

World Liver Day Quiz

1. When is World Liver Day observed?

- a) April 7
- b) May 19
- c) April 19
- d) March 19

(Answer: c) April 19

2. What is the main aim of World Liver Day?

- a) To promote liver transplants
- b) To raise awareness about liver-related diseases
- c) To celebrate liver surgeries
- d) To launch new medicines

(Answer: b) To raise awareness about liver-related diseases

3. Which vital function is performed by the liver?

- a) Oxygen transportation
- b) Blood cell production
- c) Detoxification of harmful substances
- d) Bone strengthening

(Answer: c) Detoxification of harmful substances

4. Which condition is caused by fat buildup in the liver?

- a) Hepatitis
- b) Cirrhosis
- c) Fatty liver disease
- d) Hemochromatosis

(Answer: c) Fatty liver disease

5. What is a common symptom of liver disease in later stages?

- a) Joint pain
- b) Jaundice
- c) Increased appetite
- d) High fever

(Answer: b) Jaundice

6. Which of the following can damage the liver over time?

- a) Drinking plenty of water
- b) Moderate exercise
- c) Excessive alcohol consumption
- d) Eating fruits

(Answer: c) Excessive alcohol consumption

7. Which virus is NOT primarily associated with liver disease?

- a) Hepatitis A
- b) Hepatitis B
- c) Hepatitis C
- d) Influenza

(Answer: d) Influenza

8. Which of these tests helps in diagnosing liver function?

- a) ECG
- b) LFT (Liver Function Test)
- c) MRI
- d) EEG

(Answer: b) LFT (Liver Function Test)

9. What color does the skin turn in jaundice?

- a) Blue
- b) Green
- c) Yellow
- d) Red

(Answer: c) Yellow

10. Which of these organs works closely with the liver in digestion?

- a) Lungs
- b) Pancreas
- c) Bladder
- d) Heart

(Answer: b) Pancreas

11. What is cirrhosis?

- a) A viral infection of the liver
- b) The scarring of liver tissue due to long-term damage
- c) An immune disorder affecting blood
- d) A liver transplant surgery

(Answer: b) The scarring of liver tissue due to long-term damage)

12. Which lifestyle factor is most beneficial for liver health?

- a) Skipping meals
- b) Crash dieting
- c) Balanced diet and regular exercise
- d) Smoking occasionally

(Answer: c) Balanced diet and regular exercise

13. What is the liver's role in metabolism?

- a) It breaks down protein into fat
- b) It stores fat in muscles

- o c) It converts nutrients into energy and stores glycogen
- o d) It slows digestion

(Answer: c) It converts nutrients into energy and stores glycogen

14. How many lobes does the human liver have?

- o a) 1
- o b) 2
- o c) 3
- o d) 4

(Answer: b) 2

15. Which of these conditions is a common non-infectious liver disease?

- o a) Hepatitis A
- o b) Non-Alcoholic Fatty Liver Disease (NAFLD)
- o c) Malaria
- o d) Cholera

(Answer: b) Non-Alcoholic Fatty Liver Disease (NAFLD)

