

## 100-Question Multiple-Choice Quiz: Health Risks of Tobacco Smoking

1. What is the leading preventable cause of death worldwide?

- A. Air pollution
- B. Tobacco smoking
- C. Car accidents
- D. Alcohol use

2. Which organ is most directly affected by cigarette smoking?

- A. Liver
- B. Kidneys
- C. Lungs
- D. Pancreas

3. Which disease is most strongly linked to smoking?

- A. Diabetes
- B. Lung cancer
- C. Arthritis
- D. Migraine

4. What addictive substance is found in tobacco?

- A. Nicotine
- B. Caffeine
- C. Alcohol
- D. Morphine

5. Smoking increases the risk of which cardiovascular condition?

- A. Low blood pressure
- B. Heart disease
- C. Healthy circulation
- D. Improved cholesterol levels

6. Which respiratory disease is commonly caused by smoking?

- A. Asthma only
- B. Tuberculosis
- C. Chronic obstructive pulmonary disease (COPD)
- D. Pneumonia only

7. What is secondhand smoke?

- A. Smoke from a fireplace
- B. Smoke inhaled unintentionally from smokers
- C. Steam from vaping devices
- D. Smoke from cooking food

8. Which group is especially vulnerable to secondhand smoke?

- A. Athletes
- B. Teenagers only
- C. Children and infants
- D. Adults over 50 only

9. Smoking during pregnancy can increase the risk of:

- A. Stronger bones in babies
- B. Premature birth
- C. Improved infant immunity
- D. Better lung development

10. Which cancer besides lung cancer is linked to smoking?

- A. Skin cancer only
- B. Bladder cancer
- C. Brain cancer only
- D. Bone cancer only

11. Smoking damages which part of the circulatory system?

- A. Blood vessels
- B. Hair follicles
- C. Fingernails

D. Muscles only

12. Which smoking-related disease causes destruction of air sacs in the lungs?

- A. Emphysema
- B. Influenza
- C. Bronchitis
- D. Sinusitis

13. Smoking can weaken the body's:

- A. Digestive enzymes only
- B. Immune system
- C. Eye color
- D. Bone length

14. Which symptom is common among long-term smokers?

- A. Chronic cough
- B. Improved breathing
- C. Sharper vision
- D. Increased stamina

15. Smoking increases the risk of stroke because it:

- A. Improves circulation
- B. Thickens the blood and damages vessels
- C. Strengthens arteries
- D. Lowers cholesterol naturally

16. Which oral health issue is linked to smoking?

- A. Healthier gums
- B. Tooth loss
- C. Stronger enamel
- D. Faster healing

17. What harmful gas in cigarette smoke reduces oxygen in the blood?

- A. Oxygen
- B. Nitrogen
- C. Carbon monoxide
- D. Helium

18. Smoking is a major cause of which throat disease?

- A. Laryngitis only
- B. Throat cancer
- C. Strep throat
- D. Tonsillitis

19. Which statement about "light" cigarettes is true?

- A. They are safe
- B. They contain no nicotine
- C. They still pose serious health risks
- D. They improve lung function

20. Smoking can contribute to infertility in:

- A. Men only
- B. Women only
- C. Both men and women
- D. Neither men nor women

21. What is a common short-term effect of smoking?

- A. Increased lung capacity
- B. Bad breath
- C. Stronger immunity
- D. Improved skin health

22. Which chemical in tobacco smoke is known to cause cancer?

- A. Tar

- B. Calcium
- C. Water vapor
- D. Protein

23. Smoking can worsen which chronic condition?

- A. Asthma
- B. Nearsightedness
- C. Seasonal allergies only
- D. Earwax buildup

24. What happens to heart rate immediately after smoking?

- A. It decreases greatly
- B. It usually increases
- C. It stops temporarily
- D. It becomes perfectly regular

25. Smoking can damage the skin by:

- A. Increasing collagen production
- B. Causing premature aging
- C. Preventing wrinkles
- D. Improving hydration

26. Which disease involves inflammation of the airways due to smoking?

- A. Bronchitis
- B. Appendicitis
- C. Hepatitis
- D. Meningitis

27. Smoking affects exercise performance by:

- A. Improving oxygen delivery
- B. Reducing lung efficiency
- C. Building muscle rapidly
- D. Increasing endurance naturally

28. Which population has higher risk from smoking-related diseases?

- A. Non-smokers only
- B. Long-term smokers
- C. Vegetarians only
- D. People with blue eyes

29. Smoking is associated with increased risk of:

- A. Cataracts
- B. Better eyesight
- C. Perfect vision
- D. Improved night vision

30. What does nicotine mainly affect?

- A. Digestive system only
- B. Brain and nervous system
- C. Bone structure only
- D. Hair growth only

31. Smoking increases the risk of which emergency medical event?

- A. Heart attack
- B. Broken bones
- C. Food poisoning
- D. Sunburn

32. Which smoking-related disease makes breathing progressively harder?

- A. COPD
- B. Appendicitis
- C. Migraine
- D. Chickenpox

33. Smoking harms nearly:

- A. One organ system
- B. Two organ systems
- C. Every organ in the body
- D. Only the lungs

34. Which type of smoke is released from the burning end of a cigarette?

- A. Side-stream smoke
- B. Steam
- C. Water vapor
- D. Clean smoke

35. Smoking can reduce the body's ability to:

- A. Absorb oxygen
- B. Digest water
- C. Grow fingernails
- D. Produce tears

36. Which cancer risk increases with cigar smoking?

- A. Mouth cancer
- B. Toenail cancer
- C. Muscle cancer
- D. Finger cancer

37. Smoking can affect wound healing by:

- A. Speeding it up
- B. Slowing healing
- C. Preventing scars completely
- D. Strengthening tissue instantly

38. Which age group can suffer health effects from smoking?

- A. Adults only
- B. Elderly only

- C. Teenagers only
- D. People of all ages

39. Smoking can increase the risk of:

- A. Type 2 diabetes
- B. Better insulin control
- C. Improved metabolism only
- D. Perfect blood sugar levels

40. Which smoking-related condition affects circulation in the limbs?

- A. Peripheral artery disease
- B. Kidney stones
- C. Hay fever
- D. Ear infection

41. Smoking can make bones:

- A. Stronger
- B. More flexible
- C. Weaker
- D. Longer

42. Which harmful effect can smoking have on the digestive system?

- A. Increased ulcer risk
- B. Guaranteed healthy digestion
- C. Faster nutrient absorption only
- D. Prevention of acid reflux

43. Which cancer is linked to chewing tobacco?

- A. Oral cancer
- B. Bone cancer
- C. Thyroid cancer only
- D. Eye cancer only

44. Smoking affects blood pressure by:

- A. Lowering it permanently
- B. Raising it
- C. Eliminating hypertension
- D. Having no effect

45. What is one benefit of quitting smoking?

- A. Reduced heart disease risk
- B. Increased toxic exposure
- C. Permanent lung damage reversal overnight
- D. Higher addiction risk

46. Smoking can increase risk of which mouth condition?

- A. Gum disease
- B. Stronger teeth
- C. Healthier gums
- D. Reduced plaque

47. Which disease can babies exposed to secondhand smoke develop more easily?

- A. Ear infections
- B. Stronger lungs
- C. Improved immunity
- D. Better sleep quality

48. Smoking can increase the likelihood of:

- A. Blood clots
- B. Better circulation
- C. Faster healing only
- D. Lower heart strain

49. Which statement is true about quitting smoking?

- A. It is never beneficial after years of smoking

- B. Health benefits begin soon after quitting
- C. Quitting only helps teenagers
- D. Lung function worsens immediately forever

50. Smoking can contribute to erectile dysfunction because it:

- A. Improves circulation
- B. Damages blood vessels
- C. Increases oxygen flow perfectly
- D. Strengthens hormones only

51. Which type of cancer risk is increased by smoking?

- A. Pancreatic cancer
- B. Only skin cancer
- C. Only bone cancer
- D. None of the above

52. Smoking affects the lungs' cleaning system by damaging:

- A. Cilia
- B. Teeth
- C. Cartilage only
- D. Muscles only

53. Smokers are more likely to experience:

- A. Shortness of breath
- B. Better endurance
- C. Improved oxygen use
- D. Faster running speed

54. Which harmful substance in tobacco smoke sticks to the lungs?

- A. Tar
- B. Water
- C. Calcium
- D. Iron

55. Smoking can increase the risk of sudden infant death syndrome (SIDS) when:

- A. Parents smoke around infants
- B. Babies sleep longer
- C. Infants drink milk
- D. Parents exercise regularly

56. Which body system is primarily harmed by emphysema?

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

57. Smoking may cause fingers and teeth to become:

- A. Brighter white
- B. Stained yellow
- C. Completely blue
- D. Transparent

58. Which disease is caused by narrowing of arteries due to plaque buildup?

- A. Atherosclerosis
- B. Appendicitis
- C. Arthritis
- D. Astigmatism

59. Smoking can increase the chance of developing:

- A. Rheumatoid arthritis
- B. Stronger joints
- C. Faster reflexes
- D. Improved flexibility

60. Which statement about nicotine addiction is true?

- A. It is easy for everyone to quit instantly
- B. Nicotine can create strong dependence
- C. Nicotine has no brain effects
- D. Addiction disappears in one day

61. Smoking increases risk for which respiratory infection?

- A. Pneumonia
- B. Broken bones
- C. Kidney stones
- D. Food allergies

62. Which part of the body can smoking damage through reduced blood flow?

- A. Skin
- B. Heart
- C. Brain
- D. All of the above

63. Smoking during pregnancy can lead to:

- A. Low birth weight
- B. Stronger fetal lungs
- C. Guaranteed healthy delivery
- D. Faster infant growth

64. Which cancer is associated with smoking and alcohol together?

- A. Esophageal cancer
- B. Toenail cancer
- C. Muscle cancer
- D. Ear cancer

65. Smoking can negatively affect mental health by:

- A. Increasing stress and anxiety in some users
- B. Permanently eliminating stress
- C. Improving memory in all people

D. Preventing depression completely

66. Which organ receives less oxygen because of carbon monoxide exposure?

- A. Brain
- B. Heart
- C. Muscles
- D. All of the above

67. Smoking is linked to increased risk of which kidney disease?

- A. Kidney cancer
- B. Improved kidney filtration
- C. Faster kidney healing
- D. Larger kidneys only

68. Which smoking-related illness often includes wheezing and mucus production?

- A. Chronic bronchitis
- B. Migraine
- C. Tendonitis
- D. Eczema

69. Smoking can reduce the effectiveness of:

- A. The immune response
- B. Bone growth only
- C. Hair growth only
- D. Nail growth only

70. Which disease risk decreases after quitting smoking?

- A. Heart disease
- B. Lung disease
- C. Cancer risk over time
- D. All of the above

71. Smoking can impair which sense?

- A. Taste
- B. Hearing only
- C. Balance only
- D. Reflexes only

72. Which condition involves narrowing and hardening of arteries?

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

73. Smoking can increase the risk of which oral problem?

- A. Oral leukoplakia
- B. Stronger gums
- C. Faster tooth growth
- D. Improved enamel

74. What happens to lung function in long-term smokers?

- A. It improves steadily
- B. It generally declines
- C. It doubles permanently
- D. It becomes unaffected by age

75. Smoking contributes to aging by damaging:

- A. Collagen and elastin
- B. Bone marrow only
- C. Fingerprints only
- D. Eye color only

76. Which disease can result from reduced blood supply caused by smoking?

- A. Gangrene

- B. Improved circulation
- C. Perfect healing
- D. Increased oxygen levels

77. Smoking increases risk for which reproductive problem?

- A. Pregnancy complications
- B. Guaranteed fertility
- C. Increased sperm health only
- D. Faster fetal growth

78. Which toxic metal may be found in cigarette smoke?

- A. Lead
- B. Gold
- C. Silver
- D. Titanium only

79. Smoking can contribute to chronic inflammation in the:

- A. Airways
- B. Blood vessels
- C. Organs
- D. All of the above

80. Which factor most increases smoking-related disease risk?

- A. Frequency and duration of smoking
- B. Shoe size
- C. Hair color
- D. Height

81. Which lung disease is characterized by damaged alveoli?

- A. Emphysema
- B. Tonsillitis
- C. Gastritis
- D. Conjunctivitis

82. Smoking increases the risk of which blood vessel disorder?

- A. Aneurysm
- B. Stronger arteries
- C. Improved circulation only
- D. Faster blood flow only

83. Which statement about secondhand smoke is true?

- A. It is harmless
- B. It can cause disease in non-smokers
- C. It contains only water vapor
- D. It improves lung function

84. Smoking affects oral health by increasing:

- A. Plaque buildup
- B. Tooth strength
- C. Gum healing speed
- D. Saliva quality perfectly

85. Smoking may increase the severity of:

- A. Respiratory infections
- B. Muscle growth
- C. Healthy sleep
- D. Vision improvement

86. Which body chemical response is triggered by nicotine?

- A. Release of dopamine
- B. Complete oxygen replacement
- C. Elimination of stress hormones
- D. Loss of circulation

87. Smoking can decrease life expectancy by:

- A. Several years
- B. One week only

- C. No measurable amount
- D. Increasing lifespan

88. Which condition may worsen due to smoking-related circulation problems?

- A. Diabetic complications
- B. Healthy healing
- C. Increased oxygenation
- D. Perfect nerve function

89. Smoking affects the brain by:

- A. Increasing addiction risk
- B. Preventing dependence
- C. Permanently improving concentration
- D. Strengthening memory universally

90. Which type of smoke exposure occurs in enclosed public spaces?

- A. Secondhand smoke exposure
- B. Fresh air exposure
- C. Water vapor exposure
- D. Oxygen therapy

91. Smoking can increase risk for which immune-related issue?

- A. Slower recovery from illness
- B. Perfect resistance to infection
- C. Instant healing
- D. Elimination of viruses

92. Which toxic effect can carbon monoxide have?

- A. Reduced oxygen delivery
- B. Stronger lungs
- C. Better circulation
- D. Increased blood oxygen

93. Smoking-related diseases place a burden on:

- A. Healthcare systems
- B. Families
- C. Economies
- D. All of the above

94. Which smoking-related condition can cause chest pain during activity?

- A. Coronary artery disease
- B. Perfect circulation
- C. Healthy arteries
- D. Improved oxygen flow

95. Quitting smoking can improve:

- A. Lung function over time
- B. Circulation
- C. Overall health
- D. All of the above

96. Which smoking-related problem affects sleep quality?

- A. Nicotine dependence
- B. Improved restfulness
- C. Better oxygen flow only
- D. Permanent relaxation

97. Smoking increases the risk of which cancer affecting the voice box?

- A. Laryngeal cancer
- B. Bone cancer
- C. Skin cancer only
- D. Nail cancer

98. Which statement best describes tobacco smoke?

- A. It contains thousands of chemicals
- B. It is completely harmless
- C. It contains only nicotine
- D. It is made entirely of water vapor

99. Smoking can contribute to chronic disease by causing:

- A. Inflammation and tissue damage
- B. Perfect cell repair
- C. Unlimited oxygen delivery
- D. Instant immunity

100. What is one of the most effective ways to reduce smoking-related health risks?

- A. Switching cigarette brands
- B. Smoking only occasionally forever
- C. Quitting tobacco use completely
- D. Ignoring symptoms