Name _____

Aging and the Immune System: A Tale of Change

Multiple Choice Questions

1. What happens to the thymus gland as we age?

A) It increases in size

B) It becomes more efficient at producing new T cells

C) It stops functioning altogether

D) It becomes less efficient at producing new T cells

2. What is immunosenescence?

A) A gradual deterioration of immune function that occurs with age

B) A condition where the immune system becomes stronger with age

C) A condition where the immune system remains unchanged with age

D) A process where the immune system produces fewer antibodies

3. What is inflammaging?

A) A state of chronic low-grade inflammation associated with aging

B) A state of heightened immune response

C) A condition where inflammation is completely absent

D) A condition where inflammation occurs only in young individuals

4. How does aging affect the balance between pro-inflammatory and anti-inflammatory signals?

A) It increases the balance

B) It decreases the balance

C) It has no effect on the balance

D) It completely eliminates the balance

5. What can help support immune function throughout the aging process?

A) Regular exercise, a balanced diet, and adequate sleep

B) Excessive alcohol consumption

C) Lack of physical activity

D) Poor diet