

YÖKDİL SAĞLIK BİLİMLERİ
ŞUBAT 2021

2020/2 ertelenen sınav

1 - 20. sorularda, cümlede boş bırakılan yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

1. **Research has found that increasing your emotional intelligence at work has many ----, including the ability to better manage stress at work and be more productive.**
 - A) coincidences
 - B) constraints
 - C) benefits
 - D) failures
 - E) predictions
2. **Pollutants in the atmosphere lead to lung disease, but the biggest breathing danger may be wildfires; it takes only a few hours of ---- to unhealthy particles to trigger an asthma attack.**
 - A) restriction
 - B) subscription
 - C) exposure
 - D) inconvenience
 - E) progression
3. **Elderly people are particularly ---- to heatstroke because they often have weak hearts and their skin is less effective at sweating.**
 - A) willing
 - B) changeable
 - C) indifferent
 - D) peculiar
 - E) susceptible
4. **Active life expectancy is a useful concept which is ---- used for measuring the combined health, functional, and longevity status of relatively long-lived national populations in order to improve public health.**
 - A) adversely
 - B) vaguely
 - C) irrationally
 - D) increasingly
 - E) suspiciously
5. **Scientists developed a sensor the size of a vitamin pill that is swallowed by the patient easily, which if proved to work reliably as a diagnostic tool, may ---- unpleasant endoscopy screening tests in the future.**
 - A) trigger
 - B) replace
 - C) reveal
 - D) pretend
 - E) cultivate
6. **The process of juicing removes many of the nutrients in fruit, particularly fibre, and ---- fructose, a type of sugar, so you are essentially drinking water full of sugar.**
 - A) wipes out
 - B) slows down
 - C) leaves behind
 - D) puts on
 - E) stems from

7. **The incidence of diabetes ---- quite dramatically in recent years, especially in the United States, where in general people take less exercise, and food ---- in greater quantity.**

- A) is increasing / will be taken
- B) has increased / is taken
- C) increases / is being taken
- D) increased / has been taken
- E) had increased / was taken

8. **Researchers ---- that wearing a sleep tracking device to bed ---- people obsess over their sleep's statistics, leading to a poor night's rest.**

- A) had found / can make
- B) must find / would make
- C) have found / could make
- D) will find / ought to make
- E) can find / used to make

9. **Salmon is a nutritious fish as it is rich ---- vitamin B12, and omega-3 fatty acids in it improves attention and processing speed in people ---- mild cognitive impairment**

- A) at / of
- B) about / for
- C) in / with
- D) from / to
- E) with / through

10. **Speech and language disorders in children are usually diagnosed ---- a speech and language pathologist, often ---- the help of a pediatrician, audiologist and neurologist.**

- A) with / for
- B) in / among
- C) by / with
- D) from/on
- E) through / by

11. **Dark leafy greens like spinach and kale are famous ---- their nutritional superpowers, but there is new insight ---- the best way to eat them: raw or in a smoothie.**

- A) by / on
- B) in / about
- C) with / to
- D) from / around
- E) for / into

12. **Scientists believe that there are several risk factors associated ---- Alzheimer's disease, so they prescribe a regimen of exercise, methods to reduce stress and even nutritional supplements to patients to compensate ---- their deficits.**

- A) to / in
- B) at / from
- C) with / for
- D) on / toward
- E) by / about

13. ---- some research initially indicated an association between many events at birth and autism, subsequent studies have not supported many of these findings.
- A) Even though
B) Whenever
C) Because
D) Only if
E) By the time
14. Hair on the head can grow to several feet in length ---- the hair of the eyelashes is generally no longer than about a quarter of an inch long.
- A) as long as
B) now that
C) once
D) when
E) whereas
15. ---- most people think of a narcoleptic as a person who falls asleep at inappropriate times, sufferers of narcolepsy also share other symptoms, including excessive daytime sleepiness and hallucinations.
- A) Although
B) Since
C) Given that
D) Unless
E) Once
16. ---- a parent is advised so by the child's physician, topical antibiotics should not be used on children under two months of age.
- A) Since
B) Unless
C) Whereas
D) As though
E) In order that
17. In the prescribing information of a drug, the following must be included among others: a description of its active ingredient, precautions, adverse reactions and instructions on what to do ---- overdosage.
- A) in case of
B) for the sake of
C) in terms of
D) by means of
E) except for
18. Researchers who analysed the effects of 13 oils and fats on cholesterol levels found that seed oils were best at lowering 'bad' LDL cholesterol ---- their unsaturated fat content.
- A) in place of
B) due to
C) according to
D) such as
E) on behalf of
19. Joints are the structures where two or more bones come together, ---- directly ---- by means of strong fibrous cords called ligaments.
- A) as / as
B) either / or
C) no sooner / than
D) so / that
E) the more / the more
20. A long, twisting tube makes up your intestines, ---- digested food is absorbed and thus your body is provided with energy and raw materials.
- A) which
B) what
C) where
D) that
E) when

21 - 25. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Meditation has escaped both the religious cells of monks and nuns and the labs of scientists. An increasing number of people are using meditation apps to deal with mental health problems, **(21)** ---- depression and anxiety. **(22)** ---- there is no clear estimate of how many people are practising meditation, last year one single app had close to 40 million downloads. However, now a new study, which reviews over 40 years of the science of meditation and mindfulness-based therapies, suggests that these practices can also lead to negative effects **(23)** ---- about 8 per cent of individuals -from increases in anxiety, depression and stress, to unusual experiences like hallucinations. This sounds counterintuitive, given the thousands of scientific studies exploring the positive effects of meditation. Scientists have been aware of these problems for a long time. In 1977, the American Psychiatric Association published a statement **(24)** ---- that research on meditation should evaluate both its usefulness and its dangers. Ancient meditation manuals, like the Buddhist Dharmatrata Meditation Scripture, likewise reveal that if meditation is not carried out properly, the mind **(25)**---- unstable, restless or confused.

21.

- A) in view of
- B) by virtue of
- C) such as
- D) in place of
- E) regardless of

22.

- A) Because
- B) Provided that
- C) When
- D) Although
- E) As though

23.

- A) from
- B) over
- C) in
- D) at
- E) with

24.

- A) damaging
- B) cancelling
- C) increasing
- D) recommending
- E) spoiling

25.

- A) used to become
- B) should become
- C) has to become
- D) must become
- E) may become

26 - 30. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

The word 'agoraphobia' comes from two Greek words that mean 'fear' and 'marketplace'. Agoraphobia is an anxiety disorder characterised by intense fear related to being in situations **(26)** ---- which escape might be difficult or embarrassing, or in which help might not be available in the event of a panic attack or panic symptoms. Panic is defined as extreme and **(27)** ---- fear and anxiety. Patients with agoraphobia typically exhibit symptoms, **(28)** ---- feeling dizzy, having an attack of diarrhoea, fainting, or 'going crazy' when outside. **(29)** ---- most of these patients do not know how to cope with these symptoms, they tend to avoid situations that involve being outside their home alone, being in crowds and being on a bridge. Agoraphobia **(30)** ---- to the point that it interferes with a person's ability to take a job outside the home or to carry out such ordinary errands and activities as picking up groceries or going out to a movie.

26.

- A) from
- B) of
- C) with
- D) on
- E) without

27.

- A) inadequate
- B) outdated
- C) inconsiderate
- D) constructive
- E) unreasonable

28.

- A) such as
- B) despite
- C) in terms of
- D) in spite of
- E) other than

29.

- A) Even if
- B) As soon as
- C) Because
- D) As if
- E) Until

30.

- A) might have intensified
- B) should have intensified
- C) has to intensify
- D) may intensify
- E) will be able to intensify

31 - 41. sorularda, verilen cümleyi uygun şekilde tamamlayan ifadeyi bulunuz.

31. ----, while some specialise in one particular aspect of orthopaedics, such as hand surgery or joint replacements.

- A) It is usually agreed that orthopaedics is one of the main branches of medicine
- B) Many orthopaedic surgeons maintain a general practice
- C) Orthopaedists are urgently needed by many hospitals in developing countries
- D) Orthopaedics is the branch of medicine concerned with the diseases of bones or muscles
- E) Orthopaedists have accomplished great improvements in the development of artificial limbs

32. Although sleep generally is a vital aspect of the physiological functioning of humans and other higher organisms, ----.

- A) the lack of normal sleep may have many different consequences
- B) the regulation of the sleep-wake cycle and of the stages of sleep is crucial
- C) there seem to be significant physiological benefits to various bodily systems
- D) there is no single, well-defined function served by sleep
- E) different needs are being met by different sleep stages

33. While acne, a common skin disease, can arise at any age, ----.

- A) the most troubling aspects of these lesions are the negative cosmetic effects
- B) there are some acne patients who can solely be treated by family doctors
- C) this disease affects nearly 17 million people in the United States
- D) it occurs when the pores of the skin become clogged with oil
- E) it usually begins at puberty and worsens during adolescence

34. ---- despite meeting our energy or calorie requirements.

- A) Most people have a good understanding of the effects of nutrition on our physical health
- B) The contribution of diet to physical health status is of great importance for many people
- C) Daily calorie intake should be made up of calories from a variety of foods
- D) Dietary intakes high in fat or sugar can frequently be low in essential vitamins and minerals
- E) The food we eat plays an important role in our physical and emotional well-being

35. Even though the words obese and overweight are used synonymously, ----.

- A) comparing the height and weight is the best tool in hand to determine your weight composition
- B) body composition or gender differences are also other factors contributing to these subjects
- C) the percentage of body fat and waist circumference are almost never taken into consideration
- D) there has been a great deal of research on body fat and lean muscle mass in recent years
- E) there is a great difference between these terms in both definition and associated health risk

36. Unlike many cancers that are curable if detected early, ----.

- A) more than three quarters of patients with pancreatic cancer are between 55 and 84 years old
- B) five-year survival rates for pancreatic cancer have increased from 6 to 9 percent
- C) pancreatic tumours are quick to multiply, making the speed of diagnosis useless
- D) precision medicine will ultimately help many patients suffering from cancer
- E) in some types of cancer, patients can completely recover through early diagnosis

37. ----, all cells of the body require cholesterol because it is an essential constituent of all cell membranes.

- A) While cholesterol forms hormones that regulate water and electrolyte balance
- B) Although cholesterol has the reputation of being an unwanted, even dangerous substance
- C) Given that transportation of cholesterol in the blood is a complex process
- D) Since too much cholesterol in your body may cause heart disease
- E) Just as increased dietary cholesterol tends to raise

38. ----, there has been little research and writing on vegetarianism in the social sciences.

- A) As opposed to the social sciences' neglect of the whole area of food consumption
- B) Just as social scientists are now turning their attention to the area of food in general
- C) Despite the potential for a wealth of social observation and analysis
- D) Whenever we come across some very useful research studies
- E) Because vegetarianism has emerged and developed more as a social phenomenon than a medical one

39. The liver makes about 80 percent of the cholesterol in the blood circulation, and it continues to make cholesterol ----.

- A) as long as it receives the source materials (dietary fats) to do so
- B) though cholesterol is essential for cell membrane repair and hormone production
- C) as researchers recognised that the problem is not cholesterol itself
- D) seeing that cholesterol does not dissolve in water or blood
- E) while cholesterol and saturated fats co-exist in many animal-based foods

41. ----, since its symptoms are obvious even to an untrained person.

- A) Diagnosing choking due to mechanical obstruction is straightforward
- B) Incidences of choking is more common in children compared to adults
- C) Smoking, heavy alcohol use and lung diseases all increase the risk of choking during sleep
- D) The risk of choking due to obstructive sleep apnoea can be reduced by avoiding smoking
- E) Patients who suffer airway obstruction during sleep are treated with a specialised equipment

40. Caffeine is regarded by many as the best way to give you a quick boost, ----.

- A) for there are some lesser-known natural alternatives to consider
- B) yet one should be aware of its side effects that come with excessive consumption
- C) so natural energy boosters can help increase energy production in cells
- D) even though caffeine has long been known for its boost-giving effect
- E) although it reduces oxidative stress and supports a reduction in tiredness

42 - 47. sorularda, verilen İngilizce cümleye anlamca en yakın Türkçe cümleyi bulunuz.

42. In the last decade, science has confirmed that meditation, when correctly practised, offers lasting benefits for your physical, emotional, and mental health.

- A) Bilim, son on yıl içerisinde, doğru uygulanan meditasyonun bedensel, duygusal ve akıl sağlığınız için uzun süreli etkileri olduğunu kanıtladı.
- B) Geçtiğimiz on yılda bilim, meditasyonun yeterince uygulandığında insana uzun süreli bedensel, duygusal ve akli yararları olduğunu iddia etti.
- C) Son on yılda bilim, doğru uygulandığında, meditasyonun bedensel, duygusal ve akıl sağlığınıza kalıcı yararlar sunduğunu doğruladı.
- D) Meditasyonun doğru uygulandığında insanın bedensel, duygusal ve akıl sağlığına devamlı olarak yararlı olduğu son on yılda bilim tarafından doğrulandı.
- E) Meditasyonun doğru uygulanmasının insanın bedensel, duygusal ve akıl sağlığına kalıcı yararlar sunduğu son on yılda bilimsel olarak doğrulandı.

43. Exposure therapy is a form of cognitive-behavioural therapy in which patients with phobias are exposed to feared objects or situations while accompanied by the therapist.

- A) Maruz bırakma terapisi, bir bilişsel-davranışsal tedavi türüdür ve fobileri olan hastalar bu tedavide bir terapist eşliğinde korkulan nesnelere veya durumlara maruz bırakılır.
- B) Bir çeşit bilişsel-davranışsal tedavi türü olan maruz bırakma terapisinde, fobileri olan hastalar korkulan nesne veya durumlara terapistleri tarafından maruz bırakılır.
- C) Maruz bırakma terapisi, fobileri olan hastaların, korkulan nesnelere veya durumlara terapist eşliğinde maruz bırakıldığı bir bilişsel-davranışsal tedavi türüdür.
- D) Fobileri olan hastalar, bir tur bilişsel-davranışsal tedavi olan maruz bırakma terapisi boyunca korktukları nesnelere veya durumlara bir terapist eşliğinde maruz bırakılır.
- E) Fobileri olan hastaların korktukları nesnelere veya durumlara maruz bırakıldığı bilişsel-davranışsal bir tedavi türü olan maruz bırakma terapisi, bir terapist eşliğinde uygulanır.

44. Exercise causes micro-tears in your muscles, which is a good thing because as they repair over several days, your muscles grow stronger.

- A) Egzersiz, kaslarınızda mikro yırtıklara neden olduğu için iyi bir şeydir çünkü bunlar birkaç gün içinde onarıldıkça kaslarınız daha da güçlenir.
- B) Egzersizin kaslarınızda mikro yırtıklara neden olması iyi bir şeydir çünkü bunlar onarılırken birkaç gün içinde kaslarınız daha da güçlenir.
- C) Kaslarınızda mikro yırtıklara neden olan egzersiz iyi bir şeydir çünkü bunların birkaç gün içinde onarılmaları kaslarınızı daha da güçlendirir.
- D) Egzersiz, kaslarınızda mikro yırtıklara neden olur ve bu iyi bir şeydir çünkü bunlar birkaç gün içinde onarılsa kaslarınız daha da güçlenir.
- E) Egzersiz, kaslarınızda mikro yırtıklara neden olur ki bu iyi bir şeydir çünkü kaslarınız birkaç gün içinde onarılırken daha da güçlenir.

45. Some have long thought that a virus is involved in some cases of obesity, but the idea is still controversial.

- A) Kimileri uzun zamandır bazı obezite vakalarında bir virüsün rol aldığını düşünmektedir, fakat bu düşünce hala tartışmaya açıktır.
- B) Kimilerine göre uzun zamandır obezite vakalarının bazılarında bir virüs etkili olsa da, bu düşünce hala tartışılmaktadır.
- C) Uzun zamandır bazı obezite vakalarının virüslerle alakalı olduğu düşünülse de, bu fikir bazılarına göre hala tartışmaya açıktır.
- D) Kimileri bir virüsün obeziteye yol açtığını düşünse de, tartışmaya açık bu fikre uzun zamandır katılmayan kimseler de vardır.
- E) Bir virüsün belli obezite vakalarının sebebi olabileceği uzun zamandır düşünülmektedir, ancak kimileri de bu fikri tartışmaya açık bulurlar.

46. Fibromyalgia is a common disorder that has only recently received recognition by the medical community, and although it is not totally curable, it can be greatly improved with lifestyle changes.

- A) Ancak son zamanlarda tıp çevrelerince tanınırlık kazanmış yaygın bir rahatsızlık olan fibromiyaljinin tam tedavisi olmasa da bu rahatsızlık yaşam tarzındaki değişikliklerle büyük oranda iyileştirilebilir.
- B) Fibromiyalji tamamen tedavi edilemez bir hastalıktır ve ancak son zamanlarda tıp çevrelerince tanınırlık kazanan bu yaygın rahatsızlık yaşam tarzındaki değişikliklere büyük oranda iyileştirilebilir.
- C) Fibromiyalji ancak son zamanlarda tıp çevrelerince tanınırlık kazanmış yaygın bir rahatsızlıktır ve tamamen tedavi edilebilir olmamasına rağmen yaşam tarzındaki değişikliklerle büyük oranda iyileştirilebilir.
- D) Fibromiyalji tamamen tedavi edilemeyen yaygın bir rahatsızlıktır ancak yaşam tarzındaki değişikliklerle büyük oranda iyileştirilebildiğinden son zamanlarda tıp çevrelerince tanınırlık kazanmıştır.
- E) Fibromiyalji ancak son zamanlarda tıp çevrelerince tanınırlık kazanmıştır fakat bu yaygın hastalık, yaşam tarzındaki değişikliklerle büyük oranda iyileştirilebilse bile tam tedavisi yoktur.

47. Fair skin makes a person more likely to develop skin cancer, but only if he or she has prolonged exposure to intensive sunlight.

- A) Bir kişi uzun süre yoğun güneş ışığına maruz kalırsa, açık tenli olması bu kişinin cilt kanserine yakalanma riskini artırır.
- B) Bir kişinin uzun süre yoğun güneş ışığına maruz kalınca cilt kanseri olma olasılığı yalnızca bu kişi açık tenliyse artar.
- C) Açık ten, bir kişinin cilt kanseri olma ihtimalini artırır ama ancak kişi uzun süre yoğun güneş ışığına maruz kalmışsa.
- D) Açık tenli kişilerin cilt kanserine yakalanma ihtimali, yalnızca uzun bir süre yoğun güneş ışığına maruz kaldıklarında artar.
- E) Yoğun güneş ışığına uzun süre maruz kalmak, cilt kanserine yakalanma olasılığını artırırken, açık tenli bir kişide bu olasılık daha yüksektir.

48 - 53. sorularda, verilen Türkçe cümleye anlamca en yakın İngilizce cümleyi bulunuz.

48. Balkabağındaki beta-karoten adı verilen güçlü antioksidanlar, hastalıkla mücadele etmeye ve DNA hasarını önlemeye yardımcı olur ve vücutta A vitaminine dönüştürülerek sağlıklı gözleri destekler.

- A) The powerful antioxidants in pumpkin that help fight disease and prevent DNA damage are called beta-carotene, which is converted to Vitamin A in the body and supports healthy eyes.
- B) The powerful antioxidants in pumpkin, called beta-carotene, help fight disease and prevent DNA damage, and they support healthy eyes by being converted to Vitamin A in the body.
- C) The powerful antioxidants in pumpkin, called beta-carotene, help fight disease by preventing DNA damage, and they are converted to Vitamin A in the body to support healthy eyes.
- D) Beta-carotene, the powerful antioxidants in pumpkin, helps fight disease, prevents DNA damage, and supports healthy eyes as it is converted to Vitamin A in the body.
- E) The powerful antioxidants in pumpkin, called beta-carotene, are what help fight disease and prevent DNA damage, and they are converted to Vitamin A in the body, which supports healthy eyes.

49. Omurilikte meydana gelen hasar genellikle duyuusal bilginin akışında kesinti ile sonuçlanabilse de, işlev kaybının türü ve derecesi hasarın miktarı ve yerine bağlıdır.

- A) Although the type and extent of the loss of function depend on the amount and location of damage to the spinal cord, the damage may usually result in interruption of the flow of sensory information.
- B) The amount and location of damage to the spinal cord are related to the type and extent of the loss of function, despite the fact that the damage may usually result in interruption of the flow of sensory information.
- C) The type and extent of the loss of function are usually determined by the amount and location of damage to the spinal cord, as the damage may result in interruption of the flow of sensory information.
- D) While damage to the spinal cord may usually result in interruption of the flow of sensory information, the type and extent of the loss of function depend on the amount and location of the damage.
- E) Damage to the spinal cord may result in interruption of the flow of sensory information, usually depending on the type and extent of the loss of function as well as on the amount and location of the damage.

50. Zaman içinde trans ve doymuş yağ tüketiminin, depresyon teşhisi konulma riskini % 48'e kadar arttırdığı görülmüştür.

- A) The risk of being diagnosed with depression over time has been shown to increase by 48% with the rise of the consumption of trans and saturated fats.
- B) It has been shown over time that consuming high amounts of trans and saturated fats may increase the risk of depression by 48%.
- C) The consumption of trans and saturated fats over time has been shown to increase the risk of being diagnosed with depression by up to 48%.
- D) Research has shown that depression has increased by up to 48% because of the consumption of trans and saturated fats over time.
- E) Consuming trans and saturated fats may increase the risk of being diagnosed with depression by as much as 48%, as it has been shown by research over time.

51. Enfekte olan bir kişiye maruz kaldıktan sonra bile su çiçeği aşısı, aşığı 72 saat içinde olursanız, sizi koruyabilir.

- A) Even if you receive the shot within 72 hours, the chicken pox vaccine will protect you after you have been exposed to an infected person.
- B) You will be protected against even the chicken pox if you are vaccinated within 72 hours after exposure to an infected person.
- C) The chicken pox vaccine can protect you even if you receive the shot after 72 hours of exposure to an infected person.
- D) Only if you receive the shot within 72 hours, will the chicken pox vaccine protect you even when you have been exposed to an infected person.
- E) Even after you have been exposed to an infected person, the chicken pox vaccine can protect you if you receive the shot within 72 hours.

52. Son zamanlarda yapılan çalışmalar, sürekli olarak aç hissediyorsanız, bunun nedeninin kötü gece uykusunun yol açtığı hormon dengesizliği olabileceğini göstermiştir.

- A) According to recent research, the reason why you are constantly feeling hungry could be a hormone imbalance caused by a bad night's sleep.
- B) According to recent research, hormone imbalance is shown to be the cause of feeling constantly hungry and having a bad night's sleep.
- C) Recent research has revealed that a bad night's sleep can cause a hormone imbalance, which makes you feel constantly hungry.
- D) Recent research has revealed that you may be feeling constantly hungry if you have a hormone imbalance caused by a bad night's sleep.
- E) Recent research has shown that if you are constantly feeling hungry, this could be due to a hormone imbalance caused by a bad night's sleep.

53. Ameliyat esnasında aşın kanama riskini arttırdığından cerrahi bir işlemde önce aspirin alınmamalıdır.

- A) One should not take aspirin prior to a surgical operation given that this drug is known to increase the risk of bleeding during the operation.
- B) There is a risk of excessive bleeding during a surgical procedure, so aspirin should not be taken before a surgical procedure.
- C) Because of the risk of excessive bleeding during a surgical operation, aspirin should not be taken before such an operation.
- D) Aspirin is not recommended before a surgical procedure due to the increased risk of excessive bleeding during the procedure.
- E) As it can increase the risk of excessive bleeding during surgery, aspirin should not be taken before a surgical procedure.

54 - 59. sorularda, parçada anlam bütünlüğünü sağlamak için boş bırakılan yerlere getirilebilecek cümleyi bulunuz.

54. Dementia is a condition characterised by a chronic decline in cognitive functions contrasted with a person's usual state of functioning. It is seen most often in people 65 years and older, and the incidence increases with age. There are various causes and types of dementia, but they have certain characteristics in common. ---- Also, they may have trouble with visuospatial processing, such as getting lost in familiar places. Language may be affected, causing difficulty in finding the right word to use in a sentence.

- A) However, the onset of dementia is usually insidious, making it difficult to diagnose until it is too late for effective treatment.
- B) Therefore, recognition of the condition is often delayed as the affected person may not notice that anything is wrong.
- C) To illustrate, Alzheimer's disease is the most common type of dementia in North America and Europe.
- D) For example, persons with dementia often have problems with short-term memory, such as forgetting names and recent events.
- E) But dementia may also be caused by problems such as cerebrovascular accident or hypertension.

55. All adults need a biennial eye exam, or an annual one if they are over 60. A 2018 study by the Canadian Association of Optometrists found that two out of three seniors had an eye condition such as glaucoma or macular degeneration. Glaucoma, the leading cause of irreversible blindness, is called a silent thief for good reason. ---- Therefore, the only way to catch it before significant damage has occurred is with regular eye exams.

- A) It holds significant clues about the overall health.
- B) Eye doctors are the first to notice serious diseases.
- C) In the early stages, it is observed as asymptomatic.
- D) When having your vision tested, relax and blink often.
- E) Glaucoma is very common among avid readers.

56. Currently, if a patient suffers from organ failure, they are put on a transplant waiting list, and then they have to keep their fingers crossed that a suitable match can be found before it is too late. ---- An international team of scientists has made a significant step towards making this a reality. They have 'bioprinted' the world's first fully functioning artificial vascular network, necessary for growing large, complex tissues, and ultimately organs.

- A) In the future, however, surgeons may be able to simply produce the required organ on demand.
- B) So, hospitals could be facing more challenges as more and more patients start requiring the organs.
- C) The number of patients on the waiting lists is going up day by day around the world.
- D) For instance, there has been an increasing number of researchers who try to solve the problem.
- E) Doctors, on the other hand, need to find new ways to enhance their professional skills in transplanting.

57. ---- European researchers followed 3,200 adults for 20 years; those with the most defined forehead wrinkles had nearly 10 times the risk of dying from heart disease as those with few or none. The results remained unchanged even after adjusting for age, gender, and health measures like smoking and blood pressure. Researchers think deep forehead wrinkles may signal narrowing of heart arteries in the forehead and coronary plaque build-up. There are better methods for detecting heart risks, but researchers say wrinkles may be a visual red flag that could prompt physicians to run further tests.

- A) A person's skin may reflect how healthy his or her heart is.
- B) Omega-3 fatty acid supplements have little benefit related to heart health.
- C) Eating large amount of fish and nuts may prevent heart diseases and wrinkles.
- D) Nutrients received from sea products slow the aging effects on the skin.
- E) To foster a younger looking skin, vitamin supplements are thought be beneficial.

58. The sense of taste is called gustation. Though common perception is that the bumps on the tongue are the taste buds, they are so small that it is not possible to see them without a microscope. ---- Each taste bud contains dozens-of taste cells. Though taste buds for the four categories of taste - sweet, sour, salt, and bitter - are present throughout the mouth, roughly 10,000 of them on the tongue align in certain patterns.

- A) The bumps are called papillae, and they contain clusters of taste buds.
- B) Taste buds on the tip of the tongue are concentrated to detect sweet tastes.
- C) Besides tastes, the tongue is also responsible for the formation of sounds during speech.
- D) The chamber at the back of the tongue receives both air and food while swallowing.
- E) The structures responsible for tasting begin to take shape in the third week of embryonic development.

59. The consequences of famine are physical, psychological, social, and economic. Malnutrition results from food shortage within weeks. Children fail to grow and cannot learn in school, and both adults and children experience weight loss, lack of energy, and decreased work ability. Permanent blindness can result from Vitamin A deficiency that accompanies a deterioration of dietary quality. ---- Diseases such as measles, malaria, pneumonia, and diarrhoea are the most common causes of death during famine.

- A) An example of the chain of events that leads to a natural famine is a poor harvest due to a drought or flood.
- B) The immediate causes of famine are inadequate food production or market availability.
- C) Access to food is such a basic human need that control of the food supply translates into direct political and economic power.
- D) Losing land ownership and selling valuable assets can prevent families from recovering financially after a famine.
- E) Malnutrition also puts people at a high risk of dying from common infectious illnesses.

60 - 65. sorularda, cümleler sırasıyla okunduğunda parçanın anlam bütünlüğünü bozan cümleyi bulunuz.

60. (I) In most people, vision is the primary sense for gathering information about the world around us. **(II)** It is estimated that two-thirds of the knowledge and data within the brain, existing as memories, comes in through the eyes -in the form of words, pictures, diagrams, and similar images. **(III)** Vision, or eyesight, is also vital for safety. **(IV)** Like eyesight, hearing changes throughout a lifetime. **(V)** We watch for and avoid hazards and dangers all around, from part-open doors to flashing warning lights and fast-moving vehicles.

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

61. (I) For reasons of convenience, most bottled waters are sold in plastic containers that contain phthalates. **(II)** Also, the results of any water quality tests that are made by the bottled water companies need not be released to the public. **(III)** Water is a universal solvent, so phthalates can be leached from a plastic bottle and mix with the water in it. **(IV)** It is still not known if there are any negative health effects from human exposure to phthalates. **(V)** However, rodents have experienced adverse effects from the chemical in some studies, which makes it apparent that additional research is needed on this issue.

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

62. (I) Zebrafish could become a powerful tool for identifying the best chemotherapy to kill a particular patient's cancer. **(II)** Biologists Rita Fior and Miguel Godinho-Ferreira injected tumour cells from cancer patients into zebrafish larvae and tested them with the same chemotherapy on the patients. **(III)** Mice bred with human tumours have also been used for similar tests, but this process is more expensive and can take months. **(IV)** The results correctly predicted whether the drugs would work in four of the five patients. **(V)** Fior and Godinho-Ferreira have recently expanded the study to include more patients and other types of cancers.

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

63. (I) Celiac disease - also known as celiac sprue, or sometimes simply sprue - is a chronic autoimmune disease that affects the small intestine, the main organ that absorbs food into the body. **(II)** People with classic celiac disease cannot digest the gluten found in wheat and other grains. **(III)** The Greek physician Aretaeus of Cappadocia wrote the first account of the disease around the first century AD **(IV)** Untreated, this intolerance can interfere with overall digestion, leading to severe diarrhoea, malnutrition, weight loss and, eventually, death. **(V)** People with celiac disease can literally starve to death in the presence of food.

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

64. (I) Acupuncture is a Chinese therapeutic method for the treatment of different symptoms including pain. **(II)** Thin, solid needles are inserted into proposed specific points on the body, called acupuncture points. **(III)** The needles are inserted through the skin to varying depths, often into the underlying musculature. **(IV)** The needles are often twirled slowly for a short time, 30-60 seconds and may be left in a place for a varying time, 2-30 minutes. **(V)** The method of applying electrical stimulation via acupuncture needles was introduced in 1958.

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

65. (I) Fever, nausea, vomiting and abdominal pain can be characteristic symptoms of a number of diseases. **(II)** In many cases, acute infectious diarrhoea is a mild, limited annoyance. **(III)** However, worldwide it has a huge impact, causing over five million deaths per year. **(IV)** While most deaths are among, children under five years of age in developing nations, the impact, even in developed countries, is considerable. **(V)** For example, over 250,000 individuals are admitted to hospitals in Canada each year, which indeed shows how common diarrhoea cases are in the world.

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

66 - 68. soruları aşağıda verilen parçaya göre cevaplayınız.

Statistics show that significant percentages of the populations of developed countries use complementary and alternative medicine. In the United States, according to a 2004 National Institutes of Health survey, 36 percent of Americans used complementary and alternative medicine as a form of therapy. Women are more likely than men to use complementary and alternative medicine. The trend toward using complementary and alternative medicine and natural compounds has significantly increased in past decades. An important reason for this trend is the belief that these therapies will have fewer side effects. Another important factor is a vision of health as a state of complete physical, mental, and social well-being, not merely the absence of disease. In contrast to conventional medicine, which treats the body like a highly complex machine, alternative medicine emphasises the importance of the balance of mental, physical, and spiritual aspects. Simplicity, availability, and lower prices compared to modern medications also contribute to the use of alternative medicine.

66. Which of the following is true about alternative medicine in the US?

- A) Americans are using alternative medicine more than any other nations.
- B) People are turning to alternative medicine mainly because it is cheaper.
- C) The side effects of alternative medicine are still being researched.
- D) Most people still believe that conventional medicine has fewer side effects.
- E) The use of alternative medicine has been increasing lately.

67. It is understood from the passage that alternative medicine deals with not only disease itself, but also ----.

- A) how much the treatment will cost
- B) an overall well-being of the body and mind
- C) the elimination of side effects
- D) women's health in particular
- E) the advancement of conventional medicine

68. One can infer from the passage that conventional medicine ----.

- A) has fewer side effects than alternative medicine
- B) is generally applied in certain serious diseases
- C) views health primarily as absence of disease
- D) is not the most preferred type of treatment
- E) adopts an oversimplistic approach to human health

69 - 71. soruları aşağıda verilen parçaya göre cevaplayınız.

Medical treatment today primarily takes the form of drugs and therapy. But a third option is slowly emerging: on-body, digital devices that can treat both mental and physical conditions. Such 'wearable' therapy offers unique advantages in that it is often more targeted, can be more affordable, personalised and has fewer negative side effects. Mobile and wearable devices such as phones or fitness trackers are now routinely used for preventive health. They monitor physiological data and behaviour, increase self-awareness and encourage habitual change. They are also starting to be used by medical professionals to diagnose and monitor diseases. So far, the use of these devices for intervention and treatment has been limited to apps that have reminders to exercise, guide people through meditation and mindfulness, or provide support for cognitive behavioural therapy. In the future, especially in the USA, this technology will expand into a bigger world.

69. According to the passage, digital devices on the body ----.

- A) may have various usages and advantages
- B) are effective in treating exclusively physical conditions
- C) work best when they are used with drugs
- D) are likely to eliminate drug therapy
- E) might be less efficient in diagnosing rare disorders

70. Which of the following is not true about 'wearable' devices?

- A) They are highly recommended by medical professionals in the USA.
- B) They can be personally adapted for the user.
- C) They have fewer side effects than other methods of treatment.
- D) They are within a reasonable price range.
- E) They are now used to detect and monitor illnesses.

71. According to the passage, in the future, ----.

- A) the use of mobile and wearable devices will be extended to different areas
- B) cognitive behavioural therapy will be the first field to make use of wearable devices
- C) digital health technologies will place more emphasis on mental health
- D) wearable devices will take the place of medical professionals
- E) wearable devices will focus on optimising treatment rather than prevention

72 - 74. soruları aşağıda verilen parçaya göre cevaplayınız.

There are many challenges in diagnostic imaging in developing countries. Mainly, there is a severe lack of safe and appropriate diagnostic imaging services in large parts of the world. The lack of equipment could be due to lack of resources or poor maintenance of existing equipment. Additionally, in many countries a large number of images are of poor quality and are of no diagnostic use. However, even if proper equipment is available, there is a lack of adequately trained medical specialists, including radiographers and technologists. Inadequate training means a lack of qualified personnel, and improper use of equipment as well as incorrect interpretation of images. Finally, regardless of the type of equipment and procedures used, diagnostic imaging requires a rigid infrastructure that often does not exist in developing countries. This infrastructure includes trained medical and technical staff; radiation protection measurements; regulations; reliable supplies of clean water, electric power; and adequate air-quality control. The goal of the World Health Organization (WHO) for diagnostic imaging is to make safe and reliable diagnostic imaging services available to as many as possible, advise and support those working in the field developing and maintaining these services.

72. According to the passage, diagnostic imaging services in developing countries ----.

- A) maintain their quality and wide availability
- B) are safe and function well at all times
- C) have abundant resources in various areas
- D) lack funding for equipment and trained staff
- E) have the proper infrastructure to function well

73. What can be inferred from the passage about diagnostic imaging services in developing countries?

- A) The equipment suitable for diagnostic imaging can be installed in hospitals.
- B) The infrastructure for imaging services has undergone some changes for the better.
- C) There is a need for further training of specialists along with proper equipment.
- D) The WHO has made sure that diagnostic imaging is accessible for the majority.
- E) There have been a number of training programmes for medical and technical staff.

74. The passage is mainly about ----.

- A) various changes in diagnostic imaging techniques in some parts of the world
- B) the availability of medical services in developed countries
- C) the difficulties developing countries encounter with diagnostic imaging
- D) the quality of medical training in developing countries
- E) types of medical equipment available to patients in developing countries

75 - 77. soruları aşağıda verilen parçaya göre cevaplayınız.

Interest in veganism is increasing rapidly in New Zealand and as vegans do not consume dairy products, finding a milk alternative is the key. The version that is really on the rise right now comes from good old oats. With the dairy-alternative space growing globally, the demand for oat milk has become so massive that new factories are cropping up all over the US just to meet it. People are also spreading the word on oat milk because of how it tastes and performs. It does not have the nutty taste of other dairy alternatives like almond, it is creamy, and it steams well compared to dairy milk - which is an added bonus as not all alternative milks become foamy well. Both the fact that oat milk is plant-based and people are familiar with the ingredient are credited for turning oat milk into a must in the fridge - oats is a well-known crop and often already part of the breakfast time routine. It is also known to be very effective in maintaining a balanced diet. Now it will only be a matter of time before we start seeing oats as the star ingredient in vegan yoghurts and creamy products.

75. According to the passage, New Zealand ----.

- A) is a country where the number of vegans is rising
- B) is the first country to use oat milk instead of dairy products
- C) has the highest number of factories to meet the demand for oat milk
- D) has been competing with the US vegan market for many years
- E) is trying to find different products other than oat milk

76. It can be understood from the passage that both oat and almond ---.

- A) are used in creating milk alternatives for vegans
- B) have almost the same taste
- C) are equally valued by almond milk consumers
- D) make the dairy milk more creamy when added
- E) steam and become foamy comparably less

77. What is the passage mainly about?

- A) The potential of oats as milk to be consumed by vegans
- B) The increasing popularity of veganism in New Zealand
- C) The competition between New Zealand and the US over the vegan market
- D) Differences between dairy milk and oat milk
- E) A comparison of the nutritional values of dairy milk and oat milk

78 - 80. soruları aşağıda verilen parçaya göre cevaplayınız.

Doctors performed the first successful lung transplantation in 1983 and now perform several hundred lung transplantations each year. A lung transplantation may involve one lung or both lungs. Less frequently, a lung transplantation includes both lungs and the heart. Donor lungs come primarily from people who donate their organs upon death. Live lobular donation, in which a living donor undergoes surgery to have one lobe of the lungs removed for transplantation, is occasionally a viable option for people who can find a tissue match among two prospective donors, usually family members, willing and medically capable of donating a healthy lung lobes. Doctors most commonly consider living lobular donation as an option for children who have aggressive cystic fibrosis. Many circumstances influence whether an individual is an appropriate candidate for lung transplantation. Because donor lungs are in short supply, the criteria for transplantation are stringent though vary somewhat among transplant centres. In general, lung transplantation recipients must be under age 65, in good health except for their pulmonary conditions, and demonstrate willingness and ability to comply with the post-transplantation care regimen. Transplantation criteria nearly always exclude patients who have cancer and immunodeficiency disorders.

78. It is clearly stated in the passage that lung transplantation ----.

- A) sometimes means transplanting heart in addition to the lungs
- B) is mainly done with lungs of a living donor from the family
- C) was very challenging and usually resulted in deaths before 1983
- D) has become more common due to increase in donations
- E) is more successful when the donor is a family member

79. It is understood from the passage that donor lungs ----.

- A) should be taken from people who are at the age of 65
- B) are matched with recipients through strict transplantation procedures
- C) can be more successfully transplanted when the recipient is a child
- D) are mainly preferred to be taken from people who are alive
- E) are taken from candidates with consent from their family members

80. One can conclude from the passage that lung transplantation ----.

- A) is more difficult when the recipient requires both lungs
- B) requires regular medical care for potential problems after surgery
- C) is never done when the recipient has immunodeficiency disorders
- D) will soon be replaced by more innovative procedures
- E) is the only option for people with aggressive cystic fibrosis

28 ŞUBAT 2021 YÖKDİL SAĞLIK BİLİMLERİ
CEVAP ANAHTARI

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