

## Bronchitis: 100-Question Multiple-Choice Quiz with Answers

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

Answer: B. Inflammation of the bronchial tubes

Explanation: Bronchitis is a condition in which the bronchial tubes, which carry air to and from the lungs, become inflamed.

2. Which symptom is most commonly associated with bronchitis?

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

Answer: B. Persistent cough

Explanation: A persistent cough, often producing mucus, is one of the hallmark symptoms of bronchitis.

3. Acute bronchitis is usually caused by:

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

Answer: B. Viral infections

Explanation: Most cases of acute bronchitis are caused by viruses, including those responsible for the common cold and flu.

4. Chronic bronchitis is classified as a type of:

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

Answer: C. Chronic obstructive pulmonary disease (COPD)

Explanation: Chronic bronchitis is a form of COPD characterized by long-term inflammation and mucus production.

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

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

Answer: B. Smoking

Explanation: Cigarette smoking is the leading cause of chronic bronchitis because it damages the bronchial tubes.

6. What color can mucus become during bronchitis?

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

Answer: C. Clear, yellow, or green

Explanation: Mucus in bronchitis may vary in color depending on inflammation and infection.

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

- A. Chest discomfort
- B. Hair loss

- C. Tooth decay
- D. Vision loss

Answer: A. Chest discomfort

Explanation: Chest discomfort or tightness commonly occurs due to inflammation and coughing.

8. Acute bronchitis usually lasts:

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

Answer: A. A few days to a few weeks

Explanation: Acute bronchitis is temporary and generally resolves within several weeks.

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

Answer: C. 3 months in two consecutive years

Explanation: This is the standard clinical definition used to diagnose chronic bronchitis.

10. Which age group commonly develops acute bronchitis?

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

Answer: C. People of all ages

Explanation: Acute bronchitis can affect individuals of any age.

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

Answer: B. Productive cough with mucus

Explanation: Many people with bronchitis cough up mucus due to airway inflammation.

12. Which virus may cause acute bronchitis?

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

Answer: A. Influenza virus

Explanation: Influenza viruses are among the common causes of acute bronchitis.

13. Bronchitis affects which body system?

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

Answer: B. Respiratory system

Explanation: Bronchitis is a respiratory condition affecting the airways in the lungs.

14. Which symptom may accompany bronchitis?

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

Answer: A. Fatigue

Explanation: Fatigue commonly occurs because the body is fighting infection and coughing disrupts rest.

15. Wheezing during bronchitis indicates:

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

Answer: A. Narrowed airways

Explanation: Wheezing is caused by airflow through narrowed or inflamed airways.

16. Which environmental factor can worsen bronchitis?

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

Answer: B. Air pollution

Explanation: Pollutants irritate the bronchial tubes and can worsen symptoms.

17. Fever in bronchitis is usually:

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

Answer: B. Mild or absent

Explanation: Mild fever may occur with acute bronchitis, especially when caused by viral infections.

18. Which test may help diagnose bronchitis?

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

Answer: A. Chest X-ray

Explanation: A chest X-ray may help rule out pneumonia or other lung conditions.

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

Answer: B. Lung sounds such as wheezing

Explanation: Healthcare providers listen for abnormal breathing sounds associated with bronchitis.

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

- A. Viruses

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

Answer: B. Bacteria

Explanation: Antibiotics are effective against bacterial infections, not viral infections.

21. Most acute bronchitis cases do NOT require:

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

Answer: C. Antibiotics

Explanation: Because most cases are viral, antibiotics are often unnecessary.

22. Which lifestyle change can reduce chronic bronchitis risk?

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

Answer: A. Smoking cessation

Explanation: Quitting smoking significantly lowers the risk of chronic bronchitis progression.

23. Bronchodilators help bronchitis patients by:

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

Answer: B. Opening airways

Explanation: Bronchodilators relax airway muscles and improve airflow.

24. Which beverage can help thin mucus?

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

Answer: A. Water

Explanation: Staying hydrated helps thin mucus, making it easier to cough up.

25. Smoking damages bronchial tubes by:

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

Answer: B. Irritating airway lining

Explanation: Tobacco smoke irritates and damages airway tissues.

26. Which symptom suggests severe breathing difficulty?

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

Answer: A. Blue lips

Explanation: Blue lips may indicate low oxygen levels and require immediate medical attention.

27. Chronic bronchitis can lead to:

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

Answer: B. Permanent airway damage

Explanation: Long-term inflammation can damage airways and impair lung function.

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

Answer: B. Older adults

Explanation: Older adults may have weaker immune systems and underlying lung disease.

29. Exposure to secondhand smoke can:

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

Answer: B. Increase bronchitis risk

Explanation: Secondhand smoke irritates the airways similarly to direct smoking.

30. Which vaccine may help prevent bronchitis complications?

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

Answer: A. Influenza vaccine

Explanation: Preventing influenza may reduce the risk of developing acute bronchitis.

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

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

Answer: B. Air sacs in the lungs

Explanation: Pneumonia infects the lung air sacs, while bronchitis affects bronchial tubes.

32. Which symptom is common in chronic bronchitis?

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

Answer: A. Daily mucus-producing cough

Explanation: Chronic productive cough is the defining symptom of chronic bronchitis.

33. What does mucus do in the respiratory system?

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

Answer: B. Traps irritants and germs

Explanation: Mucus helps protect the lungs by trapping harmful particles.

34. Which season commonly sees more acute bronchitis cases?

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

Answer: B. Winter

Explanation: Viral respiratory infections are more common in winter months.

35. A humidifier may help bronchitis symptoms by:

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

Answer: B. Moistening air passages

Explanation: Moist air can soothe irritated bronchial tubes.

36. Which symptom requires emergency care?

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

Answer: B. Severe shortness of breath

Explanation: Severe breathing problems can indicate serious complications.

37. Acute bronchitis is considered contagious when caused by:

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

Answer: A. Viruses or bacteria

Explanation: Infectious bronchitis can spread through respiratory droplets.

38. Which practice helps prevent bronchitis spread?

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

Answer: B. Frequent handwashing

Explanation: Handwashing helps reduce transmission of respiratory infections.

39. Which medical professional commonly treats bronchitis?

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

Answer: B. Pulmonologist

Explanation: Pulmonologists specialize in lung and respiratory diseases.

40. Chronic bronchitis may reduce oxygen exchange because of:

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

Answer: A. Airway inflammation and mucus

Explanation: Inflamed airways and excess mucus limit airflow and oxygen delivery.

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

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

Answer: A. Acetaminophen

Explanation: Acetaminophen can help relieve fever and discomfort.

42. What is sputum?

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

Answer: B. Mucus coughed up from the lungs

Explanation: Sputum refers to mucus expelled from the respiratory tract.

43. Chronic bronchitis often develops gradually over:

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

Answer: C. Years

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

Answer: B. Coal miner

Explanation: Dust and chemical exposure can irritate the lungs.

45. A pulse oximeter measures:

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

Answer: B. Oxygen levels in the blood

Explanation: Pulse oximeters help assess oxygen saturation.

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

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

D. Wheezing

Answer: C. High fever

Explanation: High fever may suggest pneumonia rather than uncomplicated bronchitis.

47. Which condition commonly coexists with chronic bronchitis?

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

Answer: A. Emphysema

Explanation: Chronic bronchitis and emphysema are both forms of COPD.

48. The bronchial tubes connect the:

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

Answer: B. Trachea to lungs

Explanation: Bronchial tubes branch from the trachea into the lungs.

49. Which factor increases susceptibility to bronchitis?

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

Answer: B. Frequent exposure to irritants

Explanation: Irritants like smoke and chemicals inflame the airways.

50. Coughing in bronchitis helps the body:

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

Answer: A. Remove mucus

Explanation: Coughing clears mucus and irritants from the airways.

51. Which test measures lung function?

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

Answer: A. Spirometry

Explanation: Spirometry measures airflow and lung capacity.

52. Which symptom may worsen at night with bronchitis?

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

Answer: A. Cough

Explanation: Lying down can increase coughing and mucus accumulation.

53. Which medication suppresses coughing?

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

Answer: A. Cough suppressant

Explanation: Cough suppressants may reduce excessive coughing in some cases.

54. Excess mucus in bronchitis is produced by:

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

Answer: A. Irritated airway glands

Explanation: Inflamed airways stimulate mucus-producing glands.

55. Which symptom may indicate chronic bronchitis progression?

- A. Increased shortness of breath
- B. Improved stamina
- C. Better sleep only
- D. Faster hair growth

Answer: A. Increased shortness of breath

Explanation: Worsening breathlessness may indicate declining lung function.

56. Which home remedy may soothe bronchitis symptoms?

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

Answer: A. Warm tea with honey

Explanation: Warm fluids and honey may help soothe the throat and coughing.

57. Which population is especially vulnerable to bronchitis complications?

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

Answer: A. Infants

Explanation: Infants have developing immune and respiratory systems.

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

Answer: B. Relieve symptoms and improve breathing

Explanation: Treatment focuses on symptom relief and supporting lung function.

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

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

Answer: A. Wood smoke

Explanation: Wood smoke contains particles that can inflame bronchial tubes.

60. Acute bronchitis often begins after:

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

Answer: A. A respiratory infection

Explanation: Bronchitis commonly follows colds or influenza.

61. Which symptom can occur due to excessive coughing?

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

Answer: A. Sore chest muscles

Explanation: Repeated coughing strains chest and abdominal muscles.

62. Which habit supports lung health in bronchitis recovery?

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

Answer: A. Resting adequately

Explanation: Rest helps the body heal from respiratory infections.

63. Which condition may mimic bronchitis symptoms?

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

Answer: A. Asthma

Explanation: Asthma can also cause coughing, wheezing, and shortness of breath.

64. What happens to airways in bronchitis?

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

Answer: A. They become inflamed

Explanation: Inflammation narrows airways and increases mucus production.

65. Which symptom may indicate low oxygen levels?

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

Answer: A. Confusion

Explanation: Low oxygen can affect brain function and cause confusion.

66. Which factor may trigger bronchitis flare-ups?

- A. Cold air
- B. Balanced nutrition

- C. Clean environments
- D. Moderate exercise

Answer: A. Cold air

Explanation: Cold air may irritate sensitive bronchial tubes.

67. Chronic bronchitis primarily affects:

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

Answer: A. Airways

Explanation: Chronic bronchitis causes long-term inflammation of the bronchial airways.

68. Which healthcare advice is important during bronchitis?

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

Answer: A. Stay hydrated

Explanation: Fluids help loosen mucus and prevent dehydration.

69. Which symptom is associated with mucus buildup?

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

Answer: A. Rattling breath sounds

Explanation: Mucus accumulation can produce noisy breathing sounds.

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

Answer: A. Chest CT scan

Explanation: CT scans provide detailed images of the lungs and airways.

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

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

Answer: A. Covering coughs

Explanation: Respiratory droplets spread viruses, so covering coughs helps prevent transmission.

72. Which symptom commonly improves as bronchitis resolves?

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

Answer: A. Persistent cough

Explanation: The cough gradually improves as airway inflammation decreases.

73. Which condition increases bronchitis risk?

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

Answer: A. Weakened immune system

Explanation: Reduced immunity makes infections more likely.

74. Which symptom may persist after infection clears?

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

Answer: A. Mild cough

Explanation: Airway irritation can continue for weeks after infection.

75. Which activity may worsen bronchitis symptoms?

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

Answer: A. Exposure to cigarette smoke

Explanation: Smoke irritates inflamed bronchial tubes.

76. What is a common complication of chronic bronchitis?

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

D. Faster healing

Answer: A. Frequent respiratory infections

Explanation: Damaged airways are more vulnerable to infections.

77. Which symptom may accompany severe bronchitis?

- A. Rapid breathing
- B. Longer fingernails
- C. Better concentration
- D. Increased appetite

Answer: A. Rapid breathing

Explanation: Difficulty breathing may cause faster respiratory rates.

78. Which substance in cigarettes harms airway cilia?

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

Answer: A. Tobacco smoke toxins

Explanation: Toxic chemicals damage cilia, which normally clear mucus.

79. Cilia in the airways normally help:

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

Answer: A. Move mucus out of lungs

Explanation: Tiny hair-like cilia sweep mucus and debris upward.

80. Which breathing sound is common in bronchitis?

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

Answer: A. Wheezing

Explanation: Narrowed airways create whistling sounds during breathing.

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

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

Answer: A. Quitting smoking

Explanation: Stopping smoking reduces airway irritation and slows disease progression.

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

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

Answer: A. Chronic bronchitis

Explanation: Persistent mucus-producing cough is the key feature.

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

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

Answer: A. Chemical fumes

Explanation: Fumes from chemicals can inflame respiratory tissues.

84. Which symptom often occurs with viral bronchitis?

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

Answer: A. Runny nose

Explanation: Viral respiratory infections may involve nasal congestion and runny nose.

85. Which body process causes coughing in bronchitis?

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

Answer: A. Airway irritation

Explanation: Inflamed airways stimulate the cough reflex.

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

Answer: A. Productive cough

Explanation: Mucus can accumulate overnight and be coughed up in the morning.

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

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

Answer: A. Oxygen therapy

Explanation: Supplemental oxygen may help patients with low blood oxygen levels.

88. Which habit helps prevent respiratory infections?

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

Answer: A. Vaccination

Explanation: Vaccines reduce the risk of infections that can trigger bronchitis.

89. Which symptom can indicate airway obstruction?

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

Answer: A. Difficulty breathing

Explanation: Inflamed and mucus-filled airways may obstruct airflow.

90. Which factor contributes to chronic bronchitis in cities?

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

Answer: A. Air pollution

Explanation: Polluted air contains irritants harmful to the respiratory system.

91. Which symptom may result from poor oxygen exchange?

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

Answer: A. Fatigue

Explanation: Low oxygen delivery to tissues can cause tiredness.

92. Which infection type most commonly causes acute bronchitis?

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

Answer: A. Viral

Explanation: Viral respiratory infections are responsible for most acute cases.

93. Which action helps loosen mucus naturally?

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

Answer: A. Drinking warm fluids

Explanation: Warm fluids help thin mucus and soothe airways.

94. Chronic bronchitis may eventually strain the:

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

Answer: A. Heart

Explanation: Chronic lung disease can place stress on the heart over time.

95. Which symptom often prompts medical evaluation?

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

Answer: A. Cough lasting several weeks

Explanation: Persistent cough may indicate bronchitis or another respiratory condition.

96. Which preventive measure protects bronchial health?

- A. Avoiding smoking
- B. Inhaling fumes

- C. Living in polluted spaces
- D. Ignoring symptoms

Answer: A. Avoiding smoking

Explanation: Avoiding tobacco smoke reduces airway irritation and lung damage.

97. Which symptom can occur due to inflamed airways?

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

Answer: A. Chest tightness

Explanation: Inflammation and coughing may create a feeling of chest tightness.

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

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

Answer: A. Pneumonia

Explanation: Infections can spread deeper into the lungs and cause pneumonia.

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

Answer: A. Pursed-lip breathing

Explanation: Pursed-lip breathing can improve airflow and reduce breathlessness.

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

Answer: A. Avoid smoking and lung irritants

Explanation: Preventing airway irritation is the most effective long-term strategy for reducing chronic bronchitis risk.