

100-Question Multiple-Choice Quiz About Strokes (Cerebrovascular Accidents)

1. What is the medical term for a stroke?

- A. Myocardial infarction
- B. Cerebrovascular accident
- C. Pulmonary embolism
- D. Cardiac arrest

2. Which type of stroke is caused by a blockage in a blood vessel supplying the brain?

- A. Hemorrhagic stroke
- B. Ischemic stroke
- C. Transient ischemic attack
- D. Subdural hematoma

3. Which type of stroke results from bleeding in the brain?

- A. Ischemic stroke
- B. Lacunar stroke
- C. Hemorrhagic stroke
- D. Embolic stroke

4. What does TIA stand for?

- A. Total ischemic attack
- B. Temporary intracranial aneurysm
- C. Transient ischemic attack
- D. Traumatic internal accident

5. Which of the following is the most common type of stroke?

- A. Hemorrhagic stroke
- B. Ischemic stroke
- C. Brainstem stroke
- D. TIA

6. Which risk factor is most strongly associated with stroke?

- A. Asthma
- B. Hypertension
- C. Arthritis
- D. Appendicitis

7. Which symptom is commonly associated with stroke?

- A. Sudden facial drooping
- B. Gradual hair loss
- C. Chronic knee pain
- D. Rash on the arms

8. What does the "F" in FAST stand for?

- A. Fatigue
- B. Face drooping
- C. Fever
- D. Fainting

9. What does the "A" in FAST stand for?

- A. Anxiety
- B. Arm weakness
- C. Airway
- D. Alertness

10. What does the "S" in FAST stand for?

- A. Speech difficulty
- B. Sweating
- C. Seizure
- D. Sleepiness

11. What does the "T" in FAST stand for?

- A. Temperature
- B. Tremor

- C. Time to call emergency services
- D. Tingling

12. Which imaging study is commonly performed first when evaluating a suspected stroke?

- A. PET scan
- B. CT scan
- C. Ultrasound
- D. X-ray

13. Which medication may be used to dissolve clots in ischemic stroke?

- A. Insulin
- B. Alteplase (tPA)
- C. Acetaminophen
- D. Warfarin immediately in all cases

14. Which condition can increase stroke risk due to irregular heart rhythm?

- A. Asthma
- B. Atrial fibrillation
- C. Pneumonia
- D. Migraine

15. Smoking increases stroke risk because it:

- A. Improves oxygen delivery
- B. Damages blood vessels
- C. Prevents clotting
- D. Lowers blood pressure

16. Which stroke symptom often affects only one side of the body?

- A. Sneezing
- B. Weakness or numbness
- C. Hiccups

D. Ear pain

17. A hemorrhagic stroke may be caused by:

- A. Low cholesterol
- B. Ruptured aneurysm
- C. Viral infection
- D. Broken bone

18. Which lifestyle change helps reduce stroke risk?

- A. Smoking more
- B. Increasing salt intake
- C. Regular exercise
- D. Avoiding sleep permanently

19. Which age group has the highest stroke risk?

- A. Children
- B. Teenagers
- C. Older adults
- D. Newborns

20. Diabetes increases stroke risk because it:

- A. Strengthens arteries
- B. Damages blood vessels
- C. Improves circulation
- D. Prevents clotting

21. Which artery is commonly involved in strokes affecting speech?

- A. Coronary artery
- B. Middle cerebral artery
- C. Femoral artery
- D. Pulmonary artery

22. Aphasia refers to:

- A. Difficulty swallowing
- B. Loss of language ability
- C. Loss of hearing
- D. Memory improvement

23. Dysphagia means:

- A. Difficulty swallowing
- B. Difficulty walking
- C. Difficulty seeing
- D. Difficulty hearing

24. Which side of the brain controls the right side of the body?

- A. Right side
- B. Left side
- C. Both equally
- D. Brainstem only

25. A stroke affecting the cerebellum may impair:

- A. Digestion
- B. Coordination and balance
- C. Kidney function
- D. Hair growth

26. Which cholesterol type is associated with higher stroke risk when elevated?

- A. HDL
- B. LDL
- C. Vitamin D
- D. Triglycerides only

27. Which symptom may indicate a stroke in the occipital lobe?

- A. Vision loss
- B. Chest pain
- C. Leg cramps

D. Skin itching

28. What is hemiplegia?

- A. Partial blindness
- B. Paralysis on one side of the body
- C. Hearing loss
- D. Memory loss

29. What is hemiparesis?

- A. Weakness on one side of the body
- B. Total paralysis
- C. Double vision
- D. Severe headache

30. Which test evaluates electrical activity in the brain?

- A. ECG
- B. EEG
- C. CBC
- D. BMP

31. Which stroke symptom requires emergency treatment even if it disappears?

- A. Sneezing
- B. TIA symptoms
- C. Mild fatigue
- D. Dry skin

32. Which diet may help reduce stroke risk?

- A. High-salt diet
- B. Mediterranean diet
- C. High-fat fast-food diet
- D. Candy-only diet

33. What is thrombosis?

- A. Bleeding from the nose
- B. Formation of a blood clot inside a vessel
- C. Bone fracture
- D. Lung infection

34. An embolic stroke occurs when:

- A. Bleeding surrounds the brain
- B. A clot travels from elsewhere in the body
- C. Blood sugar drops suddenly
- D. Brain tissue shrinks

35. Which condition involves bleeding into the space around the brain?

- A. Subarachnoid hemorrhage
- B. Ischemic infarct
- C. TIA
- D. Multiple sclerosis

36. Which emergency number should be called for stroke symptoms in the United States?

- A. 411
- B. 811
- C. 911
- D. 311

37. What is a major goal of stroke rehabilitation?

- A. Permanent bed rest
- B. Restore function and independence
- C. Prevent all movement
- D. Eliminate all medications

38. Which healthcare professional helps stroke patients regain speech skills?

- A. Cardiologist
- B. Speech-language pathologist
- C. Dermatologist
- D. Ophthalmologist

39. Which stroke complication can result from immobility?

- A. Deep vein thrombosis
- B. Improved circulation
- C. Better muscle tone
- D. Increased appetite

40. Which brain lobe is primarily responsible for voluntary movement?

- A. Frontal lobe
- B. Occipital lobe
- C. Temporal lobe
- D. Parietal lobe

41. Which stroke symptom is often described as “the worst headache of my life”?

- A. TIA
- B. Migraine aura
- C. Subarachnoid hemorrhage
- D. Sinus infection

42. Which medication class is commonly used to prevent recurrent ischemic strokes?

- A. Antibiotics
- B. Antiplatelet agents
- C. Antihistamines
- D. Steroids

43. Which factor cannot be modified to reduce stroke risk?

- A. Smoking

- B. Age
- C. Diet
- D. Exercise habits

44. Carotid artery disease increases stroke risk because it:

- A. Weakens bones
- B. Reduces blood flow to the brain
- C. Causes kidney stones
- D. Raises stomach acid

45. Which symptom may occur with brainstem stroke?

- A. Double vision
- B. Toenail pain
- C. Hair loss
- D. Rash

46. Which blood pressure reading is generally considered hypertensive?

- A. 90/60 mmHg
- B. 110/70 mmHg
- C. 140/90 mmHg
- D. 100/65 mmHg

47. Which stroke type may require surgical clipping of an aneurysm?

- A. Ischemic stroke
- B. Hemorrhagic stroke
- C. Lacunar stroke
- D. TIA

48. What is the purpose of thrombolytic therapy?

- A. Lower fever
- B. Dissolve blood clots
- C. Reduce pain only

D. Improve digestion

49. Which factor increases stroke risk in women?

- A. Pregnancy complications
- B. Blue eyes
- C. Tall height
- D. Curly hair

50. Which imaging test provides detailed images of brain tissue?

- A. MRI
- B. X-ray
- C. Colonoscopy
- D. Mammogram

51. Which condition is a warning sign for future stroke?

- A. TIA
- B. Athlete's foot
- C. Cataracts
- D. Eczema

52. Which type of exercise is beneficial for stroke prevention?

- A. Aerobic exercise
- B. No exercise
- C. Excessive overtraining only
- D. Sleep-only therapy

53. Which blood vessel abnormality can rupture and cause stroke?

- A. Aneurysm
- B. Tendon
- C. Cartilage
- D. Ligament

54. Which symptom may indicate left-brain stroke?

- A. Right-sided weakness
- B. Left-sided weakness only
- C. Foot swelling
- D. Skin discoloration

55. Which symptom is common in right-brain stroke?

- A. Spatial-perception problems
- B. Severe itching
- C. Tooth pain
- D. Heartburn

56. Which test evaluates blood flow in the carotid arteries?

- A. Carotid ultrasound
- B. Bone scan
- C. Pulmonary function test
- D. ECG only

57. Which medication helps lower cholesterol and reduce stroke risk?

- A. Statins
- B. Antibiotics
- C. Antacids
- D. Bronchodilators

58. Which symptom may accompany hemorrhagic stroke?

- A. Sudden severe headache
- B. Mild hunger
- C. Sneezing
- D. Sunburn

59. Which complication can occur after stroke due to swallowing difficulty?

- A. Pneumonia
- B. Improved nutrition

- C. Kidney stones
- D. Broken bones

60. Which area of the brain is responsible for speech production?

- A. Broca's area
- B. Cerebellum
- C. Occipital cortex
- D. Hippocampus

61. Which condition involves narrowing of arteries due to plaque buildup?

- A. Atherosclerosis
- B. Osteoporosis
- C. Appendicitis
- D. Bronchitis

62. Which type of stroke is often associated with long-term hypertension?

- A. Hemorrhagic stroke
- B. TIA
- C. Migraine
- D. Concussion

63. Which symptom may indicate cerebellar stroke?

- A. Loss of balance
- B. Ear infection
- C. Skin rash
- D. Chest tightness

64. Which blood thinner may be prescribed for atrial fibrillation?

- A. Warfarin
- B. Ibuprofen
- C. Acetaminophen
- D. Penicillin

65. What is the primary goal during acute stroke treatment?

- A. Restore blood flow or control bleeding
- B. Increase cholesterol
- C. Cause sedation permanently
- D. Prevent hydration

66. Which term refers to death of brain tissue from lack of blood flow?

- A. Infarction
- B. Fracture
- C. Infection
- D. Edema

67. Which symptom is common in stroke affecting the dominant hemisphere?

- A. Aphasia
- B. Kidney pain
- C. Nail discoloration
- D. Ear ringing only

68. Which factor may delay stroke treatment and worsen outcomes?

- A. Calling emergency services immediately
- B. Ignoring symptoms
- C. Rapid CT scan
- D. Early rehabilitation

69. Which stroke symptom affects communication?

- A. Dysarthria
- B. Acne
- C. Tooth decay
- D. Back pain

70. Which vitamin deficiency is directly responsible for most strokes?

- A. Vitamin C deficiency
- B. No single vitamin deficiency causes most strokes
- C. Vitamin A deficiency
- D. Vitamin K deficiency

71. Which surgery removes plaque from the carotid artery?

- A. Carotid endarterectomy
- B. Appendectomy
- C. Cholecystectomy
- D. Craniotomy only

72. Which stroke-related condition can cause increased intracranial pressure?

- A. Brain swelling
- B. Improved circulation
- C. Toenail fungus
- D. Cataracts

73. Which population has a higher overall stroke risk?

- A. People with uncontrolled hypertension
- B. People who exercise regularly
- C. People with healthy diets
- D. People with normal blood pressure

74. Which condition may mimic stroke symptoms?

- A. Hypoglycemia
- B. Healthy hydration
- C. Normal sleep
- D. Seasonal allergies

75. Which hormone-related medication may slightly increase stroke risk in some people?

- A. Oral contraceptives
- B. Antacids
- C. Antibiotics
- D. Cough suppressants

76. Which side effect may result from stroke-related immobility?

- A. Pressure ulcers
- B. Improved endurance
- C. Increased flexibility
- D. Better posture

77. Which rehabilitation specialist helps patients relearn daily tasks?

- A. Occupational therapist
- B. Veterinarian
- C. Optician
- D. Dentist

78. Which symptom may suggest posterior circulation stroke?

- A. Vertigo
- B. Toothache
- C. Sunburn
- D. Nosebleed only

79. Which blood vessel supplies the back part of the brain?

- A. Vertebral-basilar system
- B. Coronary arteries
- C. Renal arteries
- D. Femoral veins

80. Which stroke symptom may involve confusion?

- A. Sudden altered mental status
- B. Hair thinning
- C. Joint swelling

D. Seasonal allergies

81. Which intervention helps prevent aspiration in stroke patients with dysphagia?

- A. Swallow evaluation
- B. Excessive sedation
- C. Lying flat during meals
- D. Avoiding all fluids forever

82. Which factor can increase recurrent stroke risk?

- A. Poor medication adherence
- B. Controlled blood pressure
- C. Regular exercise
- D. Healthy diet

83. Which stroke-related deficit affects understanding language?

- A. Receptive aphasia
- B. Osteoarthritis
- C. Tendinitis
- D. Cataracts

84. Which artery blockage commonly causes "locked-in syndrome"?

- A. Basilar artery
- B. Radial artery
- C. Brachial artery
- D. Splenic artery

85. Which condition may occur after stroke due to emotional changes?

- A. Depression
- B. Broken bones
- C. Appendicitis
- D. Cataracts

86. Which action should NOT be delayed during suspected stroke?

- A. Seeking emergency care
- B. Checking the weather
- C. Taking a nap first
- D. Waiting several days

87. Which factor increases hemorrhagic stroke risk?

- A. Cocaine use
- B. Healthy diet
- C. Exercise
- D. Adequate sleep

88. Which condition involves small vessel strokes deep in the brain?

- A. Lacunar infarction
- B. Migraine headache
- C. Epilepsy
- D. Meningitis

89. Which nutrient should often be limited to help control blood pressure?

- A. Sodium
- B. Fiber
- C. Protein
- D. Calcium

90. Which therapy focuses on improving walking after stroke?

- A. Physical therapy
- B. Radiation therapy
- C. Chemotherapy
- D. Dialysis

91. Which symptom can indicate increased intracranial pressure after stroke?

- A. Decreased level of consciousness
- B. Improved memory
- C. Increased appetite
- D. Better balance

92. Which stroke prevention measure is most effective for many patients?

- A. Blood pressure control
- B. Excessive caffeine
- C. Smoking cigarettes
- D. Avoiding all activity

93. Which stroke complication may impair memory and thinking?

- A. Vascular dementia
- B. Kidney stones
- C. Arthritis
- D. Glaucoma

94. Which stroke type is associated with bleeding inside brain tissue?

- A. Intracerebral hemorrhage
- B. TIA
- C. Embolic infarction only
- D. Concussion

95. Which warning sign may occur suddenly during stroke?

- A. Trouble seeing
- B. Slow fingernail growth
- C. Mild sunburn
- D. Dry scalp

96. Which patient is at greatest stroke risk?

- A. A person with uncontrolled hypertension and smoking history
- B. A healthy athlete

- C. A child with no medical issues
- D. A person with controlled blood pressure

97. Which term describes interruption of blood supply to the brain?

- A. Cerebral ischemia
- B. Osteoarthritis
- C. Gastritis
- D. Tendinitis

98. Which stroke prevention strategy is recommended for many patients with diabetes?

- A. Good glucose control
- B. Avoiding exercise
- C. Smoking
- D. High-sugar diets

99. Which sign may suggest stroke rather than simple fatigue?

- A. Sudden one-sided weakness
- B. Mild tiredness after exercise
- C. Sleepiness late at night
- D. Hunger before meals

100. Why is rapid treatment important in stroke care?

- A. Brain cells die quickly without oxygen
- B. Strokes always improve on their own
- C. Delay improves recovery
- D. Treatment is unnecessary