

## 100-Question Multiple-Choice Quiz About Crohn's Disease

1. What type of condition is Crohn's disease?

- A. Viral infection
- B. Autoimmune and inflammatory bowel disease
- C. Bone disorder
- D. Lung disease

2. Which part of the digestive tract is most commonly affected by Crohn's disease?

- A. Esophagus only
- B. Stomach only
- C. Small intestine and beginning of the large intestine
- D. Rectum only

3. Which symptom is most common in Crohn's disease?

- A. Hearing loss
- B. Chronic diarrhea
- C. Blurred vision
- D. Hair loss

4. Crohn's disease belongs to which larger group of diseases?

- A. Autoimmune arthritis
- B. Inflammatory bowel diseases
- C. Respiratory disorders
- D. Kidney diseases

5. What is another common symptom of Crohn's disease?

- A. Chest pain
- B. Abdominal pain
- C. Tooth decay
- D. Nosebleeds

6. Which age group is commonly diagnosed with Crohn's disease?

- A. Infants only
- B. Teenagers and young adults
- C. Adults over 80 only
- D. Preschool children only

7. Is Crohn's disease contagious?

- A. Yes
- B. Only through food
- C. No
- D. Only through blood

8. Which factor may increase the risk of Crohn's disease?

- A. Smoking
- B. Drinking water
- C. Exercise
- D. Reading books

9. What is inflammation?

- A. Cooling of tissues
- B. Body's immune response to injury or irritation
- C. Bone breakdown
- D. Loss of blood flow

10. Which test is commonly used to diagnose Crohn's disease?

- A. Colonoscopy
- B. Eye exam
- C. Hearing test
- D. Mammogram

11. What is a flare-up in Crohn's disease?

- A. A permanent cure
- B. A period when symptoms worsen
- C. A surgical procedure

D. A medication side effect

12. What is remission?

- A. Severe infection
- B. Absence or reduction of symptoms
- C. Need for surgery
- D. A blood disorder

13. Which of the following may occur with Crohn's disease?

- A. Weight loss
- B. Improved digestion
- C. Permanent deafness
- D. Cataracts only

14. What does chronic mean?

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

15. Which nutrient problem may occur in Crohn's disease?

- A. Vitamin deficiencies
- B. Excess iron only
- C. Too much calcium always
- D. Excessive protein storage

16. What is fatigue?

- A. Skin rash
- B. Extreme tiredness
- C. Joint swelling only
- D. Fever

17. Which imaging test may help diagnose Crohn's disease?

- A. MRI
- B. Dental X-ray
- C. Bone scan only
- D. Vision test

18. Which symptom may indicate intestinal bleeding?

- A. Bloody stool
- B. Sneezing
- C. Ear pain
- D. Dry skin

19. Crohn's disease may affect which body system?

- A. Digestive system
- B. Reproductive system only
- C. Nervous system only
- D. Respiratory system only

20. Which of the following is a possible complication of Crohn's disease?

- A. Intestinal blockage
- B. Broken bones only
- C. Cataracts only
- D. Asthma

21. What is an ulcer?

- A. A bone fracture
- B. An open sore
- C. A nerve injury
- D. A blood clot

22. Which medication group reduces inflammation in Crohn's disease?

- A. Antibiotics only
- B. Anti-inflammatory drugs

- C. Antifungal drugs only
- D. Sedatives only

23. What is anemia?

- A. Low red blood cell count
- B. High blood sugar
- C. Bone disease
- D. Lung infection

24. Which lifestyle habit may worsen Crohn's disease?

- A. Smoking cigarettes
- B. Sleeping regularly
- C. Drinking water
- D. Walking

25. What is a fistula?

- A. A skin bruise
- B. An abnormal tunnel between body parts
- C. A broken ligament
- D. A blood clot

26. Which healthcare specialist often treats Crohn's disease?

- A. Cardiologist
- B. Gastroenterologist
- C. Dermatologist
- D. Ophthalmologist

27. Which dietary issue may occur with Crohn's disease?

- A. Malnutrition
- B. Excessive calcium only
- C. Overhydration only
- D. Permanent obesity

28. What is diarrhea?

- A. Frequent loose stools
- B. Slow heartbeat
- C. Dry mouth
- D. Difficulty hearing

29. What is one goal of Crohn's disease treatment?

- A. Increase inflammation
- B. Achieve remission
- C. Cause dehydration
- D. Eliminate exercise

30. Which nutrient deficiency is common in Crohn's disease?

- A. Vitamin B12
- B. Excess sodium
- C. Excess sugar
- D. Excess potassium

31. What is the ileum?

- A. Part of the stomach
- B. Last section of the small intestine
- C. Part of the liver
- D. A blood vessel

32. Which symptom may accompany flare-ups?

- A. Fever
- B. Improved appetite only
- C. Better sleep only
- D. Increased hearing

33. What is a colonoscopy biopsy used for?

- A. Measuring blood pressure
- B. Examining tissue samples
- C. Testing hearing

D. Measuring vision

34. Which condition is commonly confused with Crohn's disease?

- A. Ulcerative colitis
- B. Asthma
- C. Arthritis only
- D. Pneumonia

35. Which medication type suppresses the immune system?

- A. Immunosuppressants
- B. Antacids only
- C. Pain relievers only
- D. Vitamins only

36. What is dehydration?

- A. Excessive hydration
- B. Loss of too much body fluid
- C. Bone loss
- D. Hearing impairment

37. Which symptom may affect children with Crohn's disease?

- A. Growth delay
- B. Improved height growth only
- C. Better vision only
- D. Faster bone healing

38. What is the role of biologic medications?

- A. Increase infection risk intentionally
- B. Target specific immune pathways
- C. Cure all digestive disorders
- D. Replace surgery

39. Which symptom can occur outside the intestines?

- A. Joint pain
- B. Tooth eruption
- C. Broken ribs
- D. Earwax buildup

40. What is a common reason for surgery in Crohn's disease?

- A. Intestinal blockage
- B. Hair loss
- C. Nearsightedness
- D. Migraine only

41. Which test checks for inflammation markers in blood?

- A. Blood tests
- B. Eye exam
- C. Hearing exam
- D. Skin biopsy

42. Which stool test may help detect inflammation?

- A. Fecal calprotectin test
- B. Vision screening
- C. Allergy test only
- D. Pregnancy test

43. What is a stricture?

- A. Intestinal narrowing
- B. Bone fracture
- C. Lung collapse
- D. Eye disease

44. Which food issue may occur during flare-ups?

- A. Difficulty tolerating certain foods
- B. Perfect digestion
- C. Increased appetite only
- D. Improved absorption always

45. Which symptom suggests malabsorption?

- A. Weight loss
- B. Improved energy
- C. Better vision
- D. Increased muscle mass

46. What is one purpose of corticosteroids?

- A. Reduce inflammation quickly
- B. Cure Crohn's disease permanently
- C. Increase appetite only
- D. Prevent all infections

47. Why are steroids not usually used long-term?

- A. They are ineffective immediately
- B. They can cause serious side effects
- C. They cure the disease too quickly
- D. They cannot reduce inflammation

48. Which vitamin deficiency may contribute to bone problems?

- A. Vitamin D deficiency
- B. Vitamin C excess
- C. Sodium excess
- D. Protein excess

49. What is osteoporosis?

- A. Bone weakening
- B. Liver inflammation
- C. Kidney stones
- D. Nerve damage

50. Which organ system may be affected besides the intestines?

- A. Skin

- B. Only muscles
- C. Only teeth
- D. Only lungs

51. What is the purpose of nutritional therapy?

- A. Improve nutritional status
- B. Increase inflammation
- C. Cause dehydration
- D. Eliminate sleep

52. Which symptom may require urgent medical care?

- A. Severe abdominal pain
- B. Mild thirst
- C. Occasional hiccups
- D. Sneezing

53. What is one possible cause of Crohn's disease?

- A. Combination of genetics and immune dysfunction
- B. Simple dehydration only
- C. Broken bones
- D. Lack of exercise alone

54. Which family factor may increase risk?

- A. Family history of IBD
- B. Eye color only
- C. Shoe size
- D. Height only

55. Which symptom may result from anemia?

- A. Fatigue
- B. Increased strength
- C. Perfect concentration
- D. Better endurance

56. What is endoscopy?

- A. Viewing inside the digestive tract with a camera
- B. Bone surgery
- C. Eye treatment
- D. Dental cleaning

57. Which symptom may occur during severe flare-ups?

- A. Loss of appetite
- B. Increased hearing
- C. Improved memory
- D. Hair growth

58. What is the colon?

- A. Part of the large intestine
- B. Part of the heart
- C. Part of the lung
- D. A hormone gland

59. Which medication may help maintain remission?

- A. Biologics
- B. Antibiotics only
- C. Pain creams only
- D. Antihistamines only

60. Which condition may result from chronic diarrhea?

- A. Electrolyte imbalance
- B. Perfect hydration
- C. Improved digestion
- D. Bone strengthening

61. What is an abscess?

- A. Collection of pus caused by infection
- B. Bone fracture

- C. Vision disorder
- D. Blood clot

62. Which emotional issue may affect people with Crohn's disease?

- A. Anxiety
- B. Improved concentration only
- C. Memory enhancement
- D. Hyperactivity only

63. Which symptom may suggest dehydration?

- A. Dizziness
- B. Improved energy
- C. Sweating less during exercise only
- D. Better sleep

64. What is a common treatment approach during flare-ups?

- A. Adjust medications
- B. Ignore symptoms
- C. Stop all fluids
- D. Avoid medical care

65. Which food approach may help some patients?

- A. Keeping a food diary
- B. Eating only candy
- C. Avoiding all fluids
- D. Eating spoiled food

66. Which condition may mimic Crohn's disease symptoms?

- A. Irritable bowel syndrome
- B. Broken arm
- C. Migraine only
- D. Tooth infection only

67. What is one possible side effect of immunosuppressants?

- A. Increased infection risk
- B. Permanent immunity
- C. Bone growth only
- D. Better eyesight

68. Which nutrient may need supplementation?

- A. Iron
- B. Sand
- C. Chlorine
- D. Mercury

69. What is one purpose of surgery?

- A. Remove damaged sections of intestine
- B. Cure all autoimmune diseases
- C. Improve hearing
- D. Treat pneumonia

70. Does surgery cure Crohn's disease?

- A. Yes permanently
- B. No, disease may return
- C. Only in children
- D. Only in older adults

71. Which symptom may indicate a fistula?

- A. Drainage near the anus
- B. Better appetite
- C. Improved digestion
- D. Increased hearing

72. What is perianal Crohn's disease?

- A. Disease affecting the area around the anus
- B. Lung inflammation
- C. Bone disorder

D. Heart disease

73. Which symptom may occur with intestinal obstruction?

- A. Vomiting
- B. Better digestion
- C. Increased appetite
- D. Clear skin

74. What is the purpose of follow-up appointments?

- A. Monitor disease activity
- B. Ignore symptoms
- C. Eliminate nutrition
- D. Prevent sleep

75. Which lifestyle habit may support overall health?

- A. Regular exercise
- B. Smoking heavily
- C. Avoiding all sleep
- D. Severe dehydration

76. Which condition increases colon cancer risk over time?

- A. Long-standing intestinal inflammation
- B. Good nutrition
- C. Hydration
- D. Exercise

77. Which screening may be important for some Crohn's patients?

- A. Regular colonoscopy
- B. Daily X-rays only
- C. Hearing tests only
- D. Skin allergy tests only

78. Which body system may experience inflammation besides the gut?

- A. Eyes
- B. Only fingernails
- C. Only teeth
- D. Only hair follicles

79. What is uveitis?

- A. Eye inflammation
- B. Bone infection
- C. Skin rash only
- D. Kidney disease

80. Which symptom may occur because of inflammation around joints?

- A. Arthritis-like pain
- B. Improved flexibility only
- C. Faster reflexes
- D. Increased vision

81. What does relapse mean?

- A. Return of symptoms
- B. Permanent cure
- C. Bone healing
- D. Eye improvement

82. Which healthcare professional may help with nutrition?

- A. Dietitian
- B. Optometrist
- C. Audiologist
- D. Orthopedic surgeon only

83. Which mineral imbalance may occur from diarrhea?

- A. Potassium loss
- B. Excess mercury

- C. Excess lead
- D. Excess iron always

84. What is one reason to avoid smoking with Crohn's disease?

- A. It can worsen flare-ups
- B. It cures inflammation
- C. It prevents fistulas
- D. It guarantees remission

85. Which symptom may suggest poor nutrient absorption?

- A. Fatigue and weakness
- B. Improved energy only
- C. Better concentration only
- D. Increased appetite only

86. What is one goal of biologic therapy?

- A. Reduce immune-driven inflammation
- B. Increase fever
- C. Cause dehydration
- D. Eliminate nutrients

87. Which symptom may suggest an abscess?

- A. Fever and severe pain
- B. Improved digestion
- C. Better sleep
- D. Increased appetite

88. Which condition may coexist with Crohn's disease?

- A. Depression
- B. Improved mood always
- C. Perfect sleep always
- D. Complete immunity to stress

89. What is the digestive tract?

- A. System that processes food
- B. System controlling hearing
- C. Bone support system
- D. Respiratory system

90. Which factor can trigger symptoms in some people?

- A. Stress
- B. Fresh air
- C. Reading books
- D. Wearing shoes

91. Which symptom may occur after eating during a flare-up?

- A. Cramping
- B. Better energy immediately
- C. Improved hearing
- D. Increased concentration

92. Why is hydration important in Crohn's disease?

- A. To replace fluid lost through diarrhea
- B. To worsen inflammation
- C. To eliminate nutrients
- D. To reduce sleep

93. Which medication may help control pain indirectly by reducing inflammation?

- A. Corticosteroids
- B. Antibiotics only
- C. Sleeping pills only
- D. Eye drops only

94. Which diagnostic tool creates cross-sectional images of the intestines?

- A. CT scan

- B. Eye chart
- C. Hearing test
- D. Bone density scan only

95. Which symptom can occur if the disease affects the rectal area?

- A. Painful bowel movements
- B. Improved digestion
- C. Faster metabolism only
- D. Better concentration

96. What is one important aspect of long-term Crohn's care?

- A. Medication adherence
- B. Ignoring symptoms
- C. Avoiding all doctor visits
- D. Severe dehydration

97. Which complication may require emergency surgery?

- A. Intestinal perforation
- B. Mild fatigue
- C. Minor headache
- D. Seasonal allergies

98. What is intestinal perforation?

- A. Hole in the intestinal wall
- B. Bone injury
- C. Lung infection
- D. Eye inflammation

99. Which treatment approach often works best for Crohn's disease?

- A. Individualized treatment plan
- B. One treatment for everyone
- C. No monitoring
- D. Avoiding nutrition completely

100. What is the overall goal of Crohn's disease management?

- A. Improve quality of life and control inflammation
- B. Eliminate all physical activity
- C. Cause weight loss
- D. Increase symptoms