

100 Multiple-Choice Quiz about Rheumatoid Arthritis with Answers

1. What type of disease is rheumatoid arthritis?

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

Answer: B. Autoimmune disease

Explanation: Rheumatoid arthritis (RA) is an autoimmune disease in which the immune system mistakenly attacks the lining of the joints, causing inflammation and damage.

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

Answer: C. Small joints of the hands and feet

Explanation: RA commonly begins in the small joints of the hands, wrists, and feet, often affecting both sides of the body symmetrically.

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

Answer: B. Morning stiffness lasting over 30 minutes

Explanation: Prolonged morning stiffness is a classic symptom of RA and reflects ongoing inflammation in the joints.

4. Rheumatoid arthritis most commonly affects which tissue?

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

Answer: B. Synovial membrane

Explanation: The synovial membrane becomes inflamed in RA, leading to swelling, pain, and eventual joint destruction.

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

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

Answer: B. Rheumatoid factor

Explanation: Rheumatoid factor (RF) is an antibody frequently found in patients with RA, although it is not specific to the disease.

6. Which antibody is highly specific for rheumatoid arthritis?

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

Answer: B. Anti-CCP antibody

Explanation: Anti-cyclic citrullinated peptide (anti-CCP) antibodies are highly specific for RA and may predict more severe disease.

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

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

Answer: B. Females

Explanation: Women are affected by RA about two to three times more often than men.

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

Answer: C. Middle-aged adults

Explanation: RA commonly develops between ages 30 and 60, although it can occur at any age.

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

Answer: C. X-ray

Explanation: X-rays help detect joint erosion, narrowing, and deformities associated with RA.

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

Answer: C. Reduce inflammation and prevent joint damage

Explanation: Treatment aims to control inflammation, relieve symptoms, preserve joint function, and prevent permanent damage.

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

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

Answer: B. DMARDs

Explanation: Disease-modifying antirheumatic drugs (DMARDs) slow disease progression and prevent joint destruction.

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

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

Answer: A. Methotrexate

Explanation: Methotrexate is often the first-line DMARD because it is effective at controlling inflammation and slowing joint damage.

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

Answer: B. Increased joint pain and swelling

Explanation: Flares involve worsening inflammation, pain, swelling, stiffness, and fatigue.

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

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

Answer: B. Smoking

Explanation: Smoking is a major risk factor for developing RA and may worsen disease severity.

15. Rheumatoid arthritis usually affects joints in what pattern?

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

Answer: C. Symmetrically

Explanation: RA often affects the same joints on both sides of the body.

16. Which symptom is considered systemic in rheumatoid arthritis?

- A. Fever
- B. Broken bone

- C. Tooth decay
- D. Rash from poison ivy

Answer: A. Fever

Explanation: RA is a systemic disease and may cause fever, fatigue, and weight loss in addition to joint symptoms.

17. What are rheumatoid nodules?

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

Answer: B. Firm lumps under the skin

Explanation: Rheumatoid nodules are firm inflammatory lumps commonly found near pressure points such as elbows.

18. Which laboratory marker indicates inflammation in RA?

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

Answer: A. ESR

Explanation: Erythrocyte sedimentation rate (ESR) is commonly elevated during inflammation.

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

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

Answer: B. CRP

Explanation: C-reactive protein (CRP) rises during active inflammation and helps monitor RA activity.

20. Which organ system can rheumatoid arthritis also affect?

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

Answer: A. Cardiovascular system

Explanation: RA can increase the risk of cardiovascular disease due to chronic inflammation.

21. What is synovitis?

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

Answer: B. Inflammation of the synovial membrane

Explanation: Synovitis is the hallmark inflammatory process in RA.

22. Which symptom often accompanies rheumatoid arthritis fatigue?

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

Answer: B. Weakness

Explanation: Chronic inflammation can lead to fatigue, weakness, and reduced stamina.

23. Which joints are usually spared early in RA?

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

Answer: C. Distal finger joints

Explanation: RA usually affects proximal joints rather than the distal interphalangeal joints.

24. What does chronic inflammation in RA eventually cause?

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

Answer: B. Joint destruction

Explanation: Persistent inflammation damages cartilage and bone, leading to deformities.

25. Which deformity is associated with advanced RA?

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

Answer: B. Swan-neck deformity

Explanation: Swan-neck deformity occurs when finger joints become misaligned from chronic damage.

26. Which healthcare specialist commonly treats RA?

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

Answer: B. Rheumatologist

Explanation: Rheumatologists specialize in autoimmune and joint diseases such as RA.

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

Answer: B. Low-impact exercise

Explanation: Low-impact activities like swimming and walking help maintain mobility without stressing joints.

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

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

Answer: A. NSAIDs

Explanation: Nonsteroidal anti-inflammatory drugs reduce pain and inflammation but do not prevent joint damage.

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

- A. Corticosteroids

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

Answer: A. Corticosteroids

Explanation: Corticosteroids rapidly reduce inflammation but are generally used short term due to side effects.

30. Biologic drugs for RA target what?

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

Answer: A. Specific immune pathways

Explanation: Biologics block immune molecules such as TNF-alpha involved in inflammation.

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

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

Answer: A. Pulmonary fibrosis

Explanation: RA can affect the lungs and cause inflammation and scarring.

32. Which factor may worsen RA symptoms?

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

Answer: B. Stress

Explanation: Stress can contribute to immune activation and worsen RA symptoms.

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

Answer: B. Period of low or no disease activity

Explanation: Remission means symptoms and inflammation are minimal or absent.

34. Which dietary approach may help reduce inflammation?

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

Answer: A. Mediterranean diet

Explanation: Diets rich in fruits, vegetables, fish, and healthy fats may reduce inflammation.

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

Answer: B. Vitamin D

Explanation: Vitamin D supports bone health and immune regulation.

36. RA increases the risk for which bone condition?

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

Answer: A. Osteoporosis

Explanation: Chronic inflammation and steroid use can reduce bone density.

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

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

Answer: A. Dry eyes

Explanation: RA may cause Sjögren syndrome, leading to dry eyes and mouth.

38. Which condition is commonly associated with RA?

- A. Sjögren syndrome
- B. Appendicitis
- C. Gallstones
- D. Peptic ulcer disease only

Answer: A. Sjögren syndrome

Explanation: Sjögren syndrome often occurs alongside RA and affects moisture-producing glands.

39. What is pannus in rheumatoid arthritis?

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

Answer: B. Inflamed tissue that damages joints

Explanation: Pannus forms from inflamed synovium and erodes cartilage and bone.

40. Which test can detect early joint inflammation?

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

Answer: A. MRI

Explanation: MRI can identify inflammation and joint damage earlier than X-rays.

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

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

Answer: A. Joint swelling

Explanation: Swollen, tender finger joints are common in RA.

42. Which blood cells may decrease in severe RA?

- A. Red blood cells
- B. Skin cells

- C. Brain cells
- D. Fat cells

Answer: A. Red blood cells

Explanation: Chronic inflammation can lead to anemia of chronic disease.

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

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

Answer: B. Help maintain daily functioning

Explanation: Occupational therapists teach joint protection and adaptive techniques.

44. Which symptom may indicate nerve compression from RA?

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

Answer: A. Tingling in hands

Explanation: Inflammation may compress nerves, causing symptoms like carpal tunnel syndrome.

45. Which medication monitoring is important with methotrexate?

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

Answer: A. Liver function tests

Explanation: Methotrexate can affect the liver, so monitoring is essential.

46. Which supplement is often prescribed with methotrexate?

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

Answer: B. Folic acid

Explanation: Folic acid reduces certain methotrexate side effects.

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

Answer: A. Osteoporosis

Explanation: Long-term steroids can weaken bones and increase fracture risk.

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

Answer: A. Influenza vaccine

Explanation: RA patients may have weakened immunity and benefit from routine vaccinations.

49. Which surgery may be necessary in advanced RA?

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

Answer: A. Joint replacement

Explanation: Severe joint damage may require replacement surgery to restore mobility.

50. Which symptom is common during active RA?

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

Answer: A. Warm joints

Explanation: Inflamed joints often feel warm and tender.

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

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

Answer: A. Air pollution

Explanation: Environmental exposures may contribute to immune activation and RA development.

52. What is fatigue in RA mainly linked to?

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

Answer: A. Chronic inflammation

Explanation: Persistent immune activity contributes to fatigue and low energy.

53. Which condition can RA increase the risk of?

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

Answer: A. Heart attack

Explanation: Chronic inflammation raises cardiovascular disease risk.

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

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

Answer: B. Worsening of symptoms

Explanation: Flares are periods when disease activity increases.

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

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

Answer: A. Vasculitis

Explanation: RA-related vasculitis causes inflammation of blood vessels.

56. Which hand deformity is associated with RA?

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

Answer: A. Ulnar deviation

Explanation: Chronic inflammation may cause fingers to drift toward the ulna.

57. Which laboratory result supports active inflammation?

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

Answer: A. Elevated CRP

Explanation: CRP rises during inflammatory activity.

58. Which sleep issue is common in RA?

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

Answer: A. Insomnia

Explanation: Pain and discomfort may interfere with sleep quality.

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

Answer: A. Maintaining flexibility and strength

Explanation: Physical therapy supports joint movement and muscle function.

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

Answer: A. Anemia of chronic disease

Explanation: Chronic inflammation can interfere with red blood cell production.

61. Which symptom suggests cervical spine involvement in RA?

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

Answer: A. Neck pain

Explanation: RA can affect cervical spine joints and cause instability.

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

- A. Ultrasound

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

Answer: A. Ultrasound

Explanation: Ultrasound helps detect synovitis and fluid in joints.

63. Which RA medication targets tumor necrosis factor?

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

Answer: A. TNF inhibitors

Explanation: TNF inhibitors block inflammatory proteins involved in RA.

64. Which RA symptom can affect mental health?

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

Answer: A. Chronic pain

Explanation: Chronic pain and disability may contribute to anxiety and depression.

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

Answer: A. Prevention of joint damage

Explanation: Early treatment improves long-term outcomes and reduces deformities.

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

Answer: A. Opportunistic infections

Explanation: Immunosuppressive medications can increase susceptibility to infections.

67. Which lifestyle strategy can help manage RA fatigue?

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

Answer: A. Balanced rest and activity

Explanation: Energy conservation and pacing can help manage fatigue.

68. Which joint lining becomes thickened in RA?

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

Answer: A. Synovium

Explanation: Synovial thickening contributes to swelling and pain.

69. What may happen if RA remains untreated?

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

Answer: A. Permanent joint deformity

Explanation: Ongoing inflammation causes irreversible damage over time.

70. Which symptom often improves as the day progresses?

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

Answer: A. Morning stiffness

Explanation: Joint stiffness is often worst after waking and improves with movement.

71. Which protein is commonly targeted by biologic therapy?

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

Answer: A. TNF-alpha

Explanation: TNF-alpha is a key inflammatory cytokine in RA.

72. Which condition can mimic rheumatoid arthritis?

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

Answer: A. Lupus

Explanation: Lupus and RA share symptoms such as joint pain and fatigue.

73. Which footwear is often recommended for RA patients?

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

Answer: A. Supportive shoes

Explanation: Proper footwear helps reduce stress on painful joints.

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

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

Answer: A. Rheumatoid factor

Explanation: Some patients have seronegative RA, meaning RF is absent.

75. Which body process causes joint erosion in RA?

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

Answer: A. Immune-mediated inflammation

Explanation: The immune system attacks joint tissues, leading to erosion.

76. Which symptom may indicate anemia in RA?

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

Answer: A. Fatigue

Explanation: Reduced red blood cells can cause tiredness and weakness.

77. Which RA medication may require tuberculosis screening?

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

Answer: A. Biologics

Explanation: Biologic medications can reactivate latent tuberculosis.

78. Which factor helps improve RA outcomes?

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

Answer: A. Medication adherence

Explanation: Following treatment plans improves symptom control and prevents damage.

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

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

Answer: A. Tendons

Explanation: Inflammation can weaken tendons and surrounding tissues.

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

Answer: A. Symptoms worsening in cold weather

Explanation: Many patients report increased pain and stiffness in cold or damp conditions.

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

Answer: A. T cells

Explanation: T cells contribute to autoimmune inflammation in RA.

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

Answer: A. RA without positive RF or anti-CCP

Explanation: Some patients have RA symptoms despite negative antibody tests.

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

Answer: A. Using assistive devices

Explanation: Assistive tools can protect joints during daily activities.

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

Answer: A. Symptoms may improve during pregnancy

Explanation: Hormonal and immune changes may temporarily reduce disease activity.

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

- A. Menopause
- B. Childhood only

- C. Infancy only
- D. Teething

Answer: A. Menopause

Explanation: Hormonal changes may influence autoimmune activity.

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

Answer: A. Joint fusion

Explanation: Chronic inflammation can cause joints to stiffen and fuse.

87. Which RA symptom may interfere with work performance?

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

Answer: A. Hand stiffness

Explanation: Pain and stiffness can limit fine motor tasks and productivity.

88. Which screening is important before starting biologics?

- A. Hepatitis screening
- B. Vision test only
- C. Allergy test only
- D. Hearing test only

Answer: A. Hepatitis screening

Explanation: Immunosuppressive therapy can reactivate certain infections.

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

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

Answer: A. Fatty fish

Explanation: Omega-3 fatty acids may help reduce inflammation.

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

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

Answer: A. Depression

Explanation: Chronic illness and pain can affect emotional well-being.

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

Answer: A. Monitor disease activity and treatment response

Explanation: Ongoing evaluation helps adjust therapy and prevent complications.

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

Answer: A. Shortness of breath

Explanation: RA can affect the lungs and cause breathing difficulties.

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

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

Answer: A. ESR

Explanation: ESR rises during inflammation and reflects disease activity.

94. Which symptom can reduce grip strength in RA?

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

Answer: A. Joint pain

Explanation: Pain and swelling in hand joints weaken grip strength.

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

Answer: A. Hand hygiene

Explanation: Good hygiene lowers the chance of infections during immune suppression.

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

Answer: A. Pain while walking

Explanation: RA commonly affects foot joints and may make walking painful.

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

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

Answer: A. Heat therapy

Explanation: Heat can relax muscles and ease joint stiffness.

98. Which immune system feature causes RA symptoms?

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

Answer: A. Autoimmunity

Explanation: The immune system mistakenly attacks healthy joint tissue.

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

- A. Improved quality of life
- B. Guaranteed infection
- C. Permanent paralysis
- D. Complete inactivity

Answer: A. Improved quality of life

Explanation: Proper treatment can reduce pain, improve mobility, and maintain independence.

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

Answer: A. To prevent irreversible joint damage

Explanation: Early diagnosis and treatment greatly improve long-term outcomes and reduce disability.