Lifestyle diseases (diabetes, hypertension)

Basics of Lifestyle Diseases

1. Which of the following is considered a lifestyle disease?
   a) Diabetes mellitus
   b) Tuberculosis
   c) Malaria
   d) Typhoid

2. Hypertension is also known as:
   a) High blood pressure
   b) High blood sugar
   c) High cholesterol
   d) Low blood pressure

3. A major risk factor for type 2 diabetes is:
   a) Obesity
   b) Cold weather
   c) Smoking
   d) Drinking water

4. Which one is not a lifestyle disease?
   a) Hypertension
   b) Dengue
   c) Stroke
   d) Type 2 diabetes

5. What is the normal range for fasting blood glucose?
   a) 70–100 mg/dL
   b) 140–200 mg/dL
   c) 100–140 mg/dL
   d) 50–60 mg/dL

🍽️ Risk Factors & Causes

6. Main cause of lifestyle diseases is:
   a) Poor diet and sedentary lifestyle
   b) Bacteria

c) Virus
d) Genetics only

7. Which of the following habits increases the risk of hypertension?
   a) High salt intake
   b) Drinking more water
   c) Eating fruits
   d) Exercising regularly

8. Smoking is a major risk factor for:
   a) Heart disease and stroke
   b) Diabetes only
   c) Asthma only
   d) Vitamin deficiency

9. High cholesterol levels increase the risk of:
   a) Heart disease
   b) Tuberculosis
   c) Malaria
   d) Anemia

10. Which physical activity can prevent lifestyle diseases?
    a) Daily walking
    b) Watching TV
    c) Sleeping more
    d) Sitting for long hours

🩸 Diabetes Mellitus

11. Insulin is produced by which organ?
    a) Pancreas
    b) Liver
    c) Kidney
    d) Heart

12. Which type of diabetes is insulin-dependent?
    a) Type 1
    b) Type 2
    c) Gestational
    d) Secondary

13. Which of the following is NOT a symptom of diabetes?
    a) Frequent urination
    b) Excessive thirst
    c) Skin rashes
    d) Increased hunger

14. Which test measures long-term blood sugar control?
    a) HbA1c
    b) ECG
    c) X-ray
    d) MRI

15. Diabetes can lead to:
    a) Kidney failure
    b) Pneumonia
    c) Typhoid
    d) Dengue

💓 Hypertension

16. Normal blood pressure for an adult is:
    a) 120/80 mmHg
    b) 90/60 mmHg
    c) 140/100 mmHg
    d) 160/120 mmHg

17. Silent killer refers to:
    a) Hypertension
    b) Asthma
    c) Fracture
    d) Typhoid

18. Which organ is most affected by high blood pressure?
    a) Heart
    b) Lungs
    c) Skin
    d) Liver

19. Hypertension may lead to:
    a) Stroke

b) Diarrhea
c) Skin infection
d) Vomiting

20. Which mineral helps regulate blood pressure?
    a) Potassium
b) Lead
c) Iron
d) Zinc

🧠 Complications

21. Uncontrolled diabetes can damage:
    a) Eyes, kidneys, and nerves
b) Hair only
c) Teeth
d) Bones only

22. Stroke is commonly caused by:
    a) High blood pressure
b) Low BP
c) Fever
d) Vitamin D deficiency

23. Diabetic retinopathy affects which part?
    a) Eyes
b) Lungs
c) Liver
d) Skin

24. Which of the following can result from long-term hypertension?
    a) Heart attack
b) Flu
c) Constipation
d) Migraine only

25. Which disease is most linked with lifestyle?
    a) Obesity
b) Hepatitis B

c) Anemia
d) Typhoid

🧪 Diagnosis and Testing

26. Which device is used to measure blood pressure?
    a) Sphygmomanometer
    b) Thermometer
    c) Glucometer
    d) Stethoscope

27. Glucometer is used for:
    a) Checking blood sugar
    b) Checking fever
    c) Measuring pressure
    d) Checking heartbeat

28. High BP is diagnosed after readings of:
    a) 140/90 mmHg or higher
    b) 100/70 mmHg
    c) 120/80 mmHg
    d) 160/120 mmHg once

29. Urine test for glucose helps in identifying:
    a) Diabetes
    b) Hypertension
    c) TB
    d) Anemia

30. Which is a confirmatory test for diabetes?
    a) Fasting blood sugar
    b) Blood pressure test
    c) Chest X-ray
    d) Pulse reading

🍎 Prevention & Management

31. Which diet habit helps control diabetes?
    a) Eating fiber-rich food

b) High sugar intake
c) Skipping meals
d) Drinking sugary drinks

32. What is advised for patients with hypertension?
    a) Low salt intake
    b) High caffeine
    c) High-fat foods
    d) Smoking

33. Which is a non-modifiable risk factor?
    a) Family history
    b) Diet
    c) Exercise
    d) Smoking

34. Lifestyle diseases can be prevented by:
    a) Regular exercise
    b) Skipping sleep
    c) Taking painkillers
    d) Eating fast food

35. One common treatment for diabetes is:
    a) Insulin injection
    b) Antibiotics
    c) Iron supplements
    d) Painkillers

Awareness and Education

36. Education about healthy lifestyle is important for:
    a) Preventing chronic diseases
    b) Growing height
    c) Better fashion sense
    d) Curing viral infections

37. Which of the following increases awareness?
    a) Health camps
    b) Fast food ads

c) Gossip
d) Medication without prescription

38. Which yoga practice reduces blood pressure?
    a) Pranayama
    b) Dhanurasana
    c) Surya Namaskar
    d) Kapalbhati

39. Stress management is essential to prevent:
    a) Hypertension
    b) Typhoid
    c) Jaundice
    d) Fracture

40. WHO promotes which day for diabetes awareness?
    a) November 14
    b) June 5
    c) March 8
    d) October 10

🧘 Healthy Habits & Lifestyle Choices

41. Which lifestyle habit helps prevent disease?
    a) Balanced diet
    b) Skipping meals
    c) Night-time snacking
    d) Chain smoking

42. Avoiding alcohol helps reduce risk of:
    a) Liver disease and hypertension
    b) Cough
    c) Flu
    d) Cold

43. Regular health check-ups help in:
    a) Early detection of diseases
    b) Late treatment
    c) Saving time only
    d) Skipping treatment

44. Which activity is best for heart health?
    a) Brisk walking
    b) Lying all day
    c) Watching TV
    d) Eating burgers

45. Which fat is better for heart health?
    a) Unsaturated fat
    b) Trans fat
    c) Hydrogenated fat
    d) Saturated fat

🏥 Nursing Role in Lifestyle Disease Management

46. Nurses help patients by:
    a) Educating about healthy lifestyle
    b) Promoting junk food
    c) Ignoring symptoms
    d) Prescribing surgeries

47. A nurse advises a diabetic to avoid:
    a) Sweets and sugary drinks
    b) Protein
    c) Vegetables
    d) Fiber food

48. Nurses monitor which parameter for hypertension patients?
    a) Blood pressure
    b) Blood group
    c) Weight only
    d) Color of skin

49. A patient on insulin should:
    a) Not skip meals
    b) Skip all meals
    c) Avoid water
    d) Sleep after insulin

50. Foot care in diabetes helps prevent:
    a) Infections and ulcers

b) Headache
c) Breathing problems
d) Liver pain

Answer Key

Topic - Lifestyle diseases (diabetes, hypertension)

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2. **Hypertension is also known as:**
   a) **High blood pressure**
3. **A major risk factor for type 2 diabetes is:**
   a) **Obesity**
4. **Which one is not a lifestyle disease?**
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5. **What is the normal range for fasting blood glucose?**
   a) **70–100 mg/dL**

Risk Factors & Causes

6. **Main cause of lifestyle diseases is:**
   a) **Poor diet and sedentary lifestyle**
7. **Which of the following habits increases the risk of hypertension?**
   a) **High salt intake**
8. **Smoking is a major risk factor for:**
   a) **Heart disease and stroke**
9. **High cholesterol levels increase the risk of:**
   a) **Heart disease**

10. **Which physical activity can prevent lifestyle diseases?**
    a) **Daily walking**

Diabetes Mellitus

11. **Insulin is produced by which organ?**
    a) **Pancreas**
12. **Which type of diabetes is insulin-dependent?**
    a) **Type 1**
13. **Which of the following is NOT a symptom of diabetes?**
    c) **Skin rashes**
14. **Which test measures long-term blood sugar control?**
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15. **Diabetes can lead to:**
    a) **Kidney failure**

Hypertension

16. **Normal blood pressure for an adult is:**
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Complications

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Prevention & Management

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32. **What is advised for patients with hypertension?**
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33. **Which is a non-modifiable risk factor?**
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34. **Lifestyle diseases can be prevented by:**
    a) **Regular exercise**
35. **One common treatment for diabetes is:**
    a) **Insulin injection**

Awareness and Education

36. **Education about healthy lifestyle is important for:**
    a) **Preventing chronic diseases**

37. **Which of the following increases awareness?**
    a) **Health camps**

38. **Which yoga practice reduces blood pressure?**
    a) **Pranayama**

39. **Stress management is essential to prevent:**
    a) **Hypertension**

40. **WHO promotes which day for diabetes awareness?**
    a) **November 14**

Healthy Habits & Lifestyle Choices

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44. **Which activity is best for heart health?**
    a) **Brisk walking**

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