

## Pulmonary Fibrosis Quiz - 100 Multiple-Choice Questions with Answers

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

Answer: B. Scarring and thickening of lung tissue

Explanation: Pulmonary fibrosis is a chronic lung disease in which lung tissue becomes scarred and stiff, making it difficult for oxygen to pass into the bloodstream.

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

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

Answer: B. Persistent dry cough

Explanation: A chronic dry cough is one of the hallmark symptoms of pulmonary fibrosis, often occurring along with shortness of breath.

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

Answer: C. Unknown cause

Explanation: "Idiopathic" means the exact cause is unknown. In IPF, no specific reason for the lung scarring can be identified.

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

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

Answer: C. Adults over 50

Explanation: IPF most commonly develops in middle-aged and older adults, especially those over age 50.

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

Answer: B. CT scan of the chest

Explanation: A high-resolution CT scan provides detailed images of the lungs and helps identify patterns of fibrosis.

6. Which symptom may develop as pulmonary fibrosis worsens?

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

Answer: A. Shortness of breath

Explanation: As lung scarring progresses, breathing becomes increasingly difficult, especially during activity.

7. What happens to lung elasticity in pulmonary fibrosis?

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

Answer: C. It decreases

Explanation: Scarred lungs become stiff and lose elasticity, making it harder to expand and contract during breathing.

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

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

Answer: B. Miner

Explanation: Exposure to dusts such as silica or coal dust in mining can damage the lungs and increase fibrosis risk.

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

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

Answer: A. Exposure to asbestos

Explanation: Long-term exposure to asbestos fibers can cause lung scarring and serious lung disease.

10. What is clubbing in pulmonary fibrosis?

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

Answer: B. Enlargement of fingertips and nails

Explanation: Clubbing is a physical sign sometimes seen in chronic lung disease where fingertips become rounded and enlarged.

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

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

Answer: A. Spirometry

Explanation: Spirometry is a pulmonary function test that measures lung capacity and airflow.

12. Pulmonary fibrosis mainly affects which body system?

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

Answer: B. Respiratory system

Explanation: Pulmonary fibrosis directly affects the lungs, which are part of the respiratory 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

Answer: B. Reduced oxygen transfer

Explanation: Scar tissue thickens lung membranes, reducing oxygen movement into the bloodstream.

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

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

Answer: B. Pirfenidone

Explanation: Pirfenidone is an antifibrotic medication approved to help slow disease progression in IPF.

15. Which medication is also used to treat IPF?

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

Answer: A. Nintedanib

Explanation: Nintedanib helps reduce the rate of lung function decline in people with pulmonary fibrosis.

16. Smoking has what effect on pulmonary fibrosis risk?

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

D. Eliminates symptoms

Answer: C. Increases risk

Explanation: Smoking damages lung tissue and is a major risk factor for many chronic lung diseases, including fibrosis.

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

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

Answer: A. Crackles

Explanation: Fine crackling sounds, especially at the lung bases, are commonly heard with a stethoscope.

18. Pulmonary fibrosis is generally considered:

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

Answer: B. A chronic disease

Explanation: Pulmonary fibrosis is usually long-lasting and progressive.

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

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

Answer: A. Rheumatoid arthritis

Explanation: Certain autoimmune diseases can cause inflammation that leads to lung scarring.

20. What is hypoxemia?

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

Answer: B. Low oxygen in the blood

Explanation: Pulmonary fibrosis can reduce oxygen levels in the blood due to impaired lung function.

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

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

Answer: A. Oxygen therapy

Explanation: Supplemental oxygen can improve breathing and quality of life.

22. What is pulmonary rehabilitation?

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

Answer: B. A program of exercise and education

Explanation: Pulmonary rehabilitation helps patients improve endurance, breathing, and daily functioning.

23. Which environmental exposure may increase pulmonary fibrosis risk?

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

Answer: A. Mold

Explanation: Chronic exposure to certain molds and organic dusts may contribute to lung disease.

24. Which diagnostic procedure may obtain lung tissue samples?

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

Answer: A. Bronchoscopy

Explanation: Bronchoscopy may be used to collect samples or evaluate the airways.

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

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

Answer: B. Breathlessness

Explanation: Physical activity increases oxygen demand, making shortness of breath more noticeable.

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

Answer: A. Air sacs and surrounding tissue

Explanation: Fibrosis damages the interstitial tissue around the alveoli where gas exchange occurs.

27. Which term describes scarring in the lungs?

- A. Fibrosis
- B. Edema
- C. Infection
- D. Necrosis

Answer: A. Fibrosis

Explanation: Fibrosis refers to the formation of excess scar tissue.

28. Which complication can develop from severe pulmonary fibrosis?

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

Answer: A. Pulmonary hypertension

Explanation: Increased pressure in lung blood vessels can occur as fibrosis progresses.

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

Answer: B. Measure oxygen saturation

Explanation: Pulse oximeters estimate the amount of oxygen in the blood.

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

Answer: A. Smoking cessation

Explanation: Quitting smoking helps prevent additional lung damage.

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

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

Answer: A. Vaccinations

Explanation: Vaccines such as influenza and pneumonia vaccines help reduce respiratory complications.

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

Answer: B. Dry cough

Explanation: Many patients experience a chronic dry, irritating cough.

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

Answer: B. High-resolution CT scan

Explanation: High-resolution CT scans are key tools for evaluating fibrosis patterns.

34. Pulmonary fibrosis can make daily activities difficult because:

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

Answer: A. Oxygen delivery decreases

Explanation: Reduced oxygen transfer leads to fatigue and shortness of breath.

35. Which symptom may indicate worsening disease?

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

Answer: B. Severe fatigue

Explanation: Poor oxygenation often contributes to fatigue and reduced energy.

36. Which condition may require lung transplantation?

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

Answer: A. Severe pulmonary fibrosis

Explanation: Lung transplantation may be considered in advanced cases.

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

Answer: B. A tiny air sac in the lungs

Explanation: Alveoli are microscopic air sacs where oxygen and carbon dioxide are exchanged.

38. Which test may assess oxygen levels during walking?

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

Answer: A. Six-minute walk test

Explanation: This test measures exercise tolerance and oxygen saturation during activity.

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

Answer: B. Tissue surrounding lung air sacs

Explanation: Interstitial lung diseases affect the supportive tissue around alveoli.

40. Pulmonary fibrosis can eventually lead to:

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

Answer: A. Respiratory failure

Explanation: Severe scarring may prevent the lungs from supplying enough oxygen.

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

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

Answer: A. Pulmonary hypertension

Explanation: Damage to lung tissue can increase resistance in pulmonary blood vessels.

42. Which factor may worsen pulmonary fibrosis symptoms?

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

Answer: A. Air pollution

Explanation: Pollutants can irritate already-damaged lungs.

43. Which healthcare specialist commonly treats pulmonary fibrosis?

- A. Dermatologist
- B. Pulmonologist
- C. Ophthalmologist
- D. Podiatrist

Answer: B. Pulmonologist

Explanation: Pulmonologists specialize in lung diseases.

44. Which symptom often appears gradually in pulmonary fibrosis?

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

Answer: A. Shortness of breath

Explanation: Breathlessness usually develops slowly over time.

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

Answer: B. Stiffens the lungs

Explanation: Scar tissue reduces lung flexibility and efficiency.

46. Which medication category is used in IPF treatment?

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

Answer: A. Antifibrotics

Explanation: Antifibrotic medications help slow scar formation.

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

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

Answer: A. Climbing stairs

Explanation: Activities requiring exertion often become difficult due to breathlessness.

48. Which type of oxygen support may be prescribed?

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

Answer: A. Supplemental oxygen

Explanation: Oxygen therapy helps maintain adequate blood oxygen levels.

49. Which symptom may indicate low oxygen levels?

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

Answer: A. Cyanosis

Explanation: Cyanosis is a bluish discoloration caused by low oxygen in the blood.

50. Which imaging finding is common in pulmonary fibrosis?

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

Answer: A. Honeycombing

Explanation: Honeycombing is a CT scan pattern associated with advanced fibrosis.

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

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

Answer: A. Idiopathic pulmonary fibrosis

Explanation: IPF is one of many interstitial lung diseases.

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

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

Answer: A. Severe chest trauma

Explanation: Chest trauma is unrelated to the typical presentation of pulmonary fibrosis.

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

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

Answer: A. Organic dusts

Explanation: Agricultural dust exposure can trigger chronic lung inflammation.

54. What is dyspnea?

- A. Difficulty breathing
- B. Chest rash
- C. Joint pain
- D. Fever

Answer: A. Difficulty breathing

Explanation: Dyspnea is the medical term for shortness of breath.

55. Which diagnostic tool listens to lung sounds?

- A. Stethoscope

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

Answer: A. Stethoscope

Explanation: Healthcare providers use stethoscopes to hear crackles and other abnormal sounds.

56. Pulmonary fibrosis can reduce tolerance for:

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

Answer: A. Physical activity

Explanation: Reduced oxygen delivery limits endurance.

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

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

Answer: A. Oxygen therapy

Explanation: Oxygen therapy relieves symptoms and improves daily functioning.

58. Which complication may strain the heart?

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

Answer: A. Pulmonary hypertension

Explanation: Increased lung artery pressure can stress the right side of the heart.

59. What is the main problem caused by fibrosis?

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

Answer: A. Lung scarring

Explanation: Fibrosis means abnormal scar tissue formation.

60. Which symptom may interrupt sleep in pulmonary fibrosis?

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

Answer: A. Breathlessness

Explanation: Breathing difficulties can worsen at night or when lying down.

61. Which risk factor cannot always be modified?

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

Answer: A. Age

Explanation: Older age is a risk factor that cannot be changed.

62. Which family history factor may increase risk?

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

Answer: A. Relatives with pulmonary fibrosis

Explanation: Some forms of pulmonary fibrosis may have genetic links.

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

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

Answer: A. Lying flat

Explanation: Some patients feel more short of breath when lying flat.

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

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

Answer: A. CT scan

Explanation: CT scans combine X-rays with computer processing to create detailed images.

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

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

Answer: A. Clubbing

Explanation: Clubbing is associated with chronic low oxygen states.

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

Answer: A. Chronic inflammation and scarring

Explanation: Repeated injury and abnormal healing contribute to fibrosis.

67. Which factor may trigger worsening symptoms?

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

Answer: A. Respiratory infections

Explanation: Infections can significantly worsen lung function.

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

Answer: A. Rapid shallow breathing

Explanation: Stiff lungs often lead to faster, shallow breaths.

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

Answer: A. Improve endurance

Explanation: Rehabilitation programs help improve exercise tolerance and symptom management.

70. Which symptom may be associated with advanced disease?

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

Answer: A. Weight loss

Explanation: Chronic illness and increased work of breathing may lead to weight loss.

71. Which test may involve breathing into a machine?

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

Answer: A. Pulmonary function test

Explanation: Pulmonary function testing evaluates lung performance.

72. Which condition may coexist with pulmonary fibrosis?

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

Answer: A. Gastroesophageal reflux disease

Explanation: GERD is common in patients with pulmonary fibrosis and may contribute to irritation.

73. Which symptom may improve with oxygen therapy?

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

Answer: A. Shortness of breath

Explanation: Supplemental oxygen can relieve symptoms caused by low oxygen levels.

74. Which medical emergency can occur in pulmonary fibrosis?

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

Answer: A. Acute exacerbation

Explanation: Acute exacerbations are sudden worsening episodes that can be life-threatening.

75. Which imaging pattern suggests severe fibrosis?

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

Answer: A. Honeycomb pattern

Explanation: Honeycombing indicates advanced lung scarring.

76. Which health habit supports lung health?

- A. Regular exercise as tolerated
- B. Smoking daily
- C. Ignoring symptoms
- D. Avoiding all movement

Answer: A. Regular exercise as tolerated

Explanation: Appropriate activity can help maintain endurance and strength.

77. Which symptom may appear first in many patients?

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

Answer: A. Exertional shortness of breath

Explanation: Many patients first notice difficulty breathing during activity.

78. Which occupation may involve asbestos exposure?

- A. Construction work
- B. Piano teaching

- C. Office management
- D. Baking

Answer: A. Construction work

Explanation: Certain construction materials historically contained asbestos.

79. Which condition can reduce oxygen delivery to tissues?

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

Answer: A. Pulmonary fibrosis

Explanation: Lung scarring interferes with oxygen exchange.

80. Which structure becomes thickened in pulmonary fibrosis?

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

Answer: A. Lung interstitium

Explanation: The interstitium thickens due to scar tissue.

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

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

Answer: A. Lung transplant

Explanation: Transplantation can improve survival in selected severe cases.

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

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

Answer: A. Fatigue

Explanation: Inadequate oxygen delivery often causes tiredness.

83. Which lung change makes breathing harder?

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

Answer: A. Lung stiffness

Explanation: Stiff lungs require more effort to expand.

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

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

Answer: A. MRI

Explanation: MRI uses magnetic fields rather than ionizing radiation.

85. Which body system supplies oxygen to tissues?

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

Answer: A. Respiratory system

Explanation: The respiratory system brings oxygen into the body.

86. Which factor may help detect disease progression?

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

Answer: A. Repeated lung function tests

Explanation: Serial testing helps monitor lung capacity decline.

87. Which gas is primarily affected in pulmonary fibrosis?

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

Answer: A. Oxygen

Explanation: Oxygen transfer into the blood is impaired.

88. Which symptom may occur because of chronic illness?

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

Answer: A. Loss of appetite

Explanation: Chronic disease can reduce appetite and energy.

89. Which factor may influence prognosis?

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

Answer: A. Severity of lung damage

Explanation: Greater scarring is associated with worse outcomes.

90. Which disease type involves progressive lung scarring?

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

Answer: A. Pulmonary fibrosis

Explanation: Pulmonary fibrosis is defined by progressive scarring of lung tissue.

91. Which test may show reduced lung capacity?

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

Answer: A. Spirometry

Explanation: Spirometry measures lung volumes and airflow.

92. Which breathing aid may improve exercise tolerance?

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

Answer: A. Supplemental oxygen

Explanation: Oxygen therapy can make activity safer and easier.

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

Answer: A. Progressive worsening over time

Explanation: IPF often gradually worsens despite treatment.

94. Which symptom may limit independence?

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

Answer: A. Severe breathlessness

Explanation: Advanced shortness of breath can affect daily activities.

95. Which exposure should generally be avoided?

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

Answer: A. Cigarette smoke

Explanation: Smoke exposure further damages lung tissue.

96. Which symptom may result from reduced blood oxygen?

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

Answer: A. Confusion

Explanation: Low oxygen levels can affect brain function.

97. Which specialist may evaluate candidates for lung transplant?

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

Answer: A. Transplant pulmonologist

Explanation: Specialized transplant teams assess eligibility and risks.

98. Which support strategy may help emotionally?

- A. Support groups
- B. Ignoring symptoms
- C. Isolation only
- D. Avoiding treatment discussions

Answer: A. Support groups

Explanation: Support groups can provide emotional support and practical coping advice.

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

Answer: A. Slow disease progression

Explanation: Current treatments aim to slow scarring, reduce symptoms, and improve quality of life.

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

Answer: B. It is a progressive lung disease involving scarring

Explanation: Pulmonary fibrosis is a chronic lung condition characterized by progressive scar tissue formation in the lungs.