

## Bronchitis: 100-Question Multiple-Choice Quiz

1. What is bronchitis?

- A. Inflammation of the kidneys
- B. Inflammation of the bronchial tubes
- C. Infection of the stomach
- D. Swelling of the joints

2. Which symptom is most commonly associated with bronchitis?

- A. Skin rash
- B. Persistent cough
- C. Blurred vision
- D. Ear pain

3. Acute bronchitis is usually caused by:

- A. Fungal infections
- B. Viral infections
- C. Bone fractures
- D. Parasites

4. Chronic bronchitis is classified as a type of:

- A. Heart disease
- B. Digestive disorder
- C. Chronic obstructive pulmonary disease (COPD)
- D. Kidney disease

5. Which habit is the leading cause of chronic bronchitis?

- A. Excessive exercise
- B. Smoking
- C. Drinking coffee
- D. Reading in dim light

6. What color can mucus become during bronchitis?

- A. Only clear
- B. Only black
- C. Clear, yellow, or green
- D. Only blue

7. Which of the following is a common symptom of bronchitis?

- A. Chest discomfort
- B. Hair loss
- C. Tooth decay
- D. Vision loss

8. Acute bronchitis usually lasts:

- A. A few days to a few weeks
- B. Several years
- C. One day only
- D. A lifetime

9. Chronic bronchitis is diagnosed when a productive cough lasts for at least:

- A. 1 week
- B. 1 month
- C. 3 months in two consecutive years
- D. 10 years

10. Which age group commonly develops acute bronchitis?

- A. Only infants
- B. Only elderly adults
- C. People of all ages
- D. Only teenagers

11. What type of cough is common in bronchitis?

- A. Dry cough only
- B. Productive cough with mucus
- C. Silent cough

D. Barking cough only

12. Which virus may cause acute bronchitis?

- A. Influenza virus
- B. HIV only
- C. Rabies virus
- D. Ebola virus only

13. Bronchitis affects which body system?

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

14. Which symptom may accompany bronchitis?

- A. Fatigue
- B. Broken bones
- C. Hearing loss
- D. Kidney stones

15. Wheezing during bronchitis indicates:

- A. Narrowed airways
- B. Improved breathing
- C. Bone infection
- D. Eye strain

16. Which environmental factor can worsen bronchitis?

- A. Clean air
- B. Air pollution
- C. Proper hydration
- D. Healthy diet

17. Fever in bronchitis is usually:

- A. Extremely high
- B. Mild or absent
- C. Permanent
- D. Unrelated

18. Which test may help diagnose bronchitis?

- A. Chest X-ray
- B. Eye examination
- C. Bone scan
- D. Colonoscopy

19. A stethoscope is used in bronchitis to listen for:

- A. Heart murmurs only
- B. Lung sounds such as wheezing
- C. Stomach ulcers
- D. Brain waves

20. Antibiotics are usually prescribed for acute bronchitis caused by:

- A. Viruses
- B. Bacteria
- C. Stress
- D. Allergies only

21. Most acute bronchitis cases do NOT require:

- A. Rest
- B. Fluids
- C. Antibiotics
- D. Cough medicine

22. Which lifestyle change can reduce chronic bronchitis risk?

- A. Smoking cessation
- B. Sleep deprivation
- C. Excess sugar intake
- D. Avoiding exercise

23. Bronchodilators help bronchitis patients by:

- A. Increasing mucus
- B. Opening airways
- C. Lowering blood sugar
- D. Improving vision

24. Which beverage can help thin mucus?

- A. Water
- B. Soda only
- C. Alcohol
- D. Energy drinks

25. Smoking damages bronchial tubes by:

- A. Improving oxygen flow
- B. Irritating airway lining
- C. Strengthening lungs
- D. Preventing mucus production

26. Which symptom suggests severe breathing difficulty?

- A. Blue lips
- B. Mild sneezing
- C. Dry skin
- D. Tooth pain

27. Chronic bronchitis can lead to:

- A. Improved lung function
- B. Permanent airway damage
- C. Better endurance
- D. Stronger bones

28. Which group has a higher risk of bronchitis complications?

- A. Healthy young adults only

- B. Older adults
- C. Professional athletes only
- D. People with perfect health

29. Exposure to secondhand smoke can:

- A. Protect lungs
- B. Increase bronchitis risk
- C. Cure infections
- D. Prevent coughing

30. Which vaccine may help prevent bronchitis complications?

- A. Influenza vaccine
- B. Rabies vaccine
- C. Tetanus vaccine only
- D. Yellow fever vaccine only

31. Pneumonia is different from bronchitis because pneumonia affects the:

- A. Skin
- B. Air sacs in the lungs
- C. Heart valves
- D. Intestines

32. Which symptom is common in chronic bronchitis?

- A. Daily mucus-producing cough
- B. Sudden blindness
- C. Severe bleeding
- D. Frequent fractures

33. What does mucus do in the respiratory system?

- A. Carries blood
- B. Traps irritants and germs
- C. Digests food
- D. Strengthens bones

34. Which season commonly sees more acute bronchitis cases?

- A. Summer only
- B. Winter
- C. Spring only
- D. Fall only

35. A humidifier may help bronchitis symptoms by:

- A. Drying airways
- B. Moistening air passages
- C. Lowering blood pressure
- D. Increasing fever

36. Which symptom requires emergency care?

- A. Mild cough
- B. Severe shortness of breath
- C. Slight fatigue
- D. Runny nose

37. Acute bronchitis is considered contagious when caused by:

- A. Viruses or bacteria
- B. Dust exposure only
- C. Cold weather alone
- D. Exercise

38. Which practice helps prevent bronchitis spread?

- A. Sharing utensils
- B. Frequent handwashing
- C. Smoking indoors
- D. Avoiding sleep

39. Which medical professional commonly treats bronchitis?

- A. Dermatologist

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

40. Chronic bronchitis may reduce oxygen exchange because of:

- A. Airway inflammation and mucus
- B. Strong muscles
- C. Improved circulation
- D. Bone growth

41. Which over-the-counter medicine may reduce fever in bronchitis?

- A. Acetaminophen
- B. Antibiotics
- C. Insulin
- D. Chemotherapy

42. What is sputum?

- A. A type of bone
- B. Mucus coughed up from the lungs
- C. A skin condition
- D. A stomach acid

43. Chronic bronchitis often develops gradually over:

- A. Hours
- B. Days
- C. Years
- D. Minutes

Explanation: Long-term irritation slowly damages the airways over time.

44. Which occupation may increase bronchitis risk?

- A. Office clerk in clean air

- B. Coal miner
- C. Librarian only
- D. Accountant only

45. A pulse oximeter measures:

- A. Blood sugar
- B. Oxygen levels in the blood
- C. Bone density
- D. Blood type

46. Which symptom is less common in simple acute bronchitis?

- A. Cough
- B. Mucus production
- C. High fever
- D. Wheezing

47. Which condition commonly coexists with chronic bronchitis?

- A. Emphysema
- B. Appendicitis
- C. Cataracts
- D. Migraine only

48. The bronchial tubes connect the:

- A. Heart to kidneys
- B. Trachea to lungs
- C. Brain to spinal cord
- D. Liver to intestines

49. Which factor increases susceptibility to bronchitis?

- A. Strong immune system
- B. Frequent exposure to irritants
- C. Healthy diet
- D. Regular exercise

50. Coughing in bronchitis helps the body:

- A. Remove mucus
- B. Break bones
- C. Improve eyesight
- D. Digest food

51. Which test measures lung function?

- A. Spirometry
- B. MRI of the knee
- C. Blood typing
- D. Eye chart test

52. Which symptom may worsen at night with bronchitis?

- A. Cough
- B. Hair growth
- C. Nail growth
- D. Appetite only

53. Which medication suppresses coughing?

- A. Cough suppressant
- B. Antibiotic only
- C. Antacid
- D. Vitamin D only

54. Excess mucus in bronchitis is produced by:

- A. Irritated airway glands
- B. Bones
- C. Kidneys
- D. Skin cells

55. Which symptom may indicate chronic bronchitis progression?

- A. Increased shortness of breath
- B. Improved stamina

- C. Better sleep only
- D. Faster hair growth

56. Which home remedy may soothe bronchitis symptoms?

- A. Warm tea with honey
- B. Smoking cigarettes
- C. Dehydration
- D. Excess alcohol

57. Which population is especially vulnerable to bronchitis complications?

- A. Infants
- B. Healthy adults only
- C. Marathon runners only
- D. Teenagers only

58. What is a major goal of bronchitis treatment?

- A. Increase airway inflammation
- B. Relieve symptoms and improve breathing
- C. Cause dehydration
- D. Prevent sleep

59. Which type of smoke besides tobacco may irritate airways?

- A. Wood smoke
- B. Fresh air
- C. Steam only
- D. Oxygen only

60. Acute bronchitis often begins after:

- A. A respiratory infection
- B. A broken arm
- C. Eye surgery
- D. Tooth extraction

61. Which symptom can occur due to excessive coughing?

- A. Sore chest muscles
- B. Broken spine
- C. Blindness
- D. Kidney failure

62. Which habit supports lung health in bronchitis recovery?

- A. Resting adequately
- B. Smoking more
- C. Avoiding fluids
- D. Staying in polluted air

63. Which condition may mimic bronchitis symptoms?

- A. Asthma
- B. Broken toe
- C. Skin allergy only
- D. Tooth infection only

64. What happens to airways in bronchitis?

- A. They become inflamed
- B. They disappear
- C. They harden into bone
- D. They stop existing

65. Which symptom may indicate low oxygen levels?

- A. Confusion
- B. Strong appetite
- C. Healthy skin tone
- D. Increased energy

66. Which factor may trigger bronchitis flare-ups?

- A. Cold air
- B. Balanced nutrition

- C. Clean environments
- D. Moderate exercise

67. Chronic bronchitis primarily affects:

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

68. Which healthcare advice is important during bronchitis?

- A. Stay hydrated
- B. Avoid all sleep
- C. Stop eating completely
- D. Exercise excessively

69. Which symptom is associated with mucus buildup?

- A. Rattling breath sounds
- B. Strong vision
- C. Improved hearing
- D. Bone pain only

70. Which imaging test may rule out other lung diseases?

- A. Chest CT scan
- B. Dental X-ray only
- C. Foot MRI only
- D. Eye ultrasound only

71. Which infection control measure reduces spread of bronchitis-causing viruses?

- A. Covering coughs
- B. Sharing drinks
- C. Smoking indoors
- D. Avoiding handwashing

72. Which symptom commonly improves as bronchitis resolves?

- A. Persistent cough
- B. Bone fracture
- C. Hair color changes
- D. Vision problems

73. Which condition increases bronchitis risk?

- A. Weakened immune system
- B. Perfect lung health
- C. Excellent air quality
- D. Regular hydration

74. Which symptom may persist after infection clears?

- A. Mild cough
- B. Broken bones
- C. Hearing loss
- D. Rash only

75. Which activity may worsen bronchitis symptoms?

- A. Exposure to cigarette smoke
- B. Drinking water
- C. Resting quietly
- D. Breathing clean air

76. What is a common complication of chronic bronchitis?

- A. Frequent respiratory infections
- B. Stronger lungs
- C. Better immunity
- D. Faster healing

77. Which symptom may accompany severe bronchitis?

- A. Rapid breathing
- B. Longer fingernails

- C. Better concentration
- D. Increased appetite

78. Which substance in cigarettes harms airway cilia?

- A. Tobacco smoke toxins
- B. Water vapor only
- C. Oxygen
- D. Calcium

79. Cilia in the airways normally help:

- A. Move mucus out of lungs
- B. Digest food
- C. Pump blood
- D. Strengthen bones

80. Which breathing sound is common in bronchitis?

- A. Wheezing
- B. Silence only
- C. Snoring only
- D. Hiccups only

81. Which habit may improve chronic bronchitis symptoms over time?

- A. Quitting smoking
- B. Increased smoking
- C. Dehydration
- D. Staying around fumes

82. Which condition is characterized by long-term productive cough?

- A. Chronic bronchitis
- B. Acute appendicitis
- C. Concussion
- D. Arthritis

83. Which type of air exposure can irritate bronchial tubes?

- A. Chemical fumes
- B. Fresh outdoor air
- C. Humidified air
- D. Filtered air

84. Which symptom often occurs with viral bronchitis?

- A. Runny nose
- B. Broken tooth
- C. Severe bleeding
- D. Hair loss

85. Which body process causes coughing in bronchitis?

- A. Airway irritation
- B. Bone growth
- C. Kidney filtration
- D. Digestion

86. Which symptom is commonly worse in the morning for chronic bronchitis?

- A. Productive cough
- B. Eye strain
- C. Tooth sensitivity
- D. Muscle cramps only

87. Which treatment may be used for severe chronic bronchitis?

- A. Oxygen therapy
- B. Tooth extraction
- C. Chemotherapy
- D. Dialysis

88. Which habit helps prevent respiratory infections?

- A. Vaccination
- B. Smoking
- C. Sleep deprivation
- D. Dehydration

89. Which symptom can indicate airway obstruction?

- A. Difficulty breathing
- B. Better endurance
- C. Increased appetite
- D. Improved memory

90. Which factor contributes to chronic bronchitis in cities?

- A. Air pollution
- B. Clean water
- C. Exercise parks
- D. Fresh produce

91. Which symptom may result from poor oxygen exchange?

- A. Fatigue
- B. Improved energy
- C. Better athletic performance
- D. Enhanced concentration

92. Which infection type most commonly causes acute bronchitis?

- A. Viral
- B. Parasitic
- C. Fungal only
- D. Bone infection

93. Which action helps loosen mucus naturally?

- A. Drinking warm fluids
- B. Smoking cigarettes
- C. Avoiding liquids
- D. Breathing dust

94. Chronic bronchitis may eventually strain the:

- A. Heart
- B. Fingernails
- C. Teeth
- D. Stomach only

95. Which symptom often prompts medical evaluation?

- A. Cough lasting several weeks
- B. Mild hiccups
- C. Temporary sneezing
- D. Occasional yawning

96. Which preventive measure protects bronchial health?

- A. Avoiding smoking
- B. Inhaling fumes
- C. Living in polluted spaces
- D. Ignoring symptoms

97. Which symptom can occur due to inflamed airways?

- A. Chest tightness
- B. Improved breathing only
- C. Sharper vision
- D. Increased hearing

98. Which condition may develop from untreated severe respiratory infections?

- A. Pneumonia
- B. Broken bones
- C. Cataracts
- D. Appendicitis

99. Which breathing technique may help some bronchitis patients?

- A. Pursed-lip breathing
- B. Holding breath indefinitely
- C. Rapid shallow breathing only
- D. Avoiding breathing exercises

100. What is the best overall strategy to reduce chronic bronchitis risk?

- A. Avoid smoking and lung irritants
- B. Stay dehydrated
- C. Avoid vaccines
- D. Ignore respiratory symptoms