

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

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

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

Correct Answer: B. Tobacco smoking

Explanation: Tobacco smoking is one of the leading preventable causes of death globally. It contributes to millions of deaths every year due to cancer, heart disease, stroke, and respiratory illnesses.

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

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

Correct Answer: C. Lungs

Explanation: The lungs are directly exposed to cigarette smoke, making them especially vulnerable to diseases such as lung cancer, chronic bronchitis, and emphysema.

3. Which disease is most strongly linked to smoking?

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

Correct Answer: B. Lung cancer

Explanation: Smoking is the primary risk factor for lung cancer. Harmful chemicals in tobacco smoke damage lung cells and can lead to cancer over time.

4. What addictive substance is found in tobacco?

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

Correct Answer: A. Nicotine

Explanation: Nicotine is a highly addictive chemical found in tobacco products. It affects the brain and makes quitting smoking difficult.

5. Smoking increases the risk of which cardiovascular condition?

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

Correct Answer: B. Heart disease

Explanation: Smoking damages blood vessels, raises blood pressure, and increases the risk of heart attacks and other cardiovascular diseases.

6. Which respiratory disease is commonly caused by smoking?

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

Correct Answer: C. Chronic obstructive pulmonary disease (COPD)

Explanation: COPD includes chronic bronchitis and emphysema, both strongly linked to smoking and characterized by breathing difficulties.

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

Correct Answer: B. Smoke inhaled unintentionally from smokers

Explanation: Secondhand smoke is the smoke non-smokers breathe from nearby smokers. It contains harmful chemicals and can cause serious health problems.

8. Which group is especially vulnerable to secondhand smoke?

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

Correct Answer: C. Children and infants

Explanation: Children and infants are particularly sensitive to secondhand smoke because their lungs and immune systems are still developing.

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

Correct Answer: B. Premature birth

Explanation: Smoking during pregnancy can reduce oxygen supply to the baby and increase the risk of premature birth and low birth weight.

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

Correct Answer: B. Bladder cancer

Explanation: Smoking increases the risk of several cancers, including bladder cancer, because toxic chemicals enter the bloodstream and affect multiple organs.

11. Smoking damages which part of the circulatory system?

- A. Blood vessels
- B. Hair follicles
- C. Fingernails
- D. Muscles only

Correct Answer: A. Blood vessels

Explanation: Smoking damages the lining of blood vessels, increasing the risk of atherosclerosis, stroke, and heart attack.

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

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

Correct Answer: A. Emphysema

Explanation: Emphysema damages the air sacs (alveoli) in the lungs, making breathing difficult and reducing oxygen exchange.

13. Smoking can weaken the body's:

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

Correct Answer: B. Immune system

Explanation: Smoking weakens immune defenses, making the body more vulnerable to infections and illnesses.

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

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

Correct Answer: A. Chronic cough

Explanation: Persistent coughing is common in smokers because smoke irritates and damages the airways.

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

Correct Answer: B. Thickens the blood and damages vessels

Explanation: Smoking increases clot formation and damages blood vessels, raising stroke risk.

16. Which oral health issue is linked to smoking?

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

Correct Answer: B. Tooth loss

Explanation: Smoking contributes to gum disease, tooth decay, and tooth loss.

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

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

Correct Answer: C. Carbon monoxide

Explanation: Carbon monoxide binds to hemoglobin, reducing the blood's ability to carry oxygen.

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

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

Correct Answer: B. Throat cancer

Explanation: Smoking exposes throat tissues to carcinogens, increasing cancer risk.

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

Correct Answer: C. They still pose serious health risks

Explanation: "Light" cigarettes still contain harmful chemicals and do not eliminate health risks.

20. Smoking can contribute to infertility in:

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

Correct Answer: C. Both men and women

Explanation: Smoking affects reproductive health in both sexes and may reduce fertility.

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

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

Correct Answer: B. Bad breath

Explanation: Smoking leaves chemicals in the mouth and lungs, often causing bad breath.

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

- A. Tar
- B. Calcium
- C. Water vapor

D. Protein

Correct Answer: A. Tar

Explanation: Tar contains carcinogenic substances that damage cells and increase cancer risk.

23. Smoking can worsen which chronic condition?

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

Correct Answer: A. Asthma

Explanation: Smoking irritates the airways and can worsen asthma symptoms and attacks.

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

Correct Answer: B. It usually increases

Explanation: Nicotine stimulates the nervous system, increasing heart rate and blood pressure.

25. Smoking can damage the skin by:

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

Correct Answer: B. Causing premature aging

Explanation: Smoking reduces blood flow to the skin and damages collagen, leading to wrinkles and premature aging.

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

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

Correct Answer: A. Bronchitis

Explanation: Smoking irritates the bronchial tubes, leading to chronic bronchitis.

27. Smoking affects exercise performance by:

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

Correct Answer: B. Reducing lung efficiency

Explanation: Smoking damages lungs and decreases oxygen delivery, making exercise harder.

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

Correct Answer: B. Long-term smokers

Explanation: The longer and more heavily a person smokes, the greater the health risks.

29. Smoking is associated with increased risk of:

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

Correct Answer: A. Cataracts

Explanation: Smoking increases the risk of cataracts and other eye diseases.

30. What does nicotine mainly affect?

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

Correct Answer: B. Brain and nervous system

Explanation: Nicotine stimulates the brain's reward pathways, contributing to addiction.

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

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

Correct Answer: A. Heart attack

Explanation: Smoking damages arteries and increases clotting, raising heart attack risk.

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

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

Correct Answer: A. COPD

Explanation: COPD gradually reduces airflow and lung function over time.

33. Smoking harms nearly:

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

Correct Answer: C. Every organ in the body

Explanation: Smoking affects the cardiovascular, respiratory, reproductive, immune, and many other systems.

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

Correct Answer: A. Side-stream smoke

Explanation: Side-stream smoke contributes significantly to secondhand smoke exposure.

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

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

Correct Answer: A. Absorb oxygen

Explanation: Smoking damages the lungs and reduces oxygen exchange efficiency.

36. Which cancer risk increases with cigar smoking?

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

Correct Answer: A. Mouth cancer

Explanation: Cigar smoke exposes mouth tissues to carcinogens that can cause oral cancer.

37. Smoking can affect wound healing by:

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

Correct Answer: B. Slowing healing

Explanation: Smoking reduces blood flow and oxygen delivery, slowing tissue repair.

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

- A. Adults only
- B. Elderly only

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

Correct Answer: D. People of all ages

Explanation: Smoking harms people at every age, including youth exposed to tobacco.

39. Smoking can increase the risk of:

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

Correct Answer: A. Type 2 diabetes

Explanation: Smoking contributes to insulin resistance and raises the risk of type 2 diabetes.

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

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

Correct Answer: A. Peripheral artery disease

Explanation: Smoking narrows blood vessels and reduces blood flow to the limbs.

41. Smoking can make bones:

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

Correct Answer: C. Weaker

Explanation: Smoking reduces bone density and increases fracture risk.

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

Correct Answer: A. Increased ulcer risk

Explanation: Smoking can increase stomach acid and reduce protective mechanisms, contributing to ulcers.

43. Which cancer is linked to chewing tobacco?

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

Correct Answer: A. Oral cancer

Explanation: Smokeless tobacco products also contain carcinogens that increase oral cancer risk.

44. Smoking affects blood pressure by:

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

Correct Answer: B. Raising it

Explanation: Nicotine constricts blood vessels and increases blood pressure.

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

Correct Answer: A. Reduced heart disease risk

Explanation: Quitting smoking lowers the risk of heart disease and many other illnesses.

46. Smoking can increase risk of which mouth condition?

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

Correct Answer: A. Gum disease

Explanation: Smoking damages gum tissue and reduces blood supply to the mouth.

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

Correct Answer: A. Ear infections

Explanation: Secondhand smoke exposure increases ear infections and respiratory problems in children.

48. Smoking can increase the likelihood of:

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

Correct Answer: A. Blood clots

Explanation: Smoking changes blood chemistry, increasing clotting risk.

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

Correct Answer: B. Health benefits begin soon after quitting

Explanation: Heart rate and blood pressure improve quickly after quitting, and long-term risks gradually decline.

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

Correct Answer: B. Damages blood vessels

Explanation: Poor blood flow caused by smoking can contribute to erectile dysfunction.

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

Correct Answer: A. Pancreatic cancer

Explanation: Smoking increases the risk of pancreatic and several other cancers.

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

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

Correct Answer: A. Cilia

Explanation: Smoking damages tiny hair-like structures called cilia that help remove mucus and debris.

53. Smokers are more likely to experience:

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

Correct Answer: A. Shortness of breath

Explanation: Lung damage from smoking reduces breathing efficiency.

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

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

D. Iron

Correct Answer: A. Tar

Explanation: Tar accumulates in the lungs and contributes to disease.

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

Correct Answer: A. Parents smoke around infants

Explanation: Exposure to tobacco smoke is associated with a higher risk of SIDS.

56. Which body system is primarily harmed by emphysema?

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

Correct Answer: A. Respiratory system

Explanation: Emphysema destroys lung tissue and affects breathing.

57. Smoking may cause fingers and teeth to become:

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

Correct Answer: B. Stained yellow

Explanation: Tar and nicotine can stain teeth and fingers.

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

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

Correct Answer: A. Atherosclerosis

Explanation: Smoking accelerates plaque buildup in arteries, increasing cardiovascular risk.

59. Smoking can increase the chance of developing:

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

Correct Answer: A. Rheumatoid arthritis

Explanation: Smoking has been linked to a higher risk of rheumatoid arthritis.

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

Correct Answer: B. Nicotine can create strong dependence

Explanation: Nicotine affects reward pathways in the brain, making tobacco highly addictive.

61. Smoking increases risk for which respiratory infection?

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

Correct Answer: A. Pneumonia

Explanation: Smoking weakens lung defenses and increases infection risk.

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

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

Correct Answer: D. All of the above

Explanation: Smoking affects circulation throughout the body.

63. Smoking during pregnancy can lead to:

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

Correct Answer: A. Low birth weight

Explanation: Smoking reduces oxygen and nutrients available to the fetus.

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

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

Correct Answer: A. Esophageal cancer

Explanation: Smoking and alcohol together significantly raise esophageal cancer risk.

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

Correct Answer: A. Increasing stress and anxiety in some users

Explanation: While nicotine may provide temporary relief, smoking is linked to stress, anxiety, and dependence.

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

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

Correct Answer: D. All of the above

Explanation: Carbon monoxide reduces oxygen delivery throughout the body.

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

Correct Answer: A. Kidney cancer

Explanation: Tobacco toxins can damage kidney tissues and increase cancer risk.

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

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

Correct Answer: A. Chronic bronchitis

Explanation: Chronic bronchitis inflames airways and increases mucus production.

69. Smoking can reduce the effectiveness of:

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

Correct Answer: A. The immune response

Explanation: Smokers may have more difficulty fighting infections.

70. Which disease risk decreases after quitting smoking?

- A. Heart disease
- B. Lung disease
- C. Cancer risk over time

D. All of the above

Correct Answer: D. All of the above

Explanation: Quitting smoking reduces risks for many diseases, although some risks may not return fully to baseline.

71. Smoking can impair which sense?

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

Correct Answer: A. Taste

Explanation: Smoking dulls taste buds and may also reduce the sense of smell.

72. Which condition involves narrowing and hardening of arteries?

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

Correct Answer: A. Atherosclerosis

Explanation: Smoking contributes to fatty plaque buildup in arteries.

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

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

Correct Answer: A. Oral leukoplakia

Explanation: Oral leukoplakia causes white patches in the mouth and may become cancerous.

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

Correct Answer: B. It generally declines

Explanation: Smoking damages lung tissue, reducing lung capacity and efficiency.

75. Smoking contributes to aging by damaging:

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

Correct Answer: A. Collagen and elastin

Explanation: These skin-supporting proteins are damaged by smoking, leading to wrinkles.

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

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

Correct Answer: A. Gangrene

Explanation: Severe circulation problems can lead to tissue death.

77. Smoking increases risk for which reproductive problem?

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

Correct Answer: A. Pregnancy complications

Explanation: Smoking raises risks of miscarriage, premature birth, and fetal complications.

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

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

Correct Answer: A. Lead

Explanation: Cigarette smoke contains toxic metals including lead and cadmium.

79. Smoking can contribute to chronic inflammation in the:

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

Correct Answer: D. All of the above

Explanation: Smoking triggers inflammation throughout the body.

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

- A. Frequency and duration of smoking

- B. Shoe size
- C. Hair color
- D. Height

Correct Answer: A. Frequency and duration of smoking

Explanation: The more and longer a person smokes, the greater the cumulative damage.

81. Which lung disease is characterized by damaged alveoli?

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

Correct Answer: A. Emphysema

Explanation: Emphysema destroys alveoli, reducing oxygen exchange.

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

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

Correct Answer: A. Aneurysm

Explanation: Smoking weakens blood vessel walls and can contribute to aneurysms.

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

Correct Answer: B. It can cause disease in non-smokers

Explanation: Secondhand smoke exposure raises risks of cancer, heart disease, and asthma.

84. Smoking affects oral health by increasing:

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

Correct Answer: A. Plaque buildup

Explanation: Smoking promotes plaque accumulation and gum disease.

85. Smoking may increase the severity of:

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

Correct Answer: A. Respiratory infections

Explanation: Smokers often experience more severe respiratory infections.

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

Correct Answer: A. Release of dopamine

Explanation: Nicotine stimulates dopamine release, reinforcing addiction.

87. Smoking can decrease life expectancy by:

- A. Several years
- B. One week only
- C. No measurable amount
- D. Increasing lifespan

Correct Answer: A. Several years

Explanation: Long-term smoking is associated with significantly shorter life expectancy.

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

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

Correct Answer: A. Diabetic complications

Explanation: Smoking worsens circulation and can intensify diabetic complications.

89. Smoking affects the brain by:

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

Correct Answer: A. Increasing addiction risk

Explanation: Nicotine changes brain chemistry and reinforces dependence.

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

Correct Answer: A. Secondhand smoke exposure

Explanation: Non-smokers in enclosed spaces may inhale harmful tobacco smoke.

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

Correct Answer: A. Slower recovery from illness

Explanation: Smoking weakens immune function and delays recovery.

92. Which toxic effect can carbon monoxide have?

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

Correct Answer: A. Reduced oxygen delivery

Explanation: Carbon monoxide binds strongly to hemoglobin, limiting oxygen transport.

93. Smoking-related diseases place a burden on:

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

Correct Answer: D. All of the above

Explanation: Smoking-related illnesses increase healthcare costs and affect families and societies.

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

Correct Answer: A. Coronary artery disease

Explanation: Smoking contributes to narrowed coronary arteries and chest pain.

95. Quitting smoking can improve:

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

Correct Answer: D. All of the above

Explanation: The body begins recovering after quitting, improving multiple aspects of health.

96. Which smoking-related problem affects sleep quality?

- A. Nicotine dependence

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

Correct Answer: A. Nicotine dependence

Explanation: Nicotine is a stimulant that can disrupt normal sleep patterns.

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

Correct Answer: A. Laryngeal cancer

Explanation: Tobacco smoke damages tissues in the larynx, increasing cancer risk.

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

Correct Answer: A. It contains thousands of chemicals

Explanation: Tobacco smoke contains thousands of chemicals, many of which are toxic or carcinogenic.

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

Correct Answer: A. Inflammation and tissue damage

Explanation: Chronic exposure to smoke damages tissues and promotes inflammation.

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

Correct Answer: C. Quitting tobacco use completely

Explanation: Completely quitting tobacco use significantly reduces the risk of smoking-related diseases and improves overall health.