

Name \_\_\_\_\_

## Smoke Signals: How Smoking Affects Your Respiratory System

### Multiple Choice Questions

1. What is the primary cause of lung cancer?
  - a) Pollution
  - b) Smoking
  - c) Allergies
  - d) Exercise
  
2. What happens to the airways of a smoker due to irritation and inflammation?
  - a) They become wider
  - b) They become less sensitive
  - c) They become narrower
  - d) They become shorter
  
3. What is chronic bronchitis, and what can cause it?
  - a) A heart condition caused by smoking
  - b) An inflammation of the bronchial tubes caused by allergies
  - c) A lung condition characterized by excess mucus production caused by smoking
  - d) A skin condition caused by exposure to the sun
  
4. What is the term for the smoke released into the air from burning cigarettes or exhaled by a smoker?
  - a) Fresh air
  - b) Healthy smoke
  - c) Secondhand smoke
  - d) Cigarette residue
  
5. What are some potential benefits of quitting smoking for your respiratory health?
  - a) Decreased lung cancer risk and improved lung function
  - b) Increased risk of pneumonia and bronchitis
  - c) Faster recovery from respiratory infections
  - d) Reduced risk of allergies

