

Asthma: 100-Question Multiple-Choice Quiz

1. What is asthma?

- A. A bacterial lung infection
- B. A chronic inflammatory disease of the airways
- C. A heart condition
- D. A blood disorder

2. Which symptom is most commonly associated with asthma?

- A. Chest pain
- B. Wheezing
- C. Nosebleeds
- D. Rash

3. Which of the following is a common asthma trigger?

- A. Pollen
- B. Fresh air
- C. Drinking water
- D. Sunlight

4. What happens to the airways during an asthma attack?

- A. They widen permanently
- B. They become inflamed and narrowed
- C. They fill with blood
- D. They stop functioning completely

5. Which medication is commonly used for quick asthma relief?

- A. Antibiotics
- B. Insulin
- C. Short-acting bronchodilators
- D. Antidepressants

6. Which device is commonly used to deliver asthma medication?

- A. Thermometer
- B. Inhaler
- C. Stethoscope
- D. Syringe

7. Which age group can develop asthma?

- A. Only children
- B. Only adults
- C. Only elderly people
- D. People of all ages

8. What is a common nighttime symptom of asthma?

- A. Night sweats
- B. Coughing
- C. Blurred vision
- D. Sneezing blood

9. Which environmental factor can worsen asthma?

- A. Air pollution
- B. Clean water
- C. Healthy diet
- D. Exercise alone

10. Which type of healthcare professional commonly treats asthma?

- A. Dermatologist
- B. Pulmonologist
- C. Orthopedic surgeon
- D. Ophthalmologist

11. What is bronchospasm?

- A. Bone inflammation
- B. Tightening of airway muscles
- C. Liver swelling
- D. Heart rhythm problem

12. Which test is commonly used to diagnose asthma?

- A. MRI scan
- B. Spirometry
- C. Blood typing
- D. Colonoscopy

13. Which symptom may indicate severe asthma?

- A. Blue lips
- B. Mild sneezing
- C. Itchy scalp
- D. Ear pain

14. What is the purpose of a rescue inhaler?

- A. Prevent infections
- B. Provide quick symptom relief
- C. Cure asthma permanently
- D. Improve digestion

15. Which of the following is a long-term asthma control medication?

- A. Inhaled corticosteroids
- B. Pain relievers
- C. Antacids
- D. Antihistamine cream

16. What is an asthma action plan?

- A. A surgical schedule
- B. A written guide for managing asthma
- C. A type of vaccine
- D. A breathing machine

17. Which activity may trigger asthma in some people?

- A. Reading
- B. Exercise
- C. Sleeping
- D. Writing

18. What is exercise-induced asthma also called?

- A. Cardiac asthma
- B. Exercise-induced bronchoconstriction
- C. Lung collapse
- D. Pulmonary edema

19. Which allergen commonly triggers asthma?

- A. Dust mites
- B. Vitamins
- C. Soap
- D. Cotton

20. Smoking can:

- A. Improve asthma
- B. Worsen asthma
- C. Cure asthma
- D. Prevent wheezing

21. Which symptom is NOT typical of asthma?

- A. Wheezing
- B. Shortness of breath
- C. Persistent cough
- D. Broken bones

22. Asthma inflammation primarily affects the:

- A. Kidneys
- B. Airways
- C. Stomach
- D. Muscles

23. Which weather condition may trigger asthma?

- A. Cold air
- B. Mild sunshine
- C. Warm baths
- D. Calm breathing

24. Which type of asthma is linked to allergies?

- A. Allergic asthma
- B. Cardiac asthma
- C. Silent asthma
- D. Acute asthma only

25. Which symptom often occurs during an asthma attack?

- A. Difficulty breathing
- B. Tooth pain
- C. Hair loss
- D. Double vision

26. What does spirometry measure?

- A. Blood pressure
- B. Lung function
- C. Blood sugar
- D. Vision strength

27. Which medication type reduces airway inflammation?

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

28. Severe untreated asthma can become:

- A. Life-threatening

- B. Harmless
- C. Contagious
- D. A skin disorder

29. What is mucus overproduction in asthma associated with?

- A. Easier breathing
- B. Airway blockage
- C. Better oxygen flow
- D. Stronger lungs

30. Which factor increases asthma risk?

- A. Family history
- B. Wearing glasses
- C. Reading books
- D. Drinking milk

31. Which inhaler color is commonly associated with rescue medication?

- A. Blue
- B. Green
- C. Yellow
- D. Purple

32. What is wheezing caused by?

- A. Open airways
- B. Narrowed airways
- C. High blood pressure
- D. Muscle injury

33. Which household item may trigger asthma?

- A. Dust
- B. Pillows alone
- C. Glass tables
- D. Blank paper

34. Asthma is best described as:

- A. Always temporary
- B. Usually chronic
- C. Always infectious
- D. A digestive illness

35. Which symptom can indicate poor asthma control?

- A. Frequent nighttime awakening
- B. Improved sleep
- C. Increased appetite
- D. Better exercise performance

36. Which animal-related allergen can trigger asthma?

- A. Pet dander
- B. Fish scales in food
- C. Bird feathers in jackets only
- D. Animal cartoons

37. Which breathing pattern is common during asthma symptoms?

- A. Slow deep breathing only
- B. Rapid breathing
- C. No breathing changes
- D. Breathing through one nostril only

38. What is peak flow monitoring used for?

- A. Measuring blood sugar
- B. Measuring airflow from the lungs
- C. Measuring heart rate
- D. Measuring hearing

39. Which season may worsen asthma for some people?

- A. Spring

- B. Winter only
- C. Summer only
- D. Every season equally

40. Which infection may worsen asthma?

- A. Common cold
- B. Athlete's foot
- C. Tooth cavity
- D. Pink eye only

41. What is a spacer used for with an inhaler?

- A. To clean the inhaler
- B. To improve medication delivery
- C. To reduce oxygen
- D. To measure blood pressure

42. Which profession might have increased asthma risk from chemical exposure?

- A. Bakers
- B. Librarians only
- C. Accountants only
- D. Photographers only

43. Occupational asthma is caused by:

- A. Exercise only
- B. Workplace exposures
- C. Genetics alone
- D. Sunburn

44. Which symptom may appear before an asthma attack?

- A. Increased coughing
- B. Better breathing
- C. Improved stamina
- D. Increased hunger

45. Which asthma medication is taken regularly for prevention?

- A. Controller medication
- B. Rescue medication only
- C. Antibiotics
- D. Pain medication

46. Which lifestyle change can help asthma control?

- A. Avoiding triggers
- B. Smoking more
- C. Ignoring symptoms
- D. Avoiding all exercise forever

47. Which body system does asthma primarily affect?

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

48. Which symptom is common in children with asthma?

- A. Frequent coughing at night
- B. Hair discoloration
- C. Leg fractures
- D. Hearing loss

49. What can happen if asthma is poorly controlled?

- A. Fewer symptoms
- B. More frequent attacks
- C. Permanent cure
- D. Better sleep automatically

50. Which emergency symptom requires immediate medical help?

- A. Inability to speak due to shortness of breath

- B. Mild sneezing
- C. Dry lips
- D. Temporary hiccups

51. Which gas exchange problem occurs in severe asthma?

- A. Reduced oxygen intake
- B. Excess calcium
- C. Increased bone density
- D. Improved airflow

52. What is chest tightness in asthma caused by?

- A. Muscle tightening around airways
- B. Broken ribs
- C. Heart enlargement
- D. Liver disease

53. Which asthma type is triggered by physical activity?

- A. Allergic asthma
- B. Exercise-induced asthma
- C. Silent asthma
- D. Occupational asthma only

54. Which food-related issue may trigger asthma in some people?

- A. Food allergies
- B. Drinking water
- C. Eating vegetables
- D. Vitamin intake

55. What does chronic mean in asthma?

- A. Temporary
- B. Long-lasting
- C. Infectious
- D. Surgical

56. Which asthma symptom may worsen early in the morning?

- A. Wheezing
- B. Vision changes
- C. Joint pain
- D. Tooth sensitivity

57. What is a nebulizer?

- A. A surgical tool
- B. A device that turns medication into mist
- C. A thermometer
- D. A blood pressure cuff

58. Which symptom combination is common in asthma?

- A. Wheezing and cough
- B. Rash and swelling only
- C. Hearing loss and dizziness
- D. Vision loss and nausea

59. Asthma attacks may vary in:

- A. Severity
- B. Blood type
- C. Hair color
- D. Height

60. Which indoor condition may worsen asthma?

- A. Mold
- B. Dry books
- C. Wooden floors alone
- D. Empty rooms

61. Which medication opens the airways quickly?

- A. Bronchodilator
- B. Antibiotic

- C. Sedative
- D. Antiviral

62. What is inflammation?

- A. Cooling of tissue
- B. Body response causing swelling and irritation
- C. Bone growth
- D. Hair loss

63. Which emotional factor may trigger asthma symptoms?

- A. Stress
- B. Happiness only
- C. Reading
- D. Sleeping

64. Which asthma trigger is related to air quality?

- A. Smoke
- B. Water
- C. Fruit
- D. Music

65. Which symptom may indicate mild asthma?

- A. Occasional wheezing
- B. Loss of consciousness
- C. Blue skin
- D. Severe chest collapse

66. Asthma can interfere with:

- A. Sleep
- B. Breathing only during meals
- C. Hair growth
- D. Eye color

67. Which healthcare instruction is important for asthma patients?

- A. Learning inhaler technique
- B. Ignoring symptoms
- C. Avoiding all medication
- D. Drinking less water always

68. Which trigger is associated with seasonal asthma symptoms?

- A. Pollen
- B. Iron supplements
- C. Soap bubbles
- D. Cold drinks only

69. Asthma symptoms are caused partly by:

- A. Airway swelling
- B. Bone fractures
- C. Kidney stones
- D. Tooth decay

70. Which symptom is common during severe asthma?

- A. Difficulty speaking
- B. Improved stamina
- C. Increased appetite
- D. Faster hair growth

71. Which medical device measures oxygen levels?

- A. Pulse oximeter
- B. Thermometer
- C. Reflex hammer
- D. Stethoscope only

72. Which breathing sound is common in asthma?

- A. Wheezing
- B. Clicking joints
- C. Snoring only

D. Humming

73. What role do inhaled corticosteroids play?

- A. Reducing inflammation
- B. Curing infections only
- C. Increasing mucus
- D. Causing airway swelling

74. Which factor may help prevent asthma attacks?

- A. Taking medications as prescribed
- B. Ignoring treatment
- C. Smoking indoors
- D. Avoiding medical advice

75. Which symptom is often associated with allergic asthma?

- A. Sneezing
- B. Broken bones
- C. Ear bleeding
- D. Hair thinning

76. What can untreated asthma inflammation lead to?

- A. Airway damage over time
- B. Stronger lungs automatically
- C. Improved oxygen flow
- D. Better sleep only

77. Which inhaler is used daily for prevention?

- A. Controller inhaler
- B. Rescue inhaler only
- C. Antibiotic inhaler
- D. Vitamin inhaler

78. Which group is at higher risk for asthma complications?

- A. People with severe allergies
- B. People with perfect vision
- C. People with freckles
- D. People with straight hair

79. What is one goal of asthma treatment?

- A. Prevent symptoms
- B. Eliminate oxygen
- C. Reduce appetite
- D. Prevent sleep

80. Which action helps identify asthma triggers?

- A. Keeping a symptom diary
- B. Ignoring symptoms
- C. Avoiding medical visits
- D. Skipping medication

81. What is airway remodeling?

- A. Permanent changes in airway structure
- B. Bone repair
- C. Skin regeneration
- D. Heart enlargement

82. Which emergency treatment may be needed in severe asthma?

- A. Oxygen therapy
- B. Eye drops
- C. Dental cleaning
- D. Hearing aids

83. Which symptom suggests worsening asthma control?

- A. Increased inhaler use
- B. Better breathing
- C. Reduced coughing
- D. Improved exercise tolerance

84. Which trigger may be found in cleaning products?

- A. Chemical fumes
- B. Vitamins
- C. Calcium
- D. Protein

85. Which test may show reversible airway obstruction?

- A. Spirometry
- B. Bone scan
- C. Vision exam
- D. Colonoscopy

86. Which symptom may occur after exposure to smoke?

- A. Wheezing
- B. Better breathing
- C. Increased energy only
- D. Improved sleep immediately

87. Which asthma trigger is common in urban areas?

- A. Pollution
- B. Mountain air only
- C. Quiet rooms
- D. Fresh rainwater

88. Which body structure carries air into the lungs?

- A. Bronchi
- B. Arteries
- C. Kidneys
- D. Tendons

89. What may happen if a severe asthma attack is untreated?

- A. Respiratory failure

- B. Improved airflow
- C. Better endurance
- D. Increased vision

90. Which type of medication is usually inhaled directly into the lungs?

- A. Asthma bronchodilator
- B. Antibiotic tablet only
- C. Pain patch
- D. Vitamin capsule

91. Which factor can improve asthma management?

- A. Regular medical follow-up
- B. Skipping appointments
- C. Smoking indoors
- D. Ignoring worsening symptoms

92. Which symptom is common during asthma flare-ups?

- A. Persistent coughing
- B. Tooth fractures
- C. Finger swelling only
- D. Blurred hearing

93. What is an exacerbation?

- A. Worsening of asthma symptoms
- B. Permanent cure
- C. Bone infection
- D. Hearing problem

94. Which breathing issue occurs in asthma?

- A. Airflow obstruction
- B. Increased bone growth
- C. Blood clotting disorder
- D. Skin discoloration only

95. Which child symptom may suggest asthma?

- A. Coughing during play
- B. Improved breathing after smoke exposure
- C. Constant ear pain
- D. Hair shedding

96. Which action is important during an asthma attack?

- A. Using prescribed rescue medication
- B. Ignoring symptoms
- C. Running intensely
- D. Avoiding all breathing treatments

97. Which symptom may occur with severe oxygen deprivation?

- A. Confusion
- B. Improved memory
- C. Better concentration
- D. Increased appetite

98. Which factor can reduce asthma flare-ups?

- A. Trigger avoidance
- B. Smoking exposure
- C. Ignoring allergies
- D. Skipping medications

99. Which healthcare strategy helps prevent emergencies?

- A. Following an asthma action plan
- B. Sharing inhalers with others
- C. Avoiding treatment
- D. Ignoring warning signs

100. What is the overall goal of asthma management?

- A. Maintain normal activity with controlled symptoms

- B. Avoid all physical movement
- C. Eliminate breathing permanently
- D. Stay indoors forever