelong without complications

43. Which famous ALS fundraising campaign became viral?

- A. Ice Bucket Challenge
- B. Red Ribbon Campaign
- C. Marathon Monday
- D. Blue Ribbon Walk

44. What does EMG stand for?

- A. Electro Muscle Graph
- B. Electromyography
- C. Electronic Medical Guide
- D. Emergency Motion Gauge

45. Which imaging test may help rule out other conditions?

- A. MRI
- B. Ultrasound only
- C. PET scan only
- D. Mammogram

46. ALS affects both upper and lower:

- A. Kidneys
- B. Motor neurons
- C. Lungs
- D. Blood vessels

47. Upper motor neuron damage may cause:

- A. Spasticity
- B. Blindness
- C. Liver failure
- D. Hearing loss

48. Lower motor neuron damage may cause:

- A. Muscle wasting
- B. Cataracts
- C. Hyperactivity
- D. Skin ulcers

49. Which type of ALS begins with speech and swallowing problems?

- A. Limb-onset ALS
- B. Bulbar-onset ALS
- C. Juvenile ALS
- D. Respiratory ALS

50. Which nutrient problem may occur in ALS?

- A. Overhydration only

- B. Malnutrition
- C. Excess iron only
- D. Vitamin overdose

51. Which feeding method may be used in advanced ALS?

- A. IV antibiotics
- B. Feeding tube
- C. Blood transfusion
- D. Dialysis

52. Which emotional symptom may occur in ALS?

- A. Emotional lability
- B. Complete emotional absence
- C. Hallucinations in all patients
- D. Total insomnia only

53. Which cells support motor neuron function?

- A. Glial cells
- B. Platelets
- C. Osteocytes
- D. Melanocytes

54. Which symptom may affect handwriting early in ALS?

- A. Tremors only
- B. Hand weakness
- C. Vision loss
- D. Ear pain

55. ALS does NOT usually affect:

- A. Voluntary muscle control
- B. Sensory perception
- C. Speech
- D. Swallowing

56. Which organization supports ALS research and advocacy?

- A. ALS Association
- B. NASA
- C. UNICEF only
- D. WHO banking division

57. What is spasticity?

- A. Muscle stiffness
- B. Bone loss
- C. Skin dryness
- D. Low blood sugar

58. Which body function often remains intact in ALS?

- A. Voluntary movement
- B. Intelligence
- C. Muscle strength
- D. Reflex control

59. What is one purpose of occupational therapy in ALS?

- A. Improving muscle size permanently
- B. Helping daily activities
- C. Curing ALS
- D. Preventing all symptoms

60. Which reflex change may occur in ALS?

- A. Absent reflexes only
- B. Increased reflexes
- C. No reflexes ever change
- D. Vision reflexes only

61. Which symptom may interfere with eating in ALS?

- A. Difficulty swallowing
- B. Improved appetite

- C. Tooth growth
- D. Nosebleeds

62. ALS patients may benefit from which type of care?

- A. Multidisciplinary care
- B. Dental surgery only
- C. Cosmetic therapy only
- D. Isolation therapy

63. Which symptom may occur during sleep in ALS?

- A. Breathing difficulties
- B. Instant paralysis recovery
- C. Vision enhancement
- D. Hearing restoration

64. Which factor can influence ALS prognosis?

- A. Age at onset
- B. Favorite color
- C. Blood type only
- D. Shoe size

65. Which assistive device may improve mobility?

- A. Wheelchair
- B. Contact lens
- C. Blood pressure cuff
- D. Thermostat

66. ALS is currently considered:

- A. Fully curable
- B. Preventable in all cases
- C. Incurable but treatable
- D. Caused only by infection

67. Which symptom may appear in the legs?

- A. Weakness and tripping
- B. Skin blisters
- C. Hair discoloration
- D. Tooth pain

68. What is dyspnea?

- A. Difficulty breathing
- B. Difficulty hearing
- C. Difficulty swallowing
- D. Difficulty sleeping

69. Which type of neurons carry signals from the brain to muscles?

- A. Motor neurons
- B. Sensory neurons
- C. Interneurons only
- D. Skin neurons

70. Which symptom can affect communication in ALS?

- A. Slurred speech
- B. Improved vocabulary
- C. Ear infections
- D. Tooth sensitivity

71. Which type of ALS begins in the arms or legs?

- A. Limb-onset ALS
- B. Bulbar-onset ALS
- C. Juvenile-only ALS
- D. Respiratory-onset ALS

72. Which symptom may result from weak diaphragm muscles?

- A. Breathing problems
- B. Improved endurance
- C. Better posture

D. Faster speech

73. Which diagnostic approach is common in ALS?

- A. Excluding other diseases
- B. Measuring blood sugar only
- C. Eye pressure testing only
- D. Skin biopsy only

74. Which of the following is an FDA-approved ALS medication?

- A. Edaravone
- B. Penicillin
- C. Aspirin
- D. Insulin

75. Which lifestyle support may benefit ALS patients?

- A. Nutritional counseling
- B. Avoiding all exercise forever
- C. Excessive dehydration
- D. Isolation from family

76. Which body area may become stiff in ALS?

- A. Muscles
- B. Teeth
- C. Fingernails
- D. Eyelashes

77. Which respiratory treatment may help at night?

- A. Noninvasive ventilation
- B. Ear tubes
- C. Dialysis
- D. Insulin injections

78. Which symptom may affect facial muscles?

- A. Difficulty chewing
- B. Hair growth
- C. Improved vision
- D. Skin thickening

79. ALS eventually interferes with which essential activity?

- A. Breathing
- B. Hair growth
- C. Nail growth
- D. Sweat production

80. Which protein abnormality is associated with many ALS cases?

- A. TDP-43 accumulation
- B. Hemoglobin deficiency
- C. Excess collagen
- D. Keratin buildup

81. Which communication method may be used in advanced ALS?

- A. Eye-tracking technology
- B. Smoke signals
- C. Morse code only
- D. Hearing aids only

82. What is the purpose of palliative care in ALS?

- A. Cure the disease
- B. Improve comfort and quality of life
- C. Reverse nerve damage immediately
- D. Prevent aging

83. Which emotional challenge may ALS patients experience?

- A. Anxiety
- B. Permanent euphoria only
- C. Complete emotional numbness in all cases
- D. Total memory erasure

84. Which symptom can make walking difficult?

- A. Leg weakness
- B. Tooth sensitivity
- C. Ear ringing
- D. Dry skin

85. Which area of research is important in ALS?

- A. Stem cell research
- B. Astrology
- C. Weather tracking
- D. Fossil studies

86. Which muscle issue may cause cramps in ALS?

- A. Motor neuron damage
- B. Excess calcium only
- C. Skin inflammation
- D. Vision strain

87. Which healthcare provider helps with breathing support?

- A. Respiratory therapist
- B. Dermatologist
- C. Optometrist
- D. Orthodontist

88. Which type of exercise is usually recommended for ALS?

- A. Moderate low-impact exercise
- B. Extreme heavy lifting
- C. No movement at all
- D. Marathon training only

89. Which symptom may lead to choking risk?

- A. Dysphagia

- B. Blurred vision
- C. Rash
- D. Tooth decay

90. Which body structure connects nerves to muscles?

- A. Neuromuscular junction
- B. Heart valve
- C. Retina
- D. Kidney tubule

91. Which technology can assist ALS patients in mobility?

- A. Power wheelchair
- B. Microscope
- C. Hearing amplifier
- D. Thermometer

92. Which symptom may occur because of weakened tongue muscles?

- A. Slurred speech
- B. Improved pronunciation
- C. Hearing loss
- D. Vision changes

93. Which type of care addresses emotional and psychological needs?

- A. Mental health counseling
- B. Orthopedic surgery
- C. Cosmetic treatment
- D. Dental cleaning

94. Which symptom may affect fine motor tasks?

- A. Hand weakness
- B. Skin redness
- C. Earwax buildup

D. Nose irritation

95. Which respiratory complication is serious in ALS?

- A. Respiratory failure
- B. Ear infection
- C. Tooth fracture
- D. Dry eyes

96. Which ALS symptom may interfere with social interaction?

- A. Communication difficulty
- B. Hair loss
- C. Nail discoloration
- D. Foot odor

97. Which factor is important in ALS management?

- A. Early supportive care
- B. Ignoring symptoms
- C. Avoiding all medical care
- D. Excessive fasting

98. Which scientific field studies ALS?

- A. Neurology
- B. Geology
- C. Meteorology
- D. Astronomy

99. Which symptom may occur because of weakened chest muscles?

- A. Fatigue during breathing
- B. Improved endurance
- C. Enhanced balance
- D. Faster healing

100. What is a major goal of ALS treatment?

- A. Improve quality of life
- B. Instantly cure all patients
- C. Prevent all aging
- D. Increase muscle size permanently