

Name \_\_\_\_\_

## Navigating the Lymphatic Highway: Understanding Compromises and Blockages

### Multiple Choice Questions

1. What is one role of the lymphatic system in waste removal?
  - a) Pumping blood
  - b) Transporting oxygen to cells
  - c) Collecting and transporting lymph
  - d) Producing insulin
  
2. Which condition can result in swollen lymph nodes and compromise the lymphatic system's function?
  - a) Dehydration
  - b) A balanced diet
  - c) Chronic inflammation
  - d) Proper hydration
  
3. What is lymphedema, and what is its primary characteristic?
  - a) A type of infection
  - b) A condition causing joint pain
  - c) Swelling, typically in the arms or legs
  - d) An autoimmune disorder
  
4. How can obesity impact the lymphatic system?
  - a) It supports lymphatic circulation
  - b) It has no effect on lymphatic function
  - c) It can put pressure on lymphatic vessels and impede lymph flow
  - d) It increases the efficiency of waste removal
  
5. What is one treatment option for managing lymphedema?
  - a) Drinking more processed foods
  - b) Avoiding physical therapy
  - c) Wearing compression garments
  - d) Increasing inflammation

