



T.C. Ölçme, Seçme ve Yerleştirme Merkezi

**YÜKSEKÖĞRETİM KURUMLARI
YABANCI DİL SINAVI
(2025-YÖKDİL/1)**

**İNGİLİZCE
SAĞLIK BİLİMLERİ**

16 ŞUBAT 2025

Bu testlerin her hakkı saklıdır. Hangi amaçla olursa olsun, testlerin tamamının veya bir kısmının Merkezimizin yazılı izni olmadan kopya edilmesi, fotoğrafının çekilmesi, herhangi bir yolla çoğaltılması, yayımlanması ya da kullanılması yasaktır. Bu yasağa uymayanlar gerekli cezai sorumluluğu ve testlerin hazırlanmasındaki mali külfeti peşinen kabullenmiş sayılır.

1

In recent years the media has glorified an unnatural ideal of feminine thinness, which adds greatly to the ---- of eating disorders such as anorexia nervosa and bulimia.

- A) adjustment
- B) prevalence
- C) avoidance
- D) uniqueness
- E) superiority

2

CRISPR is a genome editing technology that allows scientists to cut DNA with incredible ---- and insert or delete DNA to correct unwanted mutations.

- A) tendency
- B) precision
- C) retention
- D) fragility
- E) construction

3

With the emergence of the modern pharmaceutical industry, the 20th century witnessed the transformation of diabetes from a near fatal disease to a medically ---- condition.

- A) debilitating
- B) manageable
- C) ambiguous
- D) vain
- E) terminal

4

Short bowel syndrome most often results from surgery that removes segments of the small intestine as treatment for Crohn's disease, cancers of the small intestine, traumatic injury, and other conditions that ---- damage the small intestine.

- A) dismissively
- B) inadequately
- C) improperly
- D) irreparably
- E) inattentively

5

While bad breath, known medically as halitosis, can be embarrassing and annoying, it is not only a cosmetic problem – it can ---- an underlying health problem.

- A) obtain
- B) alleviate
- C) signify
- D) handle
- E) enhance

6

When the possibilities for treating certain diseases ----, the only remaining alternative is to replace the sick organ with another one through a transplant.

- A) come along
- B) spread out
- C) run out
- D) cut off
- E) get on

7

Onion ---- as a food source and to treat a variety of conditions for almost as long as humans ---- written records.

- A) has been used / have been keeping
- B) was used / were keeping
- C) is used / are keeping
- D) was being used / kept
- E) had been used / would keep

8

A combination of antibiotics and probiotics, so-called 'good bacteria' such as the microbes that turn milk into yoghurt, have been shown ---- two strains of drug-resistant bacteria ---- wounds.

- A) destroyed / being infected
- B) to destroy / infecting
- C) being destroyed / to infect
- D) destroying / to be infected
- E) to be destroyed / having infected

9

Measles is a very contagious disease primarily characterised ---- cough, runny nose, red eyes, and a characteristic rash ---- the skin and inside of the cheeks.

- A) with / over
- B) into / off
- C) from / around
- D) by / on
- E) among / in

10

While most teens advance ---- predictable stages of development, adolescents are a heterogeneous population ---- great variance between individuals regarding their level of maturity, even among those of the same age.

- A) through / with
- B) at / from
- C) along / for
- D) among / upon
- E) towards / in

11

A developmental delay is diagnosed when a child does not reach a developmental milestone ---- the expected age, despite allowing for individual variation ---- the rate of development.

- A) on / with
- B) for / between
- C) at / in
- D) off / from
- E) about / into

12

Aged garlic extract is unique ---- it is odourless, processed from organically grown garlic, standardised to potent sulphur compounds, and is the most widely researched garlic product available.

- A) in that
- B) unless
- C) as if
- D) although
- E) whether

13

Honey should not be served to children younger than one year because the amount of botulism toxin in honey can be life-threatening for infants; ----, it is not enough to harm adults and children because their immune systems have matured.

- A) instead
- B) for instance
- C) moreover
- D) otherwise
- E) however

14

The scent of rosemary essential oil can boost performance on mental math tasks and some doctors encourage people to try such home remedies ---- there is no evidence they will do harm.

- A) although
- B) by the time
- C) even if
- D) as long as
- E) in order that

15

---- chronic fatigue syndrome (CFS) can affect people of any gender, age, race, or socioeconomic group, most patients diagnosed with CFS are 25-45 years old and female.

- A) Before
- B) Although
- C) Unless
- D) Because
- E) Until

16

Individuals with hearing loss may have difficulty hearing in all situations as they are not usually able to hear speech ---- the speaker is talking loudly and is at relatively close range.

- A) whenever
- B) unless
- C) as if
- D) because
- E) as long as

17

When healthcare facilities need translation services, they should employ trained translators ---- relying on personal acquaintances or staff on hand.

- A) regardless of
- B) thanks to
- C) instead of
- D) for the purpose of
- E) with reference to

18

The long-term benefits of regular physical activity have often been assessed --- overall life expectancy, perhaps because this is easy to measure.

- A) thanks to
- B) in terms of
- C) in fear of
- D) in spite of
- E) rather than

19

The bacteriological revolution of the late 19th century led --- to the changes in the way which diseases were understood, --- to changes in the organisation of medical research.

- A) not only / but also
- B) the more / the less
- C) neither / nor
- D) as / as
- E) whether / or

20

In anorexia nervosa, an eating disorder that involves self-imposed starvation, the individual is obsessed with becoming increasingly thinner and limits food intake to the point --- health is compromised.

- A) how
- B) where
- C) which
- D) whose
- E) what

A baby develops sleeping patterns between the 28th and 36th weeks of pregnancy. (21)---, even before then a foetus experiences active and calm phases that can be interpreted as sleep. As early as the 8th to 12th week of pregnancy, unborn babies can move in a variety of ways and have bursts of activity alternated (22)--- periods of rest. It is during the last three months of pregnancy that the foetus's circadian rhythms (23)---. These rhythms, based on a 24-hour cycle, are what make us feel alert during daylight and sleepy at night. At 32 weeks, a baby in the womb spends up to 90% of its time in a sleeping state, (24)--- a new-born. Some of these hours are spent in deep sleep, others in REM sleep – the sleep of dreams. Scans of foetal brain waves show similarities to adult brain scans recorded during sleep, (25)--- that babies in utero can dream – and indeed, may spend a large proportion of their time doing so. During REM sleep, the foetus's eyes flicker just as an adult's do when they dream.

21

- A) Similarly
- B) Otherwise
- C) Eventually
- D) However
- E) Rather

22

- A) with
- B) at
- C) for
- D) through
- E) from

23

- A) inquire
- B) aggravate
- C) emerge
- D) rotate
- E) radiate

24

- A) in terms of
- B) on behalf of
- C) owing to
- D) by means of
- E) similar to

25

- A) to suggest
- B) suggesting
- C) being suggested
- D) to be suggested
- E) having been suggested

Hippocrates wisely stated back in 400 BCE, "Let food be your medicine and medicine be your food." Modern research (26)--- this doctrine. Today we know that what we eat is a major (27)--- of health, and that food provides both nutritive and healing properties.

Functional foods, as defined by the International Food Information Council, are "foods or dietary components that may provide a health benefit beyond basic nutrition." (28)---, these foods provide more than just vitamins and minerals; they contain compounds that have beneficial actions in the body and can reduce the risk of chronic disease. The apple is one such example as it can provide both soluble and insoluble fibre. Apple skins are a major food source of a type of flavonoid called quercetin, which is a potent antioxidant that helps protect (29)--- heart disease and cancer. These flavonoids, (30)--- vitamin C, give apples immune-bolstering properties. So, there is a lot of truth to the saying, "An apple a day keeps the doctor away."

26

- A) has validated
- B) is going to validate
- C) had validated
- D) was validating
- E) used to validate

27

- A) hazard
- B) causality
- C) obstacle
- D) consequence
- E) determinant

28

- A) Still
- B) In other words
- C) Conversely
- D) Even so
- E) Otherwise

29

- A) into
- B) by
- C) with
- D) against
- E) through

30

- A) according to
- B) in opposition to
- C) on behalf of
- D) with the aim of
- E) along with

31

Although mitochondrial disorders may be caused by distinctly different damage to the mitochondrial genetic material, ---.

- A) physicians take a multi-faceted approach to diagnosing such disorders due to their complex nature
- B) extensive tests need to be performed to diagnose a mitochondrial disorder and eliminate other diseases
- C) they all share a common feature: the ability of mitochondria to generate energy is damaged
- D) they are a diverse group of diseases caused by damage to mitochondria structures
- E) more than 90 per cent of the energy needed by the human body is generated by mitochondria

32

Although it is impossible for individuals to alter their genetic makeup, ---.

- A) scientists continue to identify more variables that cause cardiovascular disease
- B) international trends suggest that environmental factors play a key role in rates of cardiovascular disease
- C) resources are needed to help identify more risk factors for cardiovascular disease
- D) those in developing countries are more likely to be exposed to the types of infections that can lead to heart disease
- E) life styles can be changed in order to reduce the risk of developing cardiovascular disease

33

Despite significant advances in cancer treatments for humans over the last few decades, ---.

- A) high concentrations of the cancer-killing drugs are developed
- B) animals show significant improvements after cancer treatment
- C) effective therapies for animals remain few and far between
- D) researchers are developing a promising stem cell treatment for animals
- E) a number of therapies can extend the lives of animals with terminal cancer

34

---; however, people can prevent symptoms by managing the condition with a suitable diet and lactase supplements.

- A) Parents may self-diagnose lactose intolerance in their child by using an elimination diet
- B) Those who suffer with lactose intolerance are able to continue eating some milk products
- C) Parents must guard the health of a child who is lactose intolerant by managing their diet
- D) Often lactose intolerance is a natural occurrence that cannot be avoided
- E) Health experts believe lactose intolerance is easy to manage and not dangerous

35

Because there is a lack of long-term data on the subject, ---.

- A) social media sites make money from advertising which has attracted many children
- B) more screen time is associated with a higher risk of myopia in young children
- C) it has been found that the overuse of screens has been associated with several harms in recent years
- D) the question about the adverse impacts of screen time on young children is surprisingly difficult to answer
- E) it has been shown that only a quarter of children under the age of two in many countries have no screen time

36

Although there is still some way to go before mental health conditions are viewed in the same way as physical ones, ---.

- A) these days, more people are open about their mental health issues, and this may encourage others to seek help when they need it
- B) controversy has surrounded the most popular class of antidepressants ever since their development in the 1990s
- C) the once widely accepted explanation for how some antidepressants work is no longer thought to be correct
- D) it is clear that mental health conditions are complicated, and that developing better treatments is going to be more complicated, too
- E) researchers are developing tests that would tell people what kind of depression they have and what treatment is most likely to benefit them

37

In Chinese medicine, no two illnesses are ever the same ---.

- A) in case disease is seen as imbalances in the organ system
- B) unless the Chinese system uses elements to describe and treat conditions
- C) as if the goal of any remedy is to assist the body in re-establishing its innate harmony
- D) even if disease can be caused by external factors like the environment and weather
- E) as each body has its own characteristic symptoms and balance

38

The signs and symptoms of Down syndrome have been observed and reported for many centuries, ---.

- A) so people without Down syndrome who develop very early onset Alzheimer's also seem to have abnormalities to the twenty-first chromosome pair
- B) but they were not accurately described as making up a distinct syndrome until the English physician J. Langdon Down did so
- C) though it is the most common chromosome disorder and genetic cause of mental retardation
- D) yet the risk of having a baby with Down syndrome increases significantly as a woman's age increases
- E) thus other anomalies associated with the disorder are bowel defects, congenital heart disease, and chronic respiratory infections

39

Albinism is an inherited problem caused by a flaw in one or more of the genes that are responsible for directing the eyes and skin to make the pigment melanin; ---.

- A) for example, one of the greatest health hazards for people with albinism is excessive exposure to sun
- B) as a result, little or no pigment is made, and the child's skin, eyes and hair may be colourless
- C) on the contrary, there are many different types of albinism, involving a number of different genes
- D) otherwise, genetic counselling is very important to prevent further occurrences of the condition
- E) in other words, it is not always easy to diagnose the exact type of albinism a person has

40

Asthma patients should carry their medications with them at all times ---.

- A) given that long-term use of these drugs can cause serious side effects
- B) so that they have them handy when they feel an attack coming on
- C) while anti-inflammatory medications are used for those with moderate to severe asthma
- D) until steroids may take a few hours or even days to work
- E) though these drugs relieve symptoms of coughing, chest tightness and shortness of breath

41

Temporal arthritis almost always occurs in people over 50; ---.

- A) however, about 20% of people over the age of 50 suffer from it
- B) moreover, it becomes expectedly more common as people age
- C) on the contrary, women are affected twice as often as men
- D) similarly, some doctors say that it is more common among Caucasians
- E) hence, that term literally means inflammation of the temporal arteries

42

Malnutrition is a condition that develops when the body does not get the proper amount of protein, calories, vitamins, and other nutrients it needs to maintain healthy tissues and organ function.

- A) Vücutun ihtiyacı olan protein, kalori, vitamin ve diğer besin maddeleri yeterli miktarda alınmadığında sağlıklı doku ve organ fonksiyonları sürdürülemez ve yetersiz beslenme durumu gelişir.
- B) Vücut sağlıklı doku ve organ fonksiyonlarını sürdürebilmek için ihtiyaç duyduğu protein, kalori, vitamin ve diğer besin maddelerini yeterli miktarda almadığında yetersiz beslenme durumu gelişir.
- C) Yetersiz beslenme, vücutun sağlıklı doku ve organ fonksiyonlarını sürdürmek için ihtiyaç duyduğu protein, kalori, vitamin ve diğer besin maddelerini yeterli miktarda almadığında gelişen bir durumdur.
- D) Yetersiz beslenme, vücut ihtiyaç duyduğu protein, kalori, vitamin ve diğer besin maddelerini yeterli miktarda almadığında ve sağlıklı doku ve organ fonksiyonlarını sürdüremediğinde gelişen bir durumdur.
- E) Protein, kalori, vitamin ve diğer besin maddeleri yeterli miktarda alınmadığında vücut sağlıklı doku ve organ fonksiyonlarını sürdüremez ve yetersiz beslenme durumu gelişir.

43

Transplantation of a healthy pancreas into a diabetic patient is an effective treatment option; however, this transplant is done only if a kidney transplant is performed at the same time.

- A) Bir şeker hastasına sağlıklı bir pankreasın nakledilmesi etkili bir tedavi seçeneği olsa da bu naklin gerçekleşmesi sadece aynı anda bir böbrek naklinin de yapılmasıyla mümkündür.
- B) Bir şeker hastasını sağlıklı bir pankreas nakli ile tedavi etmek etkili bir seçenektir ancak bu nakil sadece aynı zamanda bir böbrek naklinin de yapılmasıyla gerçekleşir.
- C) Bir şeker hastasını sağlıklı bir pankreas naklederek tedavi etmek etkili bir seçenektir fakat bu nakil sadece aynı anda bir böbrek nakli gerçekleştirilirse yapılır.
- D) Bir şeker hastası için etkili bir tedavi seçeneği olan sağlıklı pankreas nakli sadece aynı anda bir böbrek nakli de yapılmasıyla gerçekleştirilir.
- E) Bir şeker hastasına sağlıklı bir pankreasın nakledilmesi etkili bir tedavi seçeneğidir ancak bu nakil sadece aynı anda bir böbrek nakli de gerçekleştirilirse yapılır.

44

Around 10% of US adults live with diabetes, but serious health disparities exist among them; for instance, Hispanic adults are more than twice as likely as others to be hospitalised for kidney disease.

- A) Yetişkinlerin yaklaşık %10'unun şeker hastası olduğu Birleşik Devletler'de yetişkinler arasında sağlık açısından ciddi farklar bulunmaktadır, örneğin Latin Amerika kökenli yetişkinler böbrek hastalığı nedeniyle diğerlerine göre iki kat daha fazla hastaneye yatırılmaktadır.
- B) Birleşik Devletler'deki yetişkinlerin yaklaşık %10'u şeker hastalığı ile yaşar ancak sağlık açısından aralarında ciddi farklar vardır, örneğin Latin Amerika kökenli yetişkinlerin böbrek hastalığı sebebiyle hastaneye yatırılma olasılığı diğerlerinin iki katından fazladır.
- C) Yetişkinlerinin yaklaşık %10'u şeker hastalığı ile mücadele eden Birleşik Devletler'de, Latin Amerika kökenli yetişkinlerin böbrek hastalığına bağlı olarak iki kat daha fazla hastaneye yatırılması örneğinde olduğu gibi bireyler arasında sağlık açısından ciddi farklar vardır.
- D) Birleşik Devletler'de yetişkinlerin yaklaşık %10'u şeker hastalığı ile yaşamaktadır ancak Latin Amerika kökenliler böbrek hastalığı sebebiyle iki kat daha fazla hastaneye yatmaktadır ki bu da aralarında sağlık açısından ciddi farklar olduğuna bir örnektir.
- E) Latin Amerika kökenlilerin böbrek hastalığı sebebiyle iki kat daha fazla hastaneye yatırıldığı ve yetişkinlerin yaklaşık %10'unun şeker hastası olduğu Birleşik Devletler'de yetişkinler arasında sağlık açısından ciddi farklar bulunmaktadır.

45

The most widely used of all vitamin supplements, vitamin C is a powerful antioxidant that has a myriad of functions and helps strengthen the immune system.

- A) Bütün vitamin takviyeleri arasında en yaygın kullanılan C vitamini, pek çok işlevi olan ve bağışıklık sisteminin güçlenmesine yardımcı olan güçlü bir antioksidandır.
- B) Bütün vitamin takviyeleri arasında C vitamini en yaygın kullanılandır ve pek çok işlevi olmasının yanı sıra bağışıklık sisteminin güçlenmesine de yardımcı olan güçlü bir antioksidandır.
- C) Pek çok işlevi olmasının yanı sıra bağışıklık sisteminin güçlenmesine de yardımcı olan C vitamini, bütün vitamin takviyeleri arasında en yaygın kullanılan güçlü bir antioksidandır.
- D) C vitamini pek çok işleve sahip olup bağışıklık sisteminin güçlenmesine yardımcı olan güçlü bir antioksidandır ve bütün vitamin takviyeleri arasında en yaygın kullanılandır.
- E) C vitamini, pek çok işlevi olan ve bağışıklık sisteminin güçlenmesine yardımcı olan güçlü bir antioksidan olduğu için bütün vitamin takviyeleri arasında en yaygın kullanılandır.

46

Before the dangers of being exposed to radiation were fully understood, many believed it contained energy that could be anti-ageing or give a glowing complexion to the skin.

- A) Radyasyonun tehlikelerini tam olarak anlamadan önce çoğu kişi yaşlanma karşıtı olabilecek enerji içerdiği için radyasyona maruz kalmanın cilde ışıltılı bir görünüm verdiğine inanıyordu.
- B) Radyasyona maruz kalmanın tehlikeleri tam olarak anlaşılmadan önce çoğu kişi tarafından onun yaşlanma karşıtı olabilecek ya da cilde ışıltılı bir görünüm verebilecek enerji içerdiğine inanılıyordu.
- C) Radyasyona maruz kalmanın tehlikeleri tam olarak anlaşılmadan önce, çoğu kişi onun yaşlanma karşıtı olabilecek ya da cilde ışıltılı bir görünüm verebilecek enerji içerdiğine inanıyordu.
- D) Radyasyona maruz kalmanın tehlikeleri tam olarak anlaşılmadan önce çoğu kişi onun yaşlanma karşıtı olabilecek enerjisinin cilde ışıltılı bir görünüm verdiğine inanıyordu.
- E) Radyasyonun tehlikeleri tam olarak anlaşılmadan önce çoğu kişi onun yaşlanma karşıtı olabilecek enerji içerdiğine ya da radyasyona maruz kalmanın cilde ışıltılı bir görünüm verdiğine inanıyordu.

47

Because dairy products are an important source of calcium, people who reduce or severely limit their intake of dairy products may need to consider other ways to consume an adequate amount of calcium in their diets.

- A) Süt ürünleri önemli bir kalsiyum kaynağıdır ve süt ürünleri alımını azaltan veya ciddi biçimde kısıtlayan insanların, beslenmelerine yeterli miktarda kalsiyum eklemenin diğer yollarını düşünmeleri gerekebilir.
- B) Süt ürünleri alımını azaltan veya ciddi biçimde sınırlandıran insanların, beslenmelerinde yeterli miktarda kalsiyum tüketmenin başka yollarını dikkate almaları gerekebilir çünkü süt ürünleri önemli bir kalsiyum kaynağıdır.
- C) Süt ürünleri önemli bir kalsiyum kaynağı olduğu için süt ürünleri alımını azaltan veya ciddi biçimde sınırlandıran insanların, beslenmelerinde yeterli miktarda kalsiyum tüketmenin başka yollarını düşünmeleri gerekebilir.
- D) Önemli bir kalsiyum kaynağı olan süt ürünleri alımını azaltan veya ciddi biçimde kısıtlayan insanların, beslenmelerinde yeterli miktarda kalsiyum tüketmenin başka yollarını düşünmeleri gerekebilir.
- E) Önemli bir kalsiyum kaynağı olan süt ürünlerini az tüketen veya süt ürünleri alımını ciddi biçimde sınırlandıran insanların, beslenmelerine yeterli miktarda kalsiyum eklemenin başka yollarını bulmaları gerekebilir.

48

İklim değişikliğine sebep olan sera gazlarının salınımına hiç katkıda bulunmamış olmalarına rağmen çocuklar, sonuç olarak ortaya çıkan sağlık risklerine karşı en savunmasız olanlar arasındadır.

- A) Although children are among the most vulnerable to the health risks arising from climate change, they made no contribution to the emission of greenhouse gases.
- B) Though making no contribution to the emission of greenhouse gases, health risks resulting from climate change makes children the most vulnerable.
- C) Even though they have made no contribution to the emission of greenhouse gases that are causing climate change, children are among the most vulnerable to the resulting health risks.
- D) Contrary to making no contribution to the emission of greenhouse gases, children are the ones that are the most vulnerable to the health risks resulting from climate change.
- E) Children made no contribution to the emission of greenhouse gases, yet they are the most vulnerable group to the health risks arising from climate change.

49

Çocuklardaki kortizol düzeylerine ilişkin araştırma bulguları tutarsız olsa da daha yüksek düzeyde kortizol salgılanmasının, daha şiddetli depresif belirtilerle ve daha yüksek nüksetme olasılığı ile ilişkili olduğuna dair bazı kanıtlar vardır.

- A) Although research findings regarding cortisol levels in children are inconsistent, there is some evidence that higher levels of cortisol secretion are associated with more severe depressive symptoms and with a higher likelihood of recurrence.
- B) Despite inconsistent research findings on cortisol levels in children, there is some evidence indicating that higher cortisol secretion correlates with more severe depressive symptoms rather than a greater chance of recurrence.
- C) Research findings regarding cortisol levels in children are inconsistent, yet there is some evidence linking higher cortisol secretion to an increased chance of recurrence with more severe depressive symptoms.
- D) While research findings about cortisol levels in children are inconsistent, some evidence points to a connection between higher cortisol secretion and more severe depressive symptoms, as well as a higher likelihood of recurrence.
- E) Although evidence suggests that higher cortisol secretion is linked to more severe depressive symptoms and an increased likelihood of recurrence, research findings on cortisol levels in children are not consistent.

21

50

Asperger sendromu bazı açılardan otizme benzese de bu hastalıktan mustarıp çocuklar dil ediniminde otizmlı çocukların yaşadığı zorlukları yaşamazlar.

- A) Children with Asperger's syndrome do not have the same difficulties in acquiring a language that children with autism have, although there are some similarities between this disorder and autism.
- B) Despite certain similarities between Asperger's syndrome and autism, children with Asperger's syndrome do not have the same difficulties in acquiring a language that children with autism have.
- C) Children with Asperger's syndrome do not have the same difficulties in acquiring a language that children with autism have in spite of certain similarities between this disorder and autism.
- D) When acquiring a language, children with Asperger's syndrome do not have the same difficulties that children with autism have, even though this disorder is similar to autism in some respects.
- E) Though Asperger's syndrome is similar to autism in certain respects, children with this disorder do not have the same difficulties in acquiring a language that children with autism have.

51

Araştırmalar, diş eti hastalığı olan insanların kalp hastalıklarına yakalanma riskinin daha yüksek olduğunu göstermiştir çünkü diş eti hastalığına neden olan bakteriler kan damarlarında ilerleyerek iltihaba yol açabilir.

- A) Studies have indicated that as bacteria causing gum disease can travel through blood vessels and increase the risk of inflammation, people with gum disease tend to have a higher risk of developing heart diseases.
- B) Studies have shown that people with gum disease are at higher risk of developing heart diseases since bacteria that cause gum disease can result in inflammation by travelling through blood vessels.
- C) According to studies, the risk of developing heart diseases is higher among people with gum disease because bacteria that cause gum disease can result in inflammation by travelling through blood vessels.
- D) Studies have indicated that gum disease in people increases the risk of developing heart diseases as bacteria which cause the disease can travel through blood vessels, resulting in inflammation.
- E) Studies have shown that bacteria that cause gum disease and result in inflammation increase the likelihood of developing heart diseases in people with gum disease by travelling through blood vessels.

52

Ceviz, kalp dostu beslenmede önemli bir temel gıdadır çünkü kandaki normal kolesterol seviyesinin korunmasına katkı sağlayan omega-3 yağ asidinin zengin bir kaynağıdır.

- A) As a rich source of the omega-3 fatty acid, walnut contributes to the maintenance of the normal blood cholesterol level by providing the essentials in a heart-healthy diet.
- B) Walnut, contributing to the maintenance of the normal blood cholesterol level, is an essential staple in a heart-healthy diet because it is a source rich in the omega-3 fatty acid.
- C) Because walnut is a rich source of the omega-3 fatty acid, contributing to the maintenance of the normal blood cholesterol level, it is a key element in a heart-healthy diet.
- D) Being a rich source of the omega-3 fatty acid, walnut is essential in a heart-healthy diet as it contributes to the maintenance of the normal blood cholesterol level.
- E) Walnut is a key staple in a heart-healthy diet because it is a rich source of the omega-3 fatty acid, which contributes to the maintenance of the normal blood cholesterol level.

53

Aspirin günümüzde sentetik olarak üretilse de aspirin içeren söğüt kabuğu kimyasal sentez teknikleri geliştirilmeden çok önce bitkisel bir ilaç olarak kullanılmıştır.

- A) Even though aspirin is now produced synthetically through chemical synthesis methods, aspirin containing willow bark was utilised as an herbal remedy long before.
- B) Today, aspirin is manufactured synthetically; however, willow bark was used as an herbal remedy due to its aspirin content prior to the development of chemical synthesis techniques.
- C) Although aspirin is synthetically produced today, willow bark containing aspirin was used as an herbal remedy long before chemical synthesis techniques were developed.
- D) While aspirin is presently produced synthetically, willow bark containing aspirin was employed as an herbal remedy well before chemical synthesis techniques were developed.
- E) Prior to the development of chemical synthesis methods, willow bark, which naturally contains aspirin, served as an herbal remedy, contrasting with the contemporary production of synthetic aspirin.

54

Altering the teeth for aesthetic reasons is a practice that has been found in cultures around the world, with teeth filing being one of the more common practices. Some Australian Aboriginals file their teeth in such a way as to be aesthetically pleasing.

--- In Bali, for example, teeth are filed not for decorative reasons but because teeth symbolise negative emotions like anger, jealousy, and greed, which can be controlled through filing the teeth. Upper-class Mayans also filed their teeth, and sometimes etched designs onto the surface of the teeth as well, a tradition that has also been found in Africa and Central America.

- A) Other cultures file their teeth into sharp points, such as the Mentawai of Sumatra or the Dinka of Sudan, but not all are for appearance alone.
- B) Some cultures also stained their teeth to make them more beautiful, such as in Vietnam where black teeth were once preferred to white.
- C) Gums can also be operated in order to change the shape and appearance of the gums and teeth.
- D) Today in the contemporary body modification community, teeth sharpening is a relatively rare practice.
- E) Tooth filing is done at a dentist's office, although some people have filed their own teeth at considerable risk.

55

The risk for numerous cancers rises with obesity. The reasons for this are difficult to separate out.

--- Yet, these factors are generally lacking in obesity. Further, the increase in adipose tissue evident in obesity appears to be a contributing factor to hormone-driven cancers such as prostate cancer and breast cancer, the risks for which are higher in people who have obesity than in people who are of healthy weight.

- A) Some studies have established a connection between the length of time food remains in the gastrointestinal tract with the risk for cancer.
- B) It has been identified that there are more than a thousand chemicals and other substances that have the ability to cause cancer.
- C) Regular physical activity and nutritious eating habits support the health of cells throughout the body as well as foster efficient immune function.
- D) According to recent data, a diet high in red meat increases the risk for cancer overall and specifically hormone-driven cancers.
- E) The most significant lifestyle factors related to cancer are smoking, diet, obesity, and exposure to environmental carcinogens.

56

Dentists recommend brushing and flossing the teeth at least twice a day and having routine dental check-ups twice a year. These measures help to prevent dental cavities and gum disease, and permit early detection and treatment of oral cancers. Dental health problems become more common with increasing age, for numerous and varied reasons.

--- There are strong correlations between the health of the mouth and health in general, even to the extent that the earliest signs of some diseases are first apparent in the mouth.

- A) They may include the cumulative effect of lifestyle habits, diminished saliva in the mouth, and diseases such as diabetes.
- B) Numerous bacteria naturally inhabit the mouth and can enter the bloodstream if there is any bleeding in the mouth.
- C) Chewing tobacco and cigarette smoking contribute to oral hygiene challenges such as tobacco stains on the teeth.
- D) Dentists strongly encourage the use of mouth guards in activities during which there could be injury to the mouth.
- E) In some cases, dentists prescribe preventive antibiotic medications prior to cleaning or major dental procedures.

57

Putting objects into their noses and ears is a common occurrence with young children. In such cases, the object is typically visible, though drainage or odour may signal an undetected obstruction that is causing an infection. Individual attempts to retrieve or clear the object can result in pushing it instead farther into the auditory canal or nasal passages; there is a risk with foreign objects in the nose of inhaling them into the airways or lungs. --- It is especially important as particles of food and objects such as paper wads attract moisture and can swell, lodging more firmly in the ear or nose.

- A) Nevertheless, it is required to learn cardiopulmonary resuscitation (CPR) and other methods to relieve airway obstruction, such as the Heimlich manoeuvre.
- B) In addition, sometimes the tissue becomes raw and bleeds; and nasal vestibulitis typically develops with extended sneezing and nose blowing.
- C) Removal of the foreign object, as a result, is nearly always a complete remedy, unless there is a secondary infection that requires further treatment.
- D) Likewise, using an eyedropper to gently fill the auditory canal with warm olive oil can make the foreign object float to the top of the canal easily.
- E) Hence, a healthcare provider should assess and remove any foreign object that does not come out of the ear or nose with minimal effort.

58

"Twin studies are one of the most important pieces of evidence for genes being involved in autism," says Abha Gupta, a paediatrician who also researches the genetics and neurobiology of autism spectrum disorder (ASD) at Yale School of Medicine. Identical twins share nearly 100 per cent of their genes, while fraternal twins share about 50 per cent. — Since the 1970s, a number of studies have revealed that both identical twins are more likely to have autism than both fraternal twins.

- A) So, if identical twins have the same disorder, it is strong evidence for a genetic cause.
- B) Hundreds of genes are linked to ASD, which makes it difficult to research.
- C) Although ASD is heritable, children with no family history of the disorder can still develop it through genetic mutations.
- D) So far, the only generally accepted risk factors for identical twins are related to maternal health during pregnancy.
- E) The autism spectrum describes people with a wide range of developmental disorders.

59

Of the diseases spread by mosquitoes, malaria has proved particularly deadly. In 2016, 216 million people were sickened by malaria worldwide, 445,000 of whom died. Certain species of *Anopheles* mosquitoes are carriers for the malaria-causing *Plasmodium* parasite. — About a week later, when the mosquito feeds again, the parasite hitches a ride in the bug's spit to a new human host, ultimately infiltrating that person's liver and bloodstream and causing sickness or death.

- A) When female mosquitoes bite humans, seeking the nutrients they need for their eggs, they unwittingly pick up these parasites.
- B) *Plasmodium* then reproduce in the mosquito's gut before they travel to its salivary glands.
- C) The disease's wide reach and alarming death toll have netted it the biggest and best-funded mosquito-control efforts.
- D) To fight those bugs, scientists have been developing insecticide-laced sugar baits that attract both male and female mosquitoes.
- E) Mosquitoes find human prey in many ways, including following a person's carbon dioxide output through the eaves in their house.

60

(I) Anaesthesia refers to the loss of sensation with or without loss of consciousness. (II) There are several ways of producing anaesthesia, with the choice dependent on the type of surgery and the medical condition and preference of the patient. (III) Regional anaesthesia, analgesia, without loss of consciousness, results from injecting a solution of local anaesthetic drug either into the cerebrospinal fluid surrounding the spinal cord or into the epidural space surrounding the cerebrospinal fluid, usually in the lower back area. (IV) Each person responds differently to a given anaesthetic, and anaesthetic techniques and drugs often have marked effects on bodily functions, especially those of the cardiovascular and respiratory systems. (V) Therefore, these systems are monitored closely during anaesthetic administration, with measurements such as heart sounds, blood pressure, temperature, and oxygenation taken using a variety of sophisticated devices.

A) I B) II C) III D) IV E) V

61

(I) We may not have the luxuriant fur of some mammal species, but our skin is still covered with millions of hairs. (II) Most of those on the body are short, fine vellus hairs that, when tweaked by visiting insects, warn us that we might be bitten or stung. (III) Thicker, longer terminal hairs are found on the head, eyebrows, and eyelashes. (IV) Head hair is protective and also forms an important part of our appearance. (V) The shaft is the section of a hair that is visible above the skin's surface.

A) I B) II C) III D) IV E) V

62

(I) People who suffer from the rare disorder narcolepsy fall asleep a few times each day for several minutes or longer at times likely to induce sleep, but also other occasions. (II) This may occur randomly, such as after a meal or during a conversation, or because of a triggering event, like when the person is carrying out a monotonous activity. (III) Along with avoiding activities that may bring on an attack, a person with narcolepsy may take certain prescribed drugs in special situations when a narcoleptic attack would be particularly inappropriate or embarrassing. (IV) Narcolepsy is present for life and the cause is unknown, although there is a tendency for the disorder to run in families. (V) However, in most cases it is necessary for those with narcolepsy to entirely avoid risky activities, such as driving or hazardous sports.

A) I B) II C) III D) IV E) V

63

(I) The potential medical applications of ultrasound were first recognised in the 1940s as an outgrowth of the sonar technology developed to detect submarines during World War II. (II) The first useful medical images were produced in the early 1950s, and by 1965, ultrasound quality had improved to the point that it came into general medical use. (III) The many types and uses of ultrasound technology make it difficult to generalise about the time and costs involved. (IV) Today, improvements in the technology, application, and interpretation of ultrasound still continue. (V) However, its low cost, safety and speed make it one of the best medical imaging techniques.

A) I B) II C) III D) IV E) V

64

(I) Although much has been learned about human embryology in the last couple of decades, a great deal remains unknown. (II) Studying prenatal human development is difficult because the embryo and foetus develop in a closed environment – the mother's womb. (III) However, the relatively recent development of a number of prenatal tests has opened a window on the process. (IV) The foetus receives all nutrients and oxygen from blood that circulates through the placenta. (V) Add to that more accurate and complete evaluations of new-borns, especially those with problems, and a clearer picture of what can go wrong before birth is possible.

A) I B) II C) III D) IV E) V

65

(I) Amnesia is simply the standard term for a loss of memory, whether partial or complete. (II) Research on patients with amnesia has led scientists to discover some interesting things about memory. (III) The condition is usually temporary, and it generally affects only a small part of a person's experience, such as memory of the immediate past. (IV) Amnesia can be produced by a range of causes, including both psychological trauma and brain damage that may be caused by a blow to the head. (V) It can also be due to such varied causes as stroke and brain tumour.

A) I B) II C) III D) IV E) V

Parkinson's disease, also called shaking palsy or paralysis agitans, is a slowly progressive disease of the nervous system in which an essential type of nerve cell located in a small part of the brain is destroyed. The cause of the disease is unknown, but there is speculation that a deficiency of vitamin E early in life may be responsible. Symptoms begin when there is an imbalance of two chemicals in the brain, dopamine and acetylcholine. These substances transfer messages between nerve cells that control muscle function. In Parkinsonism, the amount of dopamine is diminished, creating an imbalance that confuses nerve signals. Approximately 1 per cent of Americans over age 65 suffer from Parkinson's. Symptoms include muscular rigidity (first the legs, then the arms) and cramping, involuntary tremors, excessive salivation, impaired speech and a staring facial expression. Despite these symptoms, sensation and mental activity are not impaired. There is often a loss of appetite and some weight loss, giving rise to the possibility of malnutrition developing. There is no cure for the disease, although drugs are prescribed to alleviate the symptoms. Along with medication, alternative therapies are also sometimes included in treatment.

66

It can be understood from the passage that Parkinson's disease ----.

- A) appears as a result of destruction of a particular nerve cell in the brain of people over the age of 65
- B) can be attributed to the lack of a certain vitamin type in the first stages of life, though there is no agreement on the claim
- C) causes a decrease in the amounts of dopamine and acetylcholine in the brain
- D) marks its onset especially after the age of 65 as it is the case in the majority of American patients
- E) may be slowed down if the progression of nerve cell destruction can be stopped via chemicals

67

According to the passage, Parkinson's disease ----.

- A) can be triggered if the body fails to release adequate amount of dopamine
- B) can be easily diagnosed via close examination of legs and arms when they lose their flexibility due to the illness
- C) can cause patients to experience the extremes of excitement and nervousness due to their impaired brain chemistry
- D) can be accompanied by a deterioration in the mental abilities of patients due to their old age
- E) can be treated with medications and alternative therapies, though a full recovery is impossible

68

What is the main purpose of the passage?

- A) To give brief information regarding the onset and progression of Parkinson's disease
- B) To highlight the difficulties patients with Parkinson's disease face
- C) To show how dietary habits can influence the healthy brain function
- D) To falsify the speculations about the impact of malnutrition on developing Parkinson's disease
- E) To criticise the lack of experimental research on viable treatment methods for Parkinson's disease

Every human being enters the world with a remarkably unfinished brain. Dolphins are born swimming; giraffes learn to stand within hours. But humans are helpless for years. However, this seeming limitation actually signals humans' greatest advantage. Baby animals develop quickly because their brains wire up according to a pre-programmed routine. But that preparedness trades off with flexibility. Imagine if an unlucky rhinoceros found itself on the Arctic tundra or on top of a mountain in the Himalayas or in the middle of urban Tokyo. It would have no capacity to adapt or thrive. In contrast, humans have thrived in all these environments. Instead of arriving with everything hardwired, a human brain is shaped by life experience. It is 'livewired'. Our brains' flexibility derives not from the growth of new cells but from how those cells are connected. A baby's neurons form two million new connections every second as they take in information. By age 2, a child has over 100 trillion synapses – double the number an adult has. This peak represents far more connections than the brain will need. The incredible blooming is then supplanted by neural 'pruning'. As you mature through the teen years and into your 20s, 50 per cent of your synapses will be reduced by a large amount.

69

It is clearly stated in the passage that compared to animals, humans ----.

- A) are born with better survival skills enabling them to survive in nature
- B) can survive in extreme or harsh environments thanks to their livewired brain
- C) initially focus on developing pre-programmed routines for adaptation
- D) depend on their flexibility to produce new brain cells
- E) may lose their ability to adjust to harsh environments as they age

70

According to the passage, human brain ----.

- A) is more flexible in growing scheduled routines
- B) improves its connection ability with age
- C) uses experiences to make much more connections in adulthood
- D) is better at drawing connections among cells than those of animals
- E) improves its function by losing some of the connections

71

It is inferred from the passage that having a pre-programmed routine ----.

- A) would promote learning through experiences to perform essential tasks to survive
- B) might prevent people from acquiring new survival skills and methods
- C) is the major factor for the decrease in the number of synapses in animals
- D) will slow the brain down while growing new brain cells
- E) is an obstacle for animals to adapt to a completely different habitat with ease

Pharmacogenetics is the exploration of the relationship between inherited genes and the ability of the body to metabolise drugs. Although research interests are rapidly expanding, pharmacogenetics research mainly concentrates on trying to establish connections between the genes carried by an individual (genotype) and specific reactions to drugs (e.g., side effects, toxicities, etc.). Modern medicine relies on the use of therapeutic drugs to treat disease, but one of the longstanding problems has been the documented variation in patient response to drug therapy. The recommended dosage is usually established at a level shown to be effective in 50% of a test population, and based on the patient's initial response, the dosage may be increased, decreased, or discontinued. In rare situations, the patient may experience an adverse reaction to the drug and be shown to have a pharmacogenetic disorder. The unique feature of this group of diseases is that the problem does not occur until after the drug is given, so a person may have a pharmacogenetic defect and never know it if the specific drug required to trigger the reaction is never administered.

72

Why does the author mention patient response variation in drug therapy?

- A) To emphasise the importance of adhering to recommended dosages
- B) To explain why pharmacogenetic disorders get less attention than they deserve
- C) To demonstrate the challenges faced in drug administration
- D) To highlight the contribution of external factors to drug rejection
- E) To underline the role of rare genetic mutations in drug interactions

73

According to the passage, what distinguishes a pharmacogenetic disorder from others?

- A) It develops following the intake of increased dosages of certain drugs.
- B) It becomes evident after drug administration.
- C) Its effects can be alleviated by adjusting the dosage properly.
- D) It primarily affects the patient's metabolism.
- E) It is unrelated to the use of therapeutic drugs.

74

What is the main idea of the passage?

- A) There is meticulous research conducted on the body to metabolise drugs.
- B) Adverse reactions to drugs are more common than previously thought.
- C) Genetic mutations primarily occur due to exposure to toxins.
- D) Dosages of therapeutic drugs need to be adjusted regularly.
- E) Patient responses to drug therapy are influenced by genetics.

Adjustment disorders are a group of disorders in which a person's psychological response to a stressor triggers symptoms that require clinical attention. Even though this disorder is so commonly diagnosed, there have been few large-scale epidemiological studies targeting this disorder. It appears to be fairly common in the American population; recent figures estimate that 5-20% of adults seeking outpatient psychological treatment have one of the subtypes of this disorder. As many as 70% of children in psychiatric inpatient settings may be diagnosed with an adjustment disorder. In a questionnaire sent to child psychiatrists in the early 1990s, 55% admitted to giving children the diagnosis of an adjustment disorder to avoid the stigma associated with other disorders. On the other side, women are diagnosed with adjustment disorder twice as often as men, and diagnosis is also more frequent in females among adolescents. There are no current studies of differences in the frequency of adjustment disorder in different racial or ethnic groups. There is, however, some potential for bias in diagnosis.

75

It is clear from the passage that studies of adjustment disorders ----.

- A) mainly address children living in America as they are the largest group
- B) are not so high in numbers despite the disorder being so widespread
- C) strongly attracted the attention of psychiatrists in the 1990s due to rising outbreaks
- D) show that most people with this disorder look for outpatient psychological treatment
- E) have been carried out extensively for the last three decades in America

76

It is understood from the passage that diagnosis of adjustment disorders ----.

- A) presents similar results between some cultural groups
- B) is challenging because of their vulnerability for bias
- C) shows differences in numbers between different groups of people
- D) is more common in both male and female adolescents compared to adults
- E) has a rising trend in psychiatric inpatient settings according to recent studies

77

What is the main purpose of this passage?

- A) To provide information about the reasons why adjustment disorders are so common
- B) To compare groups of people with respect to the diagnosis of adjustment disorders
- C) To give brief information about what adjustment disorders are
- D) To show different insights about adjustment disorders
- E) To show the difference between men and women who are diagnosed with adjustment disorders

In the 6th century there was no significant understanding of bacteria and their role in the spread of diseases, and nothing was yet known anywhere about genes and their critical influence in determining who survived and who did not. These are the reasons for the perplexity experienced by the physicians when they tried their best to save the sick and the results were disappointing. It was the same centuries later when the same Black Death that overtook Constantinople in 542 swept over London in 1665. Many people in London, such as gravediggers, who were constantly exposed to infected bodies, stayed quite healthy while those who had just a single exposure to the infection died within two days. In 1990s, researchers solved the problem. Those who had a particular gene, commonly known as Delta 32, did not catch the disease if they inherited this gene from both parents. If they received the gene from only one parent, they got sick but they recovered.

78

According to the passage, the physicians of the 6th century ----.

- A) estimated that close to half the population of Constantinople died from the Black Death
- B) pointed out that in the first day of infection nothing very serious was evident
- C) developed a deep sense in understanding of many diseases but failed to cure them
- D) tried very hard to cure the Black Death but the results were not promising
- E) were genuinely puzzled at the spread of the Black Death that claimed the lives of thousands

79

Why were some people exposed to infected bodies not affected by the plague?

- A) They had inherited a specific gene that made them immune to the Black Death.
- B) They used special tools and garments when discarding the bodies of the afflicted.
- C) The doctors treated them with a gene that could escape consequences of that particular infection.
- D) They went into a deep coma before they recovered from the Black Death.
- E) Their constant exposure to the infected people helped develop their immune system.

80

The passage is mainly about ----.

- A) the Black Death and its unfortunate effects on Constantinople and London
- B) Delta 32 gene, which changed the course of infection treatment
- C) the significance of inheritance in a devastating disease of the past
- D) the history of the ancient plagues that ravaged Europe
- E) our comprehension of the past diseases and how we treated them

2025 Şubat YÖKDİL / Sağlık Bilimleri

ANSWER KEY

1 B	21 D	41 B	61 E
2 B	22 A	42 C	62 D
3 B	23 C	43 E	63 C
4 D	24 E	44 B	64 D
5 C	25 B	45 A	65 B
6 C	26 A	46 C	66 B
7 A	27 E	47 C	67 E
8 B	28 B	48 C	68 A
9 D	29 D	49 A	69 B
10 A	30 E	50 E	70 D
11 C	31 C	51 B	71 E
12 A	32 E	52 E	72 C
13 E	33 C	53 C	73 B
14 D	34 D	54 A	74 E
15 B	35 D	55 C	75 B
16 B	36 A	56 A	76 C
17 C	37 E	57 E	77 C
18 B	38 B	58 A	78 D
19 A	39 B	59 A	79 A
20 B	40 B	60 C	80 C