

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

1. What does ALS stand for?

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

Answer: B. Amyotrophic Lateral Sclerosis

Explanation: ALS is the abbreviation for Amyotrophic Lateral Sclerosis, a progressive neurodegenerative disease that affects nerve cells controlling voluntary muscles.

2. Which body system is primarily affected by ALS?

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

Answer: C. Nervous system

Explanation: ALS mainly affects the motor neurons in the nervous system that control voluntary muscle movement.

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

Answer: B. Lou Gehrig's disease

Explanation: ALS is often called Lou Gehrig's disease after the famous baseball player diagnosed with the condition.

4. Which cells are primarily damaged in ALS?

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

Answer: C. Motor neurons

Explanation: ALS damages motor neurons, which are responsible for sending signals from the brain and spinal cord to muscles.

5. What is a common early symptom of ALS?

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

Answer: B. Muscle weakness

Explanation: Muscle weakness, especially in the limbs, is one of the earliest and most common symptoms of ALS.

6. ALS most commonly affects which type of movement?

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

Answer: B. Voluntary movement

Explanation: ALS affects voluntary muscles used for walking, speaking, swallowing, and other conscious movements.

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

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

Answer: C. Adults between 40 and 70

Explanation: ALS is most commonly diagnosed in middle-aged and older adults, typically between ages 40 and 70.

8. Is ALS considered contagious?

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

Answer: B. No

Explanation: ALS is not contagious and cannot spread from person to person.

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

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

Answer: C. Stephen Hawking

Explanation: Stephen Hawking lived with a form of motor neuron disease related to ALS for decades.

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

- A. Muscles
- B. Liver
- C. Kidneys

D. Eyes only

Answer: A. Muscles

Explanation: Motor neurons transmit signals from the brain and spinal cord to muscles, enabling movement.

11. Which symptom may develop as ALS progresses?

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

Answer: B. Paralysis

Explanation: Progressive muscle weakness in ALS can eventually lead to paralysis.

12. ALS primarily affects which muscles?

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

Answer: A. Voluntary muscles

Explanation: ALS mainly affects muscles involved in voluntary movement, such as arms, legs, speech, and swallowing muscles.

13. Which test may help diagnose ALS?

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

Answer: B. Electromyography (EMG)

Explanation: EMG measures electrical activity in muscles and helps detect nerve and muscle abnormalities associated with ALS.

14. Which function often becomes difficult in ALS?

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

Answer: A. Breathing

Explanation: ALS weakens respiratory muscles over time, making breathing difficult.

15. ALS affects the brain's ability to:

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

Answer: B. Control voluntary muscles

Explanation: ALS damages motor neurons that control voluntary muscle activity.

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

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

Answer: B. Males

Explanation: Men are slightly more likely than women to develop ALS, especially before age 65.

17. What is dysarthria?

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

Answer: B. Difficulty speaking clearly

Explanation: Dysarthria refers to slurred or unclear speech caused by muscle weakness.

18. Which symptom involves trouble swallowing?

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

Answer: A. Dysphagia

Explanation: Dysphagia means difficulty swallowing, a common symptom in ALS.

19. Which breathing aid may ALS patients eventually require?

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

Answer: B. Ventilator

Explanation: Advanced ALS may weaken breathing muscles enough to require ventilatory support.

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

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

Answer: A. Limbs

Explanation: Many people first notice weakness in the arms or legs.

21. What is fasciculation?

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

Answer: A. Muscle twitching

Explanation: Fasciculations are involuntary muscle twitches commonly seen in ALS.

22. Which specialist often helps diagnose ALS?

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

Answer: B. Neurologist

Explanation: Neurologists specialize in diseases of the nervous system, including ALS.

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

Answer: B. No effect in most patients

Explanation: Many ALS patients maintain normal thinking abilities, although some may develop cognitive changes.

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

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

Answer: C. SOD1

Explanation: Mutations in the SOD1 gene are associated with certain inherited forms of ALS.

25. Familial ALS means the disease:

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

Answer: B. Runs in families

Explanation: Familial ALS refers to inherited cases that occur within families.

26. What percentage of ALS cases are familial?

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

Answer: A. About 5–10%

Explanation: Most ALS cases are sporadic, while only a small percentage are inherited.

27. Sporadic ALS means:

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

Answer: A. It occurs randomly

Explanation: Sporadic ALS occurs without a known family history.

28. Which medication may modestly slow ALS progression?

- A. Ibuprofen
- B. Riluzole
- C. Penicillin
- D. Metformin

Answer: B. Riluzole

Explanation: Riluzole is an FDA-approved medication that may modestly prolong survival in ALS.

29. Which therapy helps maintain mobility in ALS?

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

Answer: B. Physical therapy

Explanation: Physical therapy helps maintain flexibility, mobility, and comfort.

30. Which healthcare professional helps with communication problems?

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

Answer: A. Speech-language pathologist

Explanation: Speech therapists assist patients with speech and swallowing difficulties.

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

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

Answer: B. Speech difficulty

Explanation: Bulbar-onset ALS often begins with speech and swallowing problems.

32. ALS progression is generally:

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

Answer: B. Progressive over time

Explanation: ALS gradually worsens as motor neurons continue to degenerate.

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

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

Answer: C. Eye movement

Explanation: Eye muscles are often spared until the later stages of ALS.

34. ALS is classified as which type of disease?

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

Answer: A. Neurodegenerative

Explanation: ALS is a neurodegenerative disease because it involves progressive nerve cell damage.

35. Which symptom may result from weakened respiratory muscles?

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

Answer: A. Shortness of breath

Explanation: Respiratory muscle weakness can make breathing difficult.

36. Which device may help ALS patients communicate?

- A. Speech-generating device
- B. Stethoscope

- C. Thermometer
- D. Glucometer

Answer: A. Speech-generating device

Explanation: Communication devices help patients speak when verbal communication becomes difficult.

37. What is muscle atrophy?

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

Answer: B. Muscle wasting

Explanation: Muscle atrophy occurs when muscles shrink due to loss of nerve supply.

38. Which factor increases ALS risk?

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

Answer: A. Smoking

Explanation: Smoking has been identified as a possible risk factor for ALS.

39. Which military group has shown higher ALS rates?

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

Answer: A. Veterans

Explanation: Military veterans appear to have a higher risk of developing ALS.

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

Answer: B. They lose function

Explanation: Without motor neuron signals, muscles weaken and eventually lose function.

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

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

Answer: C. Fever

Explanation: Fever is not typically associated with ALS.

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

Answer: B. Two to five years

Explanation: Many people live two to five years after diagnosis, though some live much longer.

43. Which famous ALS fundraising campaign became viral?

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

Answer: A. Ice Bucket Challenge

Explanation: The Ice Bucket Challenge raised awareness and funds for ALS research worldwide.

44. What does EMG stand for?

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

Answer: B. Electromyography

Explanation: Electromyography measures muscle electrical activity.

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

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

Answer: A. MRI

Explanation: MRI scans can help exclude other neurological disorders.

46. ALS affects both upper and lower:

- A. Kidneys

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

Answer: B. Motor neurons

Explanation: ALS damages both upper and lower motor neurons.

47. Upper motor neuron damage may cause:

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

Answer: A. Spasticity

Explanation: Spasticity refers to muscle stiffness caused by upper motor neuron damage.

48. Lower motor neuron damage may cause:

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

Answer: A. Muscle wasting

Explanation: Lower motor neuron damage leads to weakness and muscle atrophy.

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

Answer: B. Bulbar-onset ALS

Explanation: Bulbar-onset ALS affects muscles used for speaking and swallowing first.

50. Which nutrient problem may occur in ALS?

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

Answer: B. Malnutrition

Explanation: Swallowing difficulties can lead to inadequate nutrition.

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

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

Answer: B. Feeding tube

Explanation: Feeding tubes help maintain nutrition when swallowing becomes difficult.

52. Which emotional symptom may occur in ALS?

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

Answer: A. Emotional lability

Explanation: Some people with ALS experience uncontrollable laughing or crying.

53. Which cells support motor neuron function?

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

Answer: A. Glial cells

Explanation: Glial cells support and protect neurons in the nervous system.

54. Which symptom may affect handwriting early in ALS?

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

Answer: B. Hand weakness

Explanation: Weakness in the hands may make writing difficult.

55. ALS does NOT usually affect:

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

Answer: B. Sensory perception

Explanation: Sensory nerves are usually spared in ALS.

56. Which organization supports ALS research and advocacy?

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

Answer: A. ALS Association

Explanation: The ALS Association funds research and supports patients and families.

57. What is spasticity?

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

Answer: A. Muscle stiffness

Explanation: Spasticity results from increased muscle tone due to nerve damage.

58. Which body function often remains intact in ALS?

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

Answer: B. Intelligence

Explanation: Many people with ALS retain normal intellectual function.

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

Answer: B. Helping daily activities

Explanation: Occupational therapists help patients adapt daily tasks and maintain independence.

60. Which reflex change may occur in ALS?

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

Answer: B. Increased reflexes

Explanation: Upper motor neuron damage can cause exaggerated reflexes.

61. Which symptom may interfere with eating in ALS?

- A. Difficulty swallowing
- B. Improved appetite
- C. Tooth growth
- D. Nosebleeds

Answer: A. Difficulty swallowing

Explanation: Weak throat muscles can make swallowing difficult.

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

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

Answer: A. Multidisciplinary care

Explanation: Teams of specialists can improve quality of life and symptom management.

63. Which symptom may occur during sleep in ALS?

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

Answer: A. Breathing difficulties

Explanation: Respiratory muscle weakness may worsen during sleep.

64. Which factor can influence ALS prognosis?

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

Answer: A. Age at onset

Explanation: Younger onset is often associated with longer survival.

65. Which assistive device may improve mobility?

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

Answer: A. Wheelchair

Explanation: Wheelchairs help maintain mobility and independence.

66. ALS is currently considered:

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

Answer: C. Incurable but treatable

Explanation: While there is no cure, treatments can help manage symptoms and slow progression.

67. Which symptom may appear in the legs?

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

Answer: A. Weakness and tripping

Explanation: Leg weakness may lead to frequent falls or tripping.

68. What is dyspnea?

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

Answer: A. Difficulty breathing

Explanation: Dyspnea is the medical term for shortness of breath.

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

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

Answer: A. Motor neurons

Explanation: Motor neurons control muscle movement.

70. Which symptom can affect communication in ALS?

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

Answer: A. Slurred speech

Explanation: Weak speech muscles can make words difficult to pronounce.

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

Answer: A. Limb-onset ALS

Explanation: Limb-onset ALS typically starts with weakness in the limbs.

72. Which symptom may result from weak diaphragm muscles?

- A. Breathing problems
- B. Improved endurance
- C. Better posture
- D. Faster speech

Answer: A. Breathing problems

Explanation: The diaphragm is essential for breathing and may weaken in ALS.

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

Answer: A. Excluding other diseases

Explanation: ALS diagnosis often involves ruling out other neurological conditions.

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

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

Answer: A. Edaravone

Explanation: Edaravone may help slow functional decline in some ALS patients.

75. Which lifestyle support may benefit ALS patients?

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

Answer: A. Nutritional counseling

Explanation: Proper nutrition is important because swallowing problems can lead to weight loss.

76. Which body area may become stiff in ALS?

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

Answer: A. Muscles

Explanation: Muscle stiffness can occur because of nerve damage.

77. Which respiratory treatment may help at night?

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

Answer: A. Noninvasive ventilation

Explanation: Breathing devices can support nighttime respiration.

78. Which symptom may affect facial muscles?

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

Answer: A. Difficulty chewing

Explanation: ALS can weaken facial and jaw muscles.

79. ALS eventually interferes with which essential activity?

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

Answer: A. Breathing

Explanation: Respiratory muscle weakness is a major complication of ALS.

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

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

Answer: A. TDP-43 accumulation

Explanation: Abnormal TDP-43 protein deposits are found in many ALS patients.

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

Answer: A. Eye-tracking technology

Explanation: Eye-tracking systems help patients communicate when speech is severely impaired.

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

Answer: B. Improve comfort and quality of life

Explanation: Palliative care focuses on symptom relief and emotional support.

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

Answer: A. Anxiety

Explanation: Living with a progressive illness can cause emotional stress and anxiety.

84. Which symptom can make walking difficult?

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

Answer: A. Leg weakness

Explanation: Weak leg muscles reduce balance and walking ability.

85. Which area of research is important in ALS?

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

Answer: A. Stem cell research

Explanation: Researchers are studying stem cells as potential ALS treatments.

86. Which muscle issue may cause cramps in ALS?

- A. Motor neuron damage

- B. Excess calcium only
- C. Skin inflammation
- D. Vision strain

Answer: A. Motor neuron damage

Explanation: Nerve degeneration can contribute to muscle cramps.

87. Which healthcare provider helps with breathing support?

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

Answer: A. Respiratory therapist

Explanation: Respiratory therapists assist with breathing treatments and ventilation support.

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

Answer: A. Moderate low-impact exercise

Explanation: Gentle exercise may help maintain flexibility and comfort.

89. Which symptom may lead to choking risk?

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

Answer: A. Dysphagia

Explanation: Swallowing difficulties increase the risk of choking and aspiration.

90. Which body structure connects nerves to muscles?

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

Answer: A. Neuromuscular junction

Explanation: The neuromuscular junction transmits signals from nerves to muscles.

91. Which technology can assist ALS patients in mobility?

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

Answer: A. Power wheelchair

Explanation: Power wheelchairs allow greater independence as muscle weakness progresses.

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

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

Answer: A. Slurred speech

Explanation: Weak tongue muscles can impair clear speech.

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

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

Answer: A. Mental health counseling

Explanation: Counseling can help patients and families cope emotionally.

94. Which symptom may affect fine motor tasks?

- A. Hand weakness
- B. Skin redness
- C. Earwax buildup
- D. Nose irritation

Answer: A. Hand weakness

Explanation: Weak hand muscles can make buttoning clothes or writing difficult.

95. Which respiratory complication is serious in ALS?

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

Answer: A. Respiratory failure

Explanation: Progressive respiratory muscle weakness can lead to respiratory failure.

96. Which ALS symptom may interfere with social interaction?

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

Answer: A. Communication difficulty

Explanation: Speech problems can affect social communication and relationships.

97. Which factor is important in ALS management?

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

Answer: A. Early supportive care

Explanation: Early treatment and supportive therapies can improve quality of life.

98. Which scientific field studies ALS?

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

Answer: A. Neurology

Explanation: Neurology focuses on disorders of the nervous system.

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

- A. Fatigue during breathing

- B. Improved endurance
- C. Enhanced balance
- D. Faster healing

Answer: A. Fatigue during breathing

Explanation: Weak chest muscles make breathing more effortful.

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

Answer: A. Improve quality of life

Explanation: Since ALS currently has no cure, treatment focuses on comfort, independence, and symptom management.