

World Chronic Obstructive Pulmonary Disease Day Quiz

1. When is World Chronic Obstructive Pulmonary Disease (COPD) Day observed?

- ☐ a) Third Friday of November
- ☐ b) Second Wednesday of November
- ☐ c) Third Wednesday of November
- ☐ d) Last Sunday of November

(Answer: c) Third Wednesday of November)

2. Which organization organizes World COPD Day each year?

- ☐ a) World Health Organization (WHO)
- ☐ b) Global Initiative for Chronic Obstructive Lung Disease (GOLD)
- ☐ c) United Nations (UN)
- ☐ d) American Lung Association

(Answer: b) Global Initiative for Chronic Obstructive Lung Disease (GOLD))

3. In which year was World COPD Day first observed?

- ☐ a) 1999
- ☐ b) 2002
- ☐ c) 2005
- ☐ d) 2010

(Answer: b) 2002)

4. What does COPD stand for?

- ☐ a) Chronic Oxygen Pulmonary Disease
- ☐ b) Chronic Obstructive Pulmonary Disease
- ☐ c) Critical Obstructive Pulmonary Disorder
- ☐ d) Chronic Obstructive Pressure Disorder

(Answer: b) Chronic Obstructive Pulmonary Disease)

5. Which of the following is a major cause of COPD?

- ☐ a) Dust exposure
- ☐ b) Tobacco smoking
- ☐ c) Viral infection
- ☐ d) Cold weather

(Answer: b) Tobacco smoking)

6. What part of the body does COPD primarily affect?

- ☐ a) Heart
- ☐ b) Liver
- ☐ c) Lungs

- ☐ d) Kidneys
- (Answer: c) Lungs)

7. Which of the following is a common symptom of COPD?

- ☐ a) Chest pain
 - ☐ b) Persistent cough with mucus
 - ☐ c) Swollen feet
 - ☐ d) Headache
- (Answer: b) Persistent cough with mucus)

8. Which of the following diseases are types of COPD?

- ☐ a) Asthma and pneumonia
 - ☐ b) Bronchitis and emphysema
 - ☐ c) Sinusitis and tuberculosis
 - ☐ d) Allergies and bronchiectasis
- (Answer: b) Bronchitis and emphysema)

9. Which test is commonly used to diagnose COPD?

- ☐ a) ECG
 - ☐ b) Spirometry
 - ☐ c) X-ray
 - ☐ d) CT scan
- (Answer: b) Spirometry)

10. Which gas exchange is impaired in people with COPD?

- ☐ a) Oxygen and nitrogen
 - ☐ b) Oxygen and carbon dioxide
 - ☐ c) Nitrogen and carbon monoxide
 - ☐ d) Hydrogen and oxygen
- (Answer: b) Oxygen and carbon dioxide)

11. Can COPD be cured completely?

- ☐ a) Yes, with medication
 - ☐ b) Yes, with surgery
 - ☐ c) No, but it can be managed
 - ☐ d) Yes, with diet
- (Answer: c) No, but it can be managed)

12. Which of the following lifestyle changes can help manage COPD?

- ☐ a) Regular exercise and quitting smoking
 - ☐ b) Reducing water intake
 - ☐ c) Avoiding fresh air
 - ☐ d) Eating fewer fruits
- (Answer: a) Regular exercise and quitting smoking)

13. Which age group is most affected by COPD?

- ☐ a) Children under 10
- ☐ b) Teenagers
- ☐ c) Adults over 40
- ☐ d) Infants

(Answer: c) Adults over 40)

14. What is the main global goal of World COPD Day?

- ☐ a) To raise awareness and improve COPD care
- ☐ b) To celebrate lung health achievements
- ☐ c) To promote hospital construction
- ☐ d) To increase air pollution awareness only

(Answer: a) To raise awareness and improve COPD care)

15. Which preventive measure is most effective against COPD?

- ☐ a) Using air purifiers
- ☐ b) Wearing masks during exercise
- ☐ c) Avoiding tobacco smoke and pollutants
- ☐ d) Taking antibiotics regularly

(Answer: c) Avoiding tobacco smoke and pollutants)

