Multiple Choice Quiz: What You Should Know About Alzheimer's Disease

Part I: Skimming Questions (General Idea & Structure)

1. What is the main purpose of this entire passage?

A. To convince readers to donate to Alzheimer's research.

B. To provide a general overview of Alzheimer's disease (AD), including its symptoms and diagnosis.

C. To compare AD to other forms of dementia.

D. To detail the life and work of Dr. Alois Alzheimer.

2. Which general classification does Alzheimer's disease belong to?

A. A temporary mental illness.   B. A type of brain tumor.

C. The most common form of dementia.   D. A simple forgetfulness disorder.

3. According to the passage, what is the current status regarding a cure for AD?

A. A cure is expected next year.

B. A cure is only available in specialized centers.

C. There are several effective treatments available.

D. There is no cure for the disease right now.

4. What is the defining characteristic of the early stage of AD?

A. Aggressive behavior.   B. Mild forgetfulness.

C. Problems with reading and writing.   D. Needing total care.

5. Which three core mental functions does AD primarily involve and damage?

A. Sight, hearing, and touch.   B. Thought, memory, and language.

C. Balance, coordination, and reflexes. D. Sleep, appetite, and mood.

6. The progression of AD symptoms is best described as:

A. Rapid and sudden.

B. Progressive decline from mild to serious.

C. Fluctuating between severe and minor symptoms.

D. Easily reversible with medication.

7. What is the main purpose of the various tests (Medical, Neuropsychological, Brain scans) listed in the diagnosis section?

A. To find the cure for AD.

B. To determine the exact date the disease started.

C. To provide the only definite way to diagnose AD.

D. To gather information to rule out other possible causes of the symptoms.

8. What is the ultimate outcome for patients in the final stages of AD?

A. They only need help with complex tasks.

B. They return to their original mental state.

C. They become fully independent.

D. They need total care.

9. The discovery of plaques and tangles is significant because they are considered the...

A. Cure for AD.   B. First symptoms.

C. Hallmarks of AD.   D. Result of brain scans.

10. What is the significance of AD-like symptoms being caused by other conditions?

A. It means AD is not a serious disease.

B. It confirms the diagnosis of AD.

C. It suggests some of these other conditions can be treated successfully.

D. It proves that AD is not a brain disorder.

Part II: Scanning Questions (Specific Details & Facts)

11. In what year did Dr. Alois Alzheimer first notice the changes in brain tissue?

A. 1900   B. 1906   C. 1960   D. 1990

12. Which specific symptom is mentioned that people with AD in later stages may forget how to do?

A. Driving a car.   B. Combing their hair.   C. Writing a letter.   D. Paying bills.

13. What is the German doctor credited with naming the disease?

A. Dr. Alois Zheimer   B. Dr. Alfred Alzheimer

C. Dr. Alois Alzheimer   D. Dr. Albert Einstein

14. What is the only definite way to diagnose AD?

A. Brain scans.   B. Medical tests.

C. Neuropsychological tests.   D. Autopsy to find plaques and tangles in brain tissue.

15. What specific type of problem is mentioned as becoming hard to solve in the early stages?

A. Complex chemistry problems.   B. Simple math problems.

C. Ethical dilemmas.   D. Financial planning problems.

16. At specialized centers, doctors can diagnose "probable" AD correctly up to what percentage of the time?

A. 50 percent   B. 75 percent   C. 90 percent   D. 100 percent

17. Which of the following bodily fluids is **NOT** mentioned as a sample for Medical tests?

A. Blood   B. Urine   C. Spinal fluid   D. Saliva

18. The lower levels of chemicals in the brain are described as carrying what kind of messages?

A. Simple messages.   B. Rapid messages.

C. Complex messages.   D. Emotional messages.

19. Which tool is used by doctors to "look at a picture of the brain"?

A. Medical history   B. Medical tests

C. Neuropsychological tests   D. Brain scans

20. Which of the following conditions is specifically listed as a possible treatable cause of AD-like symptoms?

A. Diabetes   B. Depression   C. Lung cancer   D. Broken bones

Multiple Choice Quiz: Beyond Known Risk factor of Hypertension

1. What is the main idea of the passage?

A. Hypertension only affects older people.

B. There are additional risk factors for hypertension beyond sodium.

C. Sodium is not related to hypertension.

D. Hypertension is not dangerous.

2.What is hypertension commonly associated with?

A. High-sodium diet   B. Low-sugar diet

C. High-calcium diet   D. Low-fat diet

3. According to the passage, what type of person is stereotypically linked with hypertension?

A. Young athlete

B. Middle-aged person with high stress and sedentary lifestyle

C. Teenager with healthy habits

D. Elderly woman with low salt intake

4. What does the passage suggest about the stereotypical image of hypertension?

A. It helps nurses find all at-risk patients.

B. It can make nurses overlook other at-risk groups.

C. It is completely accurate.

D. It focuses on young patients.

5. Which of the following is NOT mentioned as an additional risk factor?

A. Low birth weight   B. Smoking

C. High-fiber diet   D. Excessive alcohol intake

6. What nutrient deficiencies are associated with increased hypertension risk?

A. Magnesium and calcium   B. Iron and vitamin D

C. Protein and potassium   D. Sodium and sugar

7. What is still considered the "primary culprit" of hypertension?

A. Alcohol   B. Fat   C. Sodium   D. Caffeine

8. According to the passage, what should nurses warn patients about primarily?

A. Exercise habits   B. Sodium intake

C. Screen time   D. Sleep quality

9.What new factor does research highlight in addition to sodium?

A. Stress   B. Caffeine   C. Sugar   D. Protein

10. What effect does caffeine have on hypertensive individuals?

A. Reduces blood pressure   B. Raises aortic stiffness

C. Improves circulation   D. Lowers heart rate

11. What does the term "aortic stiffness" refer to?

A. Weakening of the artery walls   B. Decreased flexibility of the aorta

C. Increased oxygen levels   D. Faster heart rhythm

12. Why should nurses be cautious even when blood pressure (BP) is well-controlled?

A. Because caffeine can still affect the heart

B. Because sodium becomes harmless

C. Because magnesium intake increases

D. Because patients stop taking medication

13. The word "culprit" in the passage means:

A. Main cause   B. Treatment   C. Protection   D. Symptom

14. What is the likely profession of the intended readers of this passage?

A. Engineers   B. Nurses

C. Students in business   D. Farmers

15. Which of the following best describes the author's tone?

A. Critical and warning   B. Amusing and playful

C. Neutral and indifferent   D. Confused and uncertain

16. Which lifestyle factor is NOT directly mentioned in the passage?

A. Smoking   B. Alcohol intake

C. Lack of exercise   D. High-fat diet

17. What does "sedentary lifestyle" mean?

A. Active lifestyle   B. Inactive lifestyle

C. Healthy eating habits   D. Regular exercise routine

18. What can low magnesium and calcium intake lead to?

A. Better heart health   B. Increased hypertension risk

C. Lower stress levels   D. Improved flexibility

19. What is the writer's purpose in this passage?

A. To explain treatment of hypertension

B. To describe research methods

C. To inform nurses about overlooked risk factors

D. To persuade people to drink coffee

20. Which of the following statements is TRUE according to the passage?

A. Only sodium causes hypertension.

B. Caffeine can raise cardiovascular risk.

C. Low birth weight prevents hypertension.

D. Nurses should ignore caffeine intake.