

Pulmonary Fibrosis Quiz - 100 Multiple-Choice Questions

1. What is pulmonary fibrosis?

- A. A bacterial infection of the lungs
- B. Scarring and thickening of lung tissue
- C. Fluid buildup around the lungs
- D. Cancer of the lung tissue

2. Which symptom is most commonly associated with pulmonary fibrosis?

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

3. What does the term "idiopathic" mean in idiopathic pulmonary fibrosis (IPF)?

- A. Caused by bacteria
- B. Related to smoking
- C. Unknown cause
- D. Genetic only

4. Which age group is most commonly affected by idiopathic pulmonary fibrosis?

- A. Children under 10
- B. Teenagers
- C. Adults over 50
- D. Newborns

5. Which imaging test is especially useful for diagnosing pulmonary fibrosis?

- A. Abdominal ultrasound
- B. CT scan of the chest
- C. Bone scan

D. Mammogram

6. Which symptom may develop as pulmonary fibrosis worsens?

- A. Shortness of breath
- B. Hair loss
- C. Tooth pain
- D. Hearing loss

7. What happens to lung elasticity in pulmonary fibrosis?

- A. It increases
- B. It stays normal
- C. It decreases
- D. It doubles

8. Which occupation may increase the risk of pulmonary fibrosis?

- A. Accountant
- B. Miner
- C. Librarian
- D. Cashier

9. Which of the following can contribute to pulmonary fibrosis?

- A. Exposure to asbestos
- B. Drinking water
- C. Mild sun exposure
- D. Reading books

10. What is clubbing in pulmonary fibrosis?

- A. Swelling of the ears
- B. Enlargement of fingertips and nails
- C. Muscle cramps
- D. Skin peeling

11. Which test measures how well the lungs move air?

- A. Spirometry
- B. Blood sugar test
- C. Eye exam
- D. Colonoscopy

12. Pulmonary fibrosis mainly affects which body system?

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

13. Which gas exchange problem occurs in pulmonary fibrosis?

- A. Increased oxygen transfer
- B. Reduced oxygen transfer
- C. Excess nitrogen production
- D. No carbon dioxide removal

14. Which medication may slow progression of idiopathic pulmonary fibrosis?

- A. Penicillin
- B. Pirfenidone
- C. Ibuprofen only
- D. Antacids alone

15. Which medication is also used to treat IPF?

- A. Nintedanib
- B. Aspirin
- C. Acetaminophen
- D. Insulin

16. Smoking has what effect on pulmonary fibrosis risk?

- A. Decreases risk
- B. No effect
- C. Increases risk

D. Eliminates symptoms

17. Which breathing sound may be heard in pulmonary fibrosis?

- A. Crackles
- B. Heart murmur
- C. Silence
- D. Whistling from ears

18. Pulmonary fibrosis is generally considered:

- A. A temporary illness
- B. A chronic disease
- C. A skin disorder
- D. A contagious infection

19. Which autoimmune disease can be linked to pulmonary fibrosis?

- A. Rheumatoid arthritis
- B. Appendicitis
- C. Migraine
- D. Cataracts

20. What is hypoxemia?

- A. High blood sugar
- B. Low oxygen in the blood
- C. High calcium levels
- D. Excess stomach acid

21. Which therapy may help patients with low oxygen levels?

- A. Oxygen therapy
- B. Radiation therapy
- C. Heat therapy
- D. Massage only

22. What is pulmonary rehabilitation?

- A. A surgical procedure
- B. A program of exercise and education
- C. Chemotherapy treatment
- D. A vaccine

23. Which environmental exposure may increase pulmonary fibrosis risk?

- A. Mold
- B. Clean air
- C. Mild humidity
- D. Fresh water

24. Which diagnostic procedure may obtain lung tissue samples?

- A. Bronchoscopy
- B. Eye surgery
- C. Echocardiogram
- D. Dental cleaning

25. Which symptom may occur during exercise in pulmonary fibrosis?

- A. Improved breathing
- B. Breathlessness
- C. Increased appetite only
- D. Ear ringing

26. Pulmonary fibrosis primarily affects which part of the lungs?

- A. Air sacs and surrounding tissue
- B. Voice box only
- C. Tonsils
- D. Nasal passages only

27. Which term describes scarring in the lungs?

- A. Fibrosis
- B. Edema

- C. Infection
- D. Necrosis

28. Which complication can develop from severe pulmonary fibrosis?

- A. Pulmonary hypertension
- B. Broken bones
- C. Liver stones
- D. Cataracts

29. What is the purpose of a pulse oximeter?

- A. Measure blood pressure
- B. Measure oxygen saturation
- C. Measure blood sugar
- D. Measure body fat

30. Which lifestyle change is strongly recommended for patients with pulmonary fibrosis?

- A. Smoking cessation
- B. Avoiding sleep
- C. Eating only candy
- D. Eliminating exercise completely

31. Which infection-prevention measure is important for pulmonary fibrosis patients?

- A. Vaccinations
- B. Avoiding water
- C. Sleeping less
- D. Ignoring fevers

32. What type of cough is common in pulmonary fibrosis?

- A. Wet productive cough
- B. Dry cough
- C. Barking cough only at night

D. No cough ever

33. Which scan gives detailed images of lung scarring?

- A. MRI of the knee
- B. High-resolution CT scan
- C. Dental X-ray
- D. PET scan of the brain

34. Pulmonary fibrosis can make daily activities difficult because:

- A. Oxygen delivery decreases
- B. Vision becomes blurry
- C. Hearing improves
- D. Digestion stops

35. Which symptom may indicate worsening disease?

- A. Increased exercise tolerance
- B. Severe fatigue
- C. Improved breathing
- D. Weight gain only

36. Which condition may require lung transplantation?

- A. Severe pulmonary fibrosis
- B. Mild seasonal allergies
- C. Athlete's foot
- D. Nearsightedness

37. What is an alveolus?

- A. A kidney structure
- B. A tiny air sac in the lungs
- C. A blood vessel in the brain
- D. A bone cell

38. Which test may assess oxygen levels during walking?

- A. Six-minute walk test
- B. Eye pressure test
- C. Hearing exam
- D. Skin biopsy

39. What does "interstitial" refer to in interstitial lung disease?

- A. Muscle tissue
- B. Tissue surrounding lung air sacs
- C. Brain lining
- D. Bone marrow

40. Pulmonary fibrosis can eventually lead to:

- A. Respiratory failure
- B. Improved lung capacity
- C. Faster hair growth
- D. Enhanced vision

41. Which blood vessel complication may occur in pulmonary fibrosis?

- A. Pulmonary hypertension
- B. Varicose veins only
- C. Stroke always
- D. Kidney failure immediately

42. Which factor may worsen pulmonary fibrosis symptoms?

- A. Air pollution
- B. Hydration
- C. Stretching
- D. Reading

43. Which healthcare specialist commonly treats pulmonary fibrosis?

- A. Dermatologist
- B. Pulmonologist

- C. Ophthalmologist
- D. Podiatrist

44. Which symptom often appears gradually in pulmonary fibrosis?

- A. Shortness of breath
- B. Sudden blindness
- C. Tooth decay
- D. Finger fractures

45. What role does scar tissue play in pulmonary fibrosis?

- A. Improves airflow
- B. Stiffens the lungs
- C. Strengthens oxygen exchange
- D. Prevents breathing problems

46. Which medication category is used in IPF treatment?

- A. Antifibrotics
- B. Antifungals only
- C. Sedatives only
- D. Painkillers only

47. Which activity may become harder as pulmonary fibrosis progresses?

- A. Climbing stairs
- B. Sleeping only
- C. Reading books
- D. Writing letters

48. Which type of oxygen support may be prescribed?

- A. Supplemental oxygen
- B. Nitrogen gas
- C. Carbon monoxide therapy
- D. Helium infusion

49. Which symptom may indicate low oxygen levels?

- A. Cyanosis
- B. Improved appetite
- C. Red hair
- D. Sneezing only

50. Which imaging finding is common in pulmonary fibrosis?

- A. Honeycombing
- B. Broken ribs only
- C. Brain swelling
- D. Enlarged appendix

51. Which condition belongs to the group of interstitial lung diseases?

- A. Idiopathic pulmonary fibrosis
- B. Chickenpox
- C. Appendicitis
- D. Eczema

52. Which symptom is less common early in pulmonary fibrosis?

- A. Severe chest trauma
- B. Mild shortness of breath
- C. Dry cough
- D. Fatigue

53. Which exposure is linked to farmer's lung and fibrosis risk?

- A. Organic dusts
- B. Clean indoor air
- C. Mild exercise
- D. Fluids

54. What is dyspnea?

- A. Difficulty breathing

- B. Chest rash
- C. Joint pain
- D. Fever

55. Which diagnostic tool listens to lung sounds?

- A. Stethoscope
- B. Thermometer
- C. Microscope
- D. Reflex hammer

56. Pulmonary fibrosis can reduce tolerance for:

- A. Physical activity
- B. Reading
- C. Conversation
- D. Watching television

57. Which treatment may improve quality of life but not cure fibrosis?

- A. Oxygen therapy
- B. Tooth extraction
- C. Skin cream
- D. Eye drops

58. Which complication may strain the heart?

- A. Pulmonary hypertension
- B. Tooth cavities
- C. Muscle cramps
- D. Nearsightedness

59. What is the main problem caused by fibrosis?

- A. Lung scarring
- B. Broken bones
- C. High blood sugar
- D. Liver swelling

60. Which symptom may interrupt sleep in pulmonary fibrosis?

- A. Breathlessness
- B. Improved energy
- C. Enhanced hearing
- D. Increased appetite

61. Which risk factor cannot always be modified?

- A. Age
- B. Smoking
- C. Workplace exposure
- D. Air quality

62. Which family history factor may increase risk?

- A. Relatives with pulmonary fibrosis
- B. Relatives with broken arms
- C. Nearsighted parents
- D. Tooth infections

63. Which body position may worsen breathing in advanced disease?

- A. Lying flat
- B. Standing upright
- C. Sitting forward
- D. Walking slowly

64. Which scan uses X-rays and computer imaging?

- A. CT scan
- B. Ultrasound only
- C. ECG
- D. EEG

65. Which oxygen-related symptom may appear in fingers?

- A. Clubbing
- B. Bruising
- C. Rash
- D. Peeling

66. Which disease process is common in pulmonary fibrosis?

- A. Chronic inflammation and scarring
- B. Bone destruction only
- C. Skin thickening only
- D. Acute bleeding only

67. Which factor may trigger worsening symptoms?

- A. Respiratory infections
- B. Reading quietly
- C. Mild stretching
- D. Warm socks

68. Which breathing pattern may be seen in pulmonary fibrosis?

- A. Rapid shallow breathing
- B. Extremely slow breathing only
- C. No breathing difficulty
- D. Irregular heartbeat only

69. What is one goal of pulmonary rehabilitation?

- A. Improve endurance
- B. Cure lung scarring completely
- C. Replace medications entirely
- D. Eliminate oxygen from blood

70. Which symptom may be associated with advanced disease?

- A. Weight loss
- B. Improved stamina
- C. Perfect sleep
- D. Increased muscle mass

71. Which test may involve breathing into a machine?

- A. Pulmonary function test
- B. Vision screening
- C. Skin allergy test
- D. Bone density scan

72. Which condition may coexist with pulmonary fibrosis?

- A. Gastroesophageal reflux disease
- B. Broken fingernail
- C. Sunburn
- D. Earwax buildup

73. Which symptom may improve with oxygen therapy?

- A. Shortness of breath
- B. Hair color changes
- C. Tooth sensitivity
- D. Nearsightedness

74. Which medical emergency can occur in pulmonary fibrosis?

- A. Acute exacerbation
- B. Tooth eruption
- C. Mild rash
- D. Ear infection only

75. Which imaging pattern suggests severe fibrosis?

- A. Honeycomb pattern
- B. Broken bone pattern
- C. Swollen appendix
- D. Enlarged kidney

76. Which health habit supports lung health?

- A. Regular exercise as tolerated

- B. Smoking daily
- C. Ignoring symptoms
- D. Avoiding all movement

77. Which symptom may appear first in many patients?

- A. Exertional shortness of breath
- B. Sudden paralysis
- C. Severe skin burns
- D. Vision loss

78. Which occupation may involve asbestos exposure?

- A. Construction work
- B. Piano teaching
- C. Office management
- D. Baking

79. Which condition can reduce oxygen delivery to tissues?

- A. Pulmonary fibrosis
- B. Healthy lungs
- C. Good circulation
- D. Normal breathing

80. Which structure becomes thickened in pulmonary fibrosis?

- A. Lung interstitium
- B. Hair follicles
- C. Tooth enamel
- D. Eye lens

81. Which treatment option may be considered for eligible advanced patients?

- A. Lung transplant
- B. Tooth implant
- C. Cosmetic surgery
- D. Ear tubes

82. Which symptom is caused by reduced oxygen during activity?

- A. Fatigue
- B. Improved memory
- C. Faster healing
- D. Increased appetite

83. Which lung change makes breathing harder?

- A. Lung stiffness
- B. Increased elasticity
- C. Larger airways only
- D. Improved airflow

84. Which medical imaging method does not use ionizing radiation?

- A. MRI
- B. CT scan
- C. X-ray
- D. Fluoroscopy

85. Which body system supplies oxygen to tissues?

- A. Respiratory system
- B. Skeletal system
- C. Integumentary system
- D. Reproductive system

86. Which factor may help detect disease progression?

- A. Repeated lung function tests
- B. Shoe size changes
- C. Haircuts
- D. Vision checks only

87. Which gas is primarily affected in pulmonary fibrosis?

- A. Oxygen

- B. Helium
- C. Neon
- D. Argon

88. Which symptom may occur because of chronic illness?

- A. Loss of appetite
- B. Increased hearing
- C. Improved strength
- D. Better vision

89. Which factor may influence prognosis?

- A. Severity of lung damage
- B. Favorite color
- C. Shoe preference
- D. Handwriting style

90. Which disease type involves progressive lung scarring?

- A. Pulmonary fibrosis
- B. Athlete's foot
- C. Pink eye
- D. Tooth abscess

91. Which test may show reduced lung capacity?

- A. Spirometry
- B. Hearing exam
- C. Vision chart
- D. Skin patch test

92. Which breathing aid may improve exercise tolerance?

- A. Supplemental oxygen
- B. Ear plugs
- C. Sunglasses
- D. Wrist brace

93. Which characteristic is common in IPF?

- A. Progressive worsening over time
- B. Immediate cure without treatment
- C. Complete prevention in all cases
- D. Contagious spread between people

94. Which symptom may limit independence?

- A. Severe breathlessness
- B. Mild sneezing
- C. Temporary hiccups
- D. Occasional yawning

95. Which exposure should generally be avoided?

- A. Cigarette smoke
- B. Fresh air
- C. Moderate hydration
- D. Healthy meals

96. Which symptom may result from reduced blood oxygen?

- A. Confusion
- B. Improved memory
- C. Enhanced concentration
- D. Increased reflexes

97. Which specialist may evaluate candidates for lung transplant?

- A. Transplant pulmonologist
- B. Dentist
- C. Dermatologist
- D. Optometrist

98. Which support strategy may help emotionally?

- A. Support groups
- B. Ignoring symptoms

- C. Isolation only
- D. Avoiding treatment discussions

99. Which outcome is the main goal of treatment?

- A. Slow disease progression
- B. Instantly regrow lungs
- C. Eliminate all oxygen use
- D. Cure every patient immediately

100. Which statement about pulmonary fibrosis is true?

- A. It always resolves without treatment
- B. It is a progressive lung disease involving scarring
- C. It only affects children
- D. It is highly contagious