

100 Question Multiple-Choice Quiz about Rheumatoid Arthritis

1. What type of disease is rheumatoid arthritis?

- A. Degenerative joint disease
- B. Autoimmune disease
- C. Infectious disease
- D. Metabolic disorder

2. Which joints are most commonly affected first in rheumatoid arthritis?

- A. Shoulder joints only
- B. Hip joints only
- C. Small joints of the hands and feet
- D. Spine only

3. What is a hallmark symptom of rheumatoid arthritis?

- A. Sudden vision loss
- B. Morning stiffness lasting over 30 minutes
- C. Severe abdominal pain
- D. Hearing loss

4. Rheumatoid arthritis most commonly affects which tissue?

- A. Cartilage only
- B. Synovial membrane
- C. Bone marrow
- D. Muscle fibers

5. Which blood test is commonly positive in rheumatoid arthritis?

- A. Troponin
- B. Rheumatoid factor
- C. Hemoglobin A1c
- D. Bilirubin

6. Which antibody is highly specific for rheumatoid arthritis?

- A. ANA
- B. Anti-CCP antibody
- C. Anti-dsDNA
- D. Anti-Smith antibody

7. Which gender is more commonly affected by rheumatoid arthritis?

- A. Males
- B. Females
- C. Both equally
- D. Children only

8. What age group is most commonly diagnosed with rheumatoid arthritis?

- A. Infants
- B. Teenagers only
- C. Middle-aged adults
- D. Elderly over 90 only

9. Which imaging study is commonly used to evaluate joint damage in RA?

- A. Ultrasound of the liver
- B. Chest CT only
- C. X-ray
- D. Mammogram

10. What is the primary goal of rheumatoid arthritis treatment?

- A. Cure the disease permanently
- B. Eliminate all bacteria
- C. Reduce inflammation and prevent joint damage
- D. Increase blood sugar levels

11. Which medication class is considered the cornerstone of RA treatment?

- A. Antibiotics
- B. DMARDs
- C. Antihistamines
- D. Antivirals

12. Which DMARD is most commonly prescribed first for RA?

- A. Methotrexate
- B. Aspirin
- C. Penicillin
- D. Omeprazole

13. Which symptom may indicate a rheumatoid arthritis flare?

- A. Reduced fatigue
- B. Increased joint pain and swelling
- C. Improved appetite only
- D. Hair growth

14. Which lifestyle habit increases the risk of developing RA?

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

15. Rheumatoid arthritis usually affects joints in what pattern?

- A. Randomly
- B. Asymmetrically
- C. Symmetrically
- D. One side only

16. Which symptom is considered systemic in rheumatoid arthritis?

- A. Fever
- B. Broken bone
- C. Tooth decay

D. Rash from poison ivy

17. What are rheumatoid nodules?

- A. Kidney stones
- B. Firm lumps under the skin
- C. Lung tumors
- D. Muscle spasms

18. Which laboratory marker indicates inflammation in RA?

- A. ESR
- B. Calcium only
- C. Potassium only
- D. Creatinine only

19. Which additional blood marker is used to assess inflammation?

- A. Vitamin D
- B. CRP
- C. Albumin
- D. Magnesium

20. Which organ system can rheumatoid arthritis also affect?

- A. Cardiovascular system
- B. Digestive system only
- C. Teeth only
- D. Hair follicles only

21. What is synovitis?

- A. Bone infection
- B. Inflammation of the synovial membrane
- C. Muscle rupture
- D. Tendon calcification

22. Which symptom often accompanies rheumatoid arthritis fatigue?

- A. Increased energy
- B. Weakness
- C. Perfect sleep
- D. Hyperactivity

23. Which joints are usually spared early in RA?

- A. Finger joints
- B. Wrist joints
- C. Distal finger joints
- D. Toe joints

24. What does chronic inflammation in RA eventually cause?

- A. Stronger cartilage
- B. Joint destruction
- C. Increased bone density
- D. Enhanced flexibility

25. Which deformity is associated with advanced RA?

- A. Scoliosis only
- B. Swan-neck deformity
- C. Flat feet only
- D. Clubfoot

26. Which healthcare specialist commonly treats RA?

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

27. Which type of exercise is recommended for RA patients?

- A. Complete inactivity
- B. Low-impact exercise
- C. Only heavy lifting
- D. Extreme endurance sports only

28. Which medication provides rapid symptom relief but does not stop disease progression?

- A. NSAIDs
- B. DMARDs
- C. Biologics
- D. Methotrexate

29. Which medication may be used short term during severe RA flares?

- A. Corticosteroids
- B. Antibiotics
- C. Antacids
- D. Insulin

30. Biologic drugs for RA target what?

- A. Specific immune pathways
- B. Bone fractures
- C. Blood sugar only
- D. Eye pressure

31. Which complication may occur in the lungs due to RA?

- A. Pulmonary fibrosis
- B. Appendicitis
- C. Kidney stones
- D. Cataracts only

32. Which factor may worsen RA symptoms?

- A. Adequate sleep
- B. Stress
- C. Balanced nutrition
- D. Gentle exercise

33. What is remission in rheumatoid arthritis?

- A. Permanent cure
- B. Period of low or no disease activity
- C. Bone infection
- D. Need for surgery

34. Which dietary approach may help reduce inflammation?

- A. Mediterranean diet
- B. High-sugar diet
- C. Processed food diet
- D. Extreme fasting only

35. Which vitamin is important for bone health in RA patients?

- A. Vitamin C only
- B. Vitamin D
- C. Vitamin K only
- D. Vitamin B12 only

36. RA increases the risk for which bone condition?

- A. Osteoporosis
- B. Bone cancer only
- C. Fracture healing only
- D. Osteomyelitis

37. Which symptom may indicate RA involvement of the eyes?

- A. Dry eyes
- B. Tooth pain
- C. Hearing loss
- D. Nasal congestion

38. Which condition is commonly associated with RA?

- A. Sjögren syndrome
- B. Appendicitis
- C. Gallstones

D. Peptic ulcer disease only

39. What is pannus in rheumatoid arthritis?

- A. Healthy cartilage
- B. Inflamed tissue that damages joints
- C. Muscle growth
- D. Bone strengthening tissue

40. Which test can detect early joint inflammation?

- A. MRI
- B. Colonoscopy
- C. ECG
- D. Bone density scan only

41. What is a common symptom of RA in the hands?

- A. Joint swelling
- B. Hair loss only
- C. Nosebleeds
- D. Vision correction

42. Which blood cells may decrease in severe RA?

- A. Red blood cells
- B. Skin cells
- C. Brain cells
- D. Fat cells

43. What is the purpose of occupational therapy in RA?

- A. Treat infections
- B. Help maintain daily functioning
- C. Cure RA
- D. Improve eyesight

44. Which symptom may indicate nerve compression from RA?

- A. Tingling in hands
- B. Increased appetite
- C. Sneezing
- D. Ear ringing only

45. Which medication monitoring is important with methotrexate?

- A. Liver function tests
- B. Hearing tests only
- C. Eye exams only
- D. Skin biopsy

46. Which supplement is often prescribed with methotrexate?

- A. Iron
- B. Folic acid
- C. Calcium only
- D. Zinc only

47. What is a possible side effect of long-term corticosteroid use?

- A. Osteoporosis
- B. Increased muscle mass only
- C. Improved immunity
- D. Tooth whitening

48. Which vaccine is often recommended for RA patients?

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

49. Which surgery may be necessary in advanced RA?

- A. Joint replacement
- B. Tonsillectomy
- C. Appendectomy
- D. Cataract surgery only

50. Which symptom is common during active RA?

- A. Warm joints
- B. Cold blue fingers only
- C. Hair darkening
- D. Hearing improvement

51. Which environmental factor besides smoking may influence RA risk?

- A. Air pollution
- B. Sunlight only
- C. Water intake only
- D. Hair dye

52. What is fatigue in RA mainly linked to?

- A. Chronic inflammation
- B. Broken bones only
- C. Eye disease only
- D. Excess caffeine

53. Which condition can RA increase the risk of?

- A. Heart attack
- B. Improved immunity
- C. Increased bone strength
- D. Reduced inflammation

54. What does "flare-up" mean in RA?

- A. Sudden improvement
- B. Worsening of symptoms
- C. Complete cure
- D. Viral infection only

55. Which blood vessel complication may occur in severe RA?

- A. Vasculitis
- B. Varicose veins only
- C. Aneurysm only
- D. Blood clot only

56. Which hand deformity is associated with RA?

- A. Ulnar deviation
- B. Trigger finger only
- C. Mallet finger only
- D. Dupuytren contracture

57. Which laboratory result supports active inflammation?

- A. Elevated CRP
- B. Low glucose only
- C. High calcium only
- D. Low sodium only

58. Which sleep issue is common in RA?

- A. Insomnia
- B. Narcolepsy only
- C. Sleepwalking only
- D. Night terrors only

59. What role does physical therapy play in RA?

- A. Maintaining flexibility and strength
- B. Eliminating all inflammation
- C. Replacing medications entirely
- D. Treating infections only

60. Which type of anemia is common in RA?

- A. Anemia of chronic disease
- B. Sickle cell anemia
- C. Pernicious anemia only
- D. Hemolytic anemia only

61. Which symptom suggests cervical spine involvement in RA?

- A. Neck pain
- B. Tooth sensitivity
- C. Abdominal bloating
- D. Hair thinning only

62. Which imaging test uses sound waves to assess joints?

- A. Ultrasound
- B. PET scan
- C. Mammography
- D. Bone scan only

63. Which RA medication targets tumor necrosis factor?

- A. TNF inhibitors
- B. Antibiotics
- C. Antifungals
- D. Antihistamines

64. Which RA symptom can affect mental health?

- A. Chronic pain
- B. Improved memory only
- C. Increased appetite only
- D. Hair growth only

65. What is one benefit of early RA treatment?

- A. Prevention of joint damage
- B. Guaranteed cure
- C. Elimination of all antibodies
- D. Prevention of all illnesses

66. Which infection risk increases with immune-suppressing RA drugs?

- A. Opportunistic infections
- B. Improved immunity only
- C. Viral resistance only
- D. Bone infections only

67. Which lifestyle strategy can help manage RA fatigue?

- A. Balanced rest and activity
- B. Total inactivity
- C. Excessive exercise only
- D. Sleep deprivation

68. Which joint lining becomes thickened in RA?

- A. Synovium
- B. Cartilage only
- C. Tendon sheath only
- D. Bone cortex only

69. What may happen if RA remains untreated?

- A. Permanent joint deformity
- B. Instant recovery
- C. Complete immunity
- D. Increased cartilage growth

70. Which symptom often improves as the day progresses?

- A. Morning stiffness
- B. Vision loss
- C. Rash only
- D. Ear pain only

71. Which protein is commonly targeted by biologic therapy?

- A. TNF-alpha
- B. Hemoglobin
- C. Insulin
- D. Albumin

72. Which condition can mimic rheumatoid arthritis?

- A. Lupus
- B. Appendicitis
- C. Cataracts
- D. Kidney stones

73. Which footwear is often recommended for RA patients?

- A. Supportive shoes
- B. High heels only
- C. Barefoot walking only
- D. Tight boots only

74. Which blood test may be negative despite RA symptoms?

- A. Rheumatoid factor
- B. Sodium only
- C. Potassium only
- D. Cholesterol only

75. Which body process causes joint erosion in RA?

- A. Immune-mediated inflammation
- B. Dehydration only
- C. Excess calcium only
- D. Poor vision only

76. Which symptom may indicate anemia in RA?

- A. Fatigue
- B. Hair growth
- C. Sneezing only
- D. Tooth pain only

77. Which RA medication may require tuberculosis screening?

- A. Biologics

- B. Antacids
- C. Vitamin supplements only
- D. Pain creams only

78. Which factor helps improve RA outcomes?

- A. Medication adherence
- B. Ignoring symptoms
- C. Smoking regularly
- D. Avoiding all exercise

79. Which tissue may be damaged in RA besides joints?

- A. Tendons
- B. Hair only
- C. Nails only
- D. Teeth only

80. Which weather-related complaint is common among RA patients?

- A. Symptoms worsening in cold weather
- B. Instant cure in winter
- C. Allergy prevention only
- D. Increased hearing only

81. Which immune cells play a major role in RA?

- A. T cells
- B. Red blood cells only
- C. Platelets only
- D. Skin cells only

82. What is seronegative RA?

- A. RA without positive RF or anti-CCP
- B. RA with no symptoms
- C. Bone infection
- D. Temporary arthritis only

83. Which daily strategy may reduce joint stress?

- A. Using assistive devices
- B. Carrying heavy loads only
- C. Skipping rest periods
- D. Wearing tight gloves only

84. Which pregnancy-related effect may occur in RA?

- A. Symptoms may improve during pregnancy
- B. Guaranteed worsening
- C. Permanent cure
- D. No hormonal effects

85. Which hormone-related life stage may trigger RA symptoms?

- A. Menopause
- B. Childhood only
- C. Infancy only
- D. Teething

86. Which complication may develop in severe longstanding RA?

- A. Joint fusion
- B. Improved flexibility only
- C. Enhanced cartilage only
- D. Increased muscle growth only

87. Which RA symptom may interfere with work performance?

- A. Hand stiffness
- B. Improved concentration only
- C. Better hearing only
- D. Increased appetite only

88. Which screening is important before starting biologics?

- A. Hepatitis screening

- B. Vision test only
- C. Allergy test only
- D. Hearing test only

89. Which nutrient-rich food may help reduce inflammation?

- A. Fatty fish
- B. Candy
- C. Fried snacks only
- D. Sugary drinks

90. Which condition may coexist with RA because of chronic pain?

- A. Depression
- B. Blindness only
- C. Appendicitis only
- D. Kidney failure only

91. What is the purpose of regular follow-up appointments in RA?

- A. Monitor disease activity and treatment response
- B. Guarantee a cure
- C. Avoid blood tests forever
- D. Replace medications entirely

92. Which symptom may suggest RA-related lung disease?

- A. Shortness of breath
- B. Tooth pain only
- C. Hair loss only
- D. Ear itching only

93. Which blood marker is commonly elevated during RA flares?

- A. ESR
- B. Hemoglobin only
- C. Calcium only
- D. Potassium only

94. Which symptom can reduce grip strength in RA?

- A. Joint pain
- B. Improved flexibility only
- C. Sneezing only
- D. Weight gain only

95. Which preventive step helps reduce infection risk while taking RA medications?

- A. Hand hygiene
- B. Smoking more
- C. Avoiding sleep
- D. Excess sugar intake

96. Which symptom may indicate inflammation in RA feet?

- A. Pain while walking
- B. Tooth sensitivity only
- C. Hearing changes only
- D. Eye twitching only

97. Which therapy may help relieve RA pain without medication?

- A. Heat therapy
- B. Smoking
- C. Sleep deprivation
- D. Excessive caffeine

98. Which immune system feature causes RA symptoms?

- A. Autoimmunity
- B. Low oxygen only
- C. Vitamin excess only
- D. Dehydration only

99. Which outcome is more likely with effective RA treatment?

- A. Improved quality of life

- B. Guaranteed infection
- C. Permanent paralysis
- D. Complete inactivity

100. Why is early diagnosis of rheumatoid arthritis important?

- A. To prevent irreversible joint damage
- B. To eliminate all immune cells
- C. To avoid all blood tests forever
- D. To guarantee lifelong remission immediately