

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

1. **Chronic-pain sufferers can use creams which are made with the same hot substance that is in chilli peppers, but they have to use them daily as it takes about a week to feel any ----.**
 - A) weak
 - B) necessity
 - C) regret
 - D) relief
 - E) complaint
2. **Diabetes mellitus is among the most common chronic diseases, affecting over 6 per cent of the adult population in Western societies, and its ---- is rising dramatically worldwide.**
 - A) prevalence
 - B) deficiency
 - C) admiration
 - D) limitation
 - E) convenience
3. **Getting eight hours of sleep each night is ---- for skin and well-being, as it resets stress hormones like cortisol and repairs your complexion.**
 - A) exhausting
 - B) crucial
 - C) disastrous
 - D) preventive
 - E) offensive
4. **With advances in medical treatment and living conditions, life expectancy for some people with disabilities has risen ---- and is only slightly lower than that of the general population.**
 - A) miserably
 - B) severely
 - C) intuitively
 - D) conventionally
 - E) dramatically
5. **If you sleep for just six hours, you are likely to be 59 per cent more dehydrated as you could be short of vasopressin, the hormone that ---- hydration, released later in the sleep cycle.**
 - A) threatens
 - B) destroys
 - C) abandons
 - D) regulates
 - E) resists
6. **If patients in the US tell their doctors they cannot afford their medication, the doctors will work to ---- viable strategies so that they can get their drugs.**
 - A) come up with
 - B) get along with
 - C) cut down on
 - D) run out of
 - E) fall behind with
7. **You ---- stretching many times, but you ---- of it as a key part of your workout as stretching for 10-15 minutes post-workout relieves sore muscles.**
 - A) must have skipped / could have thought
 - B) should have skipped / have to think
 - C) might have skipped / would have thought
 - D) may have skipped / should think
 - E) could have skipped / used to think

8. In 2014, the US confirmed 125 cases of measles and declared that nearly half of the victims ---- against measles, so it seems the reason of the outbreak ---- America's growing anti-vaccination movement.
- A) have not been vaccinated / is
B) had not been vaccinated / was
C) were not vaccinated / will be
D) will not be vaccinated / has been
E) are not vaccinated / had been
9. Chickenpox is caused by the varicella zoster virus and is transmitted through dose contact - --- an infected person, and if you have never had chickenpox or been immunised ---- it, you can still get it in your lifetime.
- A) by / under
B) on / in
C) at / about
D) with / against
E) from / towards
10. If salt consumption is high, the body retains water to dilute the high concentrations of sodium, which in turn increases the volume of blood ---- the bloodstream and puts more pressure ---- the heart and blood vessels.
- A) over / by
B) in / on
C) at / about
D) from / along
E) to / for
11. The nervous system directs the functions of the body, both voluntary and involuntary, ---- an intricate network of specialised cells called neurons which convey information ---- the form of electrochemical messages.
- A) with / around
B) for / at
C) from / to
D) along / on
E) through / in
12. Body mass index has long been used to measure obesity and health risk, ---- it cannot explain why an overweight person might healthy or why a seemingly healthy person might get heart disease or diabetes.
- A) as
B) thus
C) otherwise
D) for example
E) yet
13. ---- body cells come in many different shapes and sizes, they all share the same basic parts.
- A) As long as
B) Provided that
C) Although
D) Because
E) Just as
14. ---- there are numerous dimensions to hearing, audiologists most commonly measure hearing loss in terms of sound intensity.
- A) Even if
B) Once
C) By the time
D) Since
E) Given that

15. ---- in conventional medicine, people diagnosed with the same condition will generally be given the same medicine, in homoeopathy the remedy given to a patient may depend on a whole host of other factors, such as state of mind and lifestyle.

- A) Since
- B) Now that
- C) Whereas
- D) So long as
- E) Only if

16. According to many dieticians, the diet or light yoghurts should be avoided ---- they are sweetened with aspartame, a chemical whose safety in food is questionable.

- A) so that
- B) even if
- C) since
- D) unless
- E) until

17. Functional Magnetic Resonance Imaging, a brain imaging technique that registers blood flow to functioning areas of the brain, shows what the brain is doing ---- how it looks.

- A) as well as
- B) in case of
- C) such as
- D) in the absence of
- E) on behalf of

18. Human longevity climbed in the 20th century ---
- changes in public health policies and advances in medical practice.

- A) contrary to
- B) rather than
- C) despite
- D) except for
- E) as a result of

19. Aesthetic surgery is a modern phenomenon that demands ---- a set of specific technical innovations in surgery ---- a cultural presupposition that you have the right to alter your body.

- A) as / as
- B) the more / the less
- C) not only / but also
- D) such / that
- E) no sooner / than

20. UV rays are quite damaging to our health, so experts recommend outdoor activities for earlier in the morning or during the afternoon --
-- the exposure is lower.

- A) what
- B) when
- C) where
- D) which
- E) why

66 - 68. soruları aşağıda verilen parçaya göre cevaplayınız.

What causes you to develop a food allergy in the first place? Is it your genetic make-up? Something in your food supply? Something you ate too much of as a kid? A great deal of research has been devoted to answering these questions. The best evidence comes from studies of peanut allergy in twins. Studies of peanut allergy in twins have provided the strongest proof that genes play a role in developing food allergy but are not exclusively responsible. An important study shows that an identical twin has a 64 per cent chance of sharing a peanut allergy with the twin sibling who is allergic to peanut. With non-identical twins, the risk drops to a mere 7 per cent. The study clearly demonstrates a strong genetic link to peanut allergy but also proves that food allergy is not purely a genetic disease. What leads one of the identical twins to develop the allergy and spares the second is unknown. Allergy specialists believe that exposure to an allergen - in this case the food that causes the allergy - plays a role in developing a food allergy, but determining exactly what each twin is exposed to in the uncontrolled testing environment of daily living is nearly impossible.

66. According to the passage, studies of peanut allergy in twins ----.

- A) compare the genetic make-up of the twins besides analysing their daily food consumption
- B) will no longer be carried out as they have not produced conclusive results
- C) are the most promising ones for understanding the causes of food allergy
- D) have proven that food allergy is no more than a genetic disease
- E) focus on the thorough genetic analysis of the twins participating in the studies

67. Which of the following is true about food allergy according to the passage?

- A) It is thought that both genetic and environmental factors trigger food allergy.
- B) Non-identical twins have a higher likelihood of developing food allergy.
- C) The validity of the mentioned twin studies on food allergy is prone to controversy.
- D) If one of the identical twins has a food allergy, the other is bound to develop it as well.
- E) Allergy specialists think that studies on food allergies should target adults rather than kids.

68. Which of the following can be inferred from the passage?

- A) The number of food allergy studies with identical twins is larger than those with non-identical twins.
- B) Figuring out exactly what foods each twin is exposed to in the uncontrolled testing environment of daily living is almost unattainable.
- C) The discovery of a strong genetic link to food allergy suggests that there could soon be a treatment for it.
- D) The contribution of genetic factors outweighs that of environmental factors in most allergy sufferers.
- E) Food experiences during childhood have a greater effect on the likelihood of developing an allergy in twin siblings.

69 - 71. soruları aşağıda verilen parçaya göre cevaplayınız.

The earliest acting out behaviours are often referred to as temper tantrums. These behaviours are usually first observed in infants between the ages of 12 and 18 months of age. At that point, temper tantrums can be considered a normal part of growth and development, and they are not necessarily caused by the wrong behaviour of the parents. These early tantrums are simply an infant's attempt to communicate feelings of dissatisfaction or extreme disappointment. Observed behaviours in infants trying to express their anger or frustration usually include angry-sounding crying and kicking hands and feet. For toddlers, such violent outbursts of temper often include hitting, kicking, and biting others, and possibly self-injurious behaviours such as head-banging. Temper tantrums can include any highly emotional, disruptive, and unacceptable outburst that appears to be the child's reaction to unmet needs or wishes. A primary reason for such emotional lack of control in a child, especially above the age of three or four, is having not learnt how to cope with their own frustration. Such temper tantrums usually peak between the ages of two and three. Because under normal circumstances the child has learnt the necessary lessons in how to deal with disappointment by the time he or she has reached the age of four, there is then a noticeable decrease in this sort of acting out behaviour.

69. It is stated in the passage that temper tantrums in infants ----.

- A) commonly start to appear within the first year of life
- B) can be assumed as typical and a part of natural development process
- C) are not usually observed in babies older than one and a half years
- D) will steadily increase to reach a peak at the age of four
- E) are generally caused by the inappropriate behaviour of the parents

70. According to the passage, toddlers ----.

- A) exhibit their disappointment by avoiding interaction with others
- B) tend to cry and kick hands and feet to convey feelings of dissatisfaction
- C) will completely grow out of temper tantrums when they reach the age of four
- D) are easier to control than four-year-old children
- E) might be more destructive compared to infants' observed cases of acting out

71. It can be inferred from the passage that ----.

- A) some displays of temper tantrums can be considered a sign of serious mental problems
- B) self-injurious behaviours often bring other mental problems to be addressed immediately
- C) treatment of behavioural disorders in children such as temper tantrums takes too much time
- D) behaviours such as crying and kicking are extreme though they significantly help toddlers calm down
- E) temper tantrums might have one or multiple reasons depending on a child's age

72 - 74. soruları aşağıda verilen parçaya göre cevaplayınız.

The word 'nausea' evokes an awful experience: that uneasy rolling-wave sensation in the stomach and head that often precedes vomiting. Terrible as it is, nausea is also an expression of the body's wisdom. Just as hunger tells us to fill up when we need food, nausea conveys that we need to empty our stomachs. In the case of food poisoning, for example, the most appropriate response is to surrender to the feeling. Once you vomit, you reduce the damaging potential of a toxin or pathogen and usually feel better almost instantly. There are times when nausea manifests inappropriately, and repressing it becomes inevitable; during motion sickness, for instance, when one's stomach feels upset on the deck of a rocking boat. Therefore, a wide variety of pharmaceuticals are available to treat nausea, of which dimenhydrinate is among the most popular. However, side effects can include headache, dizziness, and severe drowsiness. If there seems to be no reason for a case of nausea and it persists for more than two days, seeing a physician will be the wisest option. This can be an early indicator of serious problems including bowel cancer and gallbladder disease or a potentially less serious condition such as a migraine or the flu.

72. It is pointed out in the passage that ----.

- A) after vomiting, it is normal to feel dizziness
- B) food poisoning must be immediately medicated
- C) nausea should be medicated if vomiting follows it
- D) one with nausea can feel relief after vomiting
- E) having a headache will inevitably lead to nausea

73. One can understand from the passage that ----.

- A) a person stuck on a boat trip might have nausea with a severe headache and drowsiness
- B) hunger can be considered as one of the possible causes of nausea
- C) people who have had nausea because of motion sickness must see a physician
- D) dimenhydrinate is the most famous nausea medicine for its mild side effects
- E) having continual nausea may be an initial sign of some serious disease

74. It can be inferred from the passage that ----.

- A) patients should be aware of the length of nausea and the potential reasons for it
- B) available pharmaceuticals for the treatment of nausea have side effects without exception
- C) nausea might be one of the side effects of the pharmaceuticals available for any diseases
- D) bowel cancer or gallbladder disease would cause nausea more often than a migraine
- E) physicians need to prescribe for nausea if there is an obvious cause like a serious disease

75 - 77. soruları aşağıda verilen parçaya göre cevaplayınız.

Bacillus anthracis is the bacterium that causes anthrax. The bacteria adopt long; rod-like shapes when they find themselves in an environment suitable for rapid growth, such as the moist, nutrient-rich insides of an animal. Under arid conditions, however, the bacteria create hard; nearly indestructible spores that can lie **dormant** for a long time. When the spores are injected into healthy mice, they turn back into *B. anthracis*, triggering anthrax and killing the animals. Despite the existence of effective vaccines, currently, anthrax is still a concern worldwide due to its potential for being used as an unconventional weapon in biological warfare. Dried and kept in cold storage, the spores that cause anthrax will survive for years, allowing for industrial-scale production and stockpiling of the material long before it is used against soldiers on the battlefield.

75. Which of the following is true about the bacteria that cause anthrax?

- A) The humidity of the environment that will host the bacteria serves an important function in their growth.
- B) General health condition of the recipient of the bacteria is of great significance for the spread of the disease in humans.
- C) Nutrient-rich insides of an animal lead the bacteria to produce spores.
- D) The shape of the bacteria remains the same despite the environmental changes that allow rapid growth.
- E) In arid conditions, they grow rapidly in a short time; posing several threats to both animals and humans.

76. The underlined word in the passage 'dormant' is closest in meaning to ----.

- A) unlimited
- B) indispensable
- C) inactive
- D) intolerable
- E) unavoidable

77. What is the purpose of the author in writing the passage?

- A) To give information about *B. anthracis*, which could be used as a biological weapon
- B) To warn people against coming into contact with mice with *B. anthracis*
- C) To criticise scientists and medical people for not taking precautions against *B. anthracis*
- D) To draw attention to the inefficiency of the vaccines developed against anthrax
- E) To highlight the importance of cold storage for the survival of spores created by *B. anthracis*

78 - 80. soruları aşağıda verilen parçaya göre cevaplayınız.

Doctors suspect vitamin K deficiency when abnormal bleeding occurs in people with conditions that put them at risk. Blood tests to measure how well blood clots are done to help confirm the diagnosis. Knowing how much vitamin K people consume helps doctors interpret the results of their blood tests. Meanwhile, a vitamin K injection in the muscle is recommended for all newborns to reduce the risk of bleeding within the brain after delivery. Breastfed infants, who have not received this injection at birth are especially susceptible to vitamin K deficiency in adulthood because breast milk contains only small amounts of vitamin K. Otherwise, vitamin K is usually taken by mouth or given by injection under the skin. If a drug is the cause of the deficiency, the dose of the drug is adjusted or extra vitamin K is given. Vitamin K deficiency may also weaken bones. People who have vitamin K deficiency and liver disorder may also need blood transfusions to replenish the clotting factors. A damaged liver may be unable to synthesise clotting factors even after vitamin K injections are given.

78. It can be understood from the passage that ----.

- A) vitamin K injections may have negative effects on bones if the dose cannot be adjusted carefully
- B) vitamin K deficiency is experienced especially after the loss of excessive amounts of blood
- C) doctors may need multiple sources of information before they diagnose whether a patient has vitamin K deficiency
- D) people should give an account of their daily vitamin K intake for doctors to decide whether a blood transfusion is necessary
- E) blood tests run on blood clots may not always provide doctors with reliable results

79. It is pointed out in the passage that ----.

- A) newborns diagnosed with vitamin K deficiency after they are born are especially susceptible to liver dysfunction
- B) the only way of providing extra vitamin K for babies is through injection in the muscle since other methods are not effective
- C) breastfeeding is very important for newborns since it is extremely rich in vitamin K
- D) if doctors suspect a drug of causing vitamin K deficiency in adults, they recommend that extra vitamin K be taken
- E) adults prefer to take vitamin K by mouth rather than injections since the first one is more practical

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

- A) vitamin K deficiency can be the main cause of liver disorders
- B) severe liver disorders are mostly accompanied by vitamin K deficiency
- C) mothers can increase the amount of vitamin K in their milk with an appropriate diet
- D) breastfeeding does not provide any protection for babies against bleeding risk
- E) vitamin K injections can fail short of being useful if the liver is not functioning properly

**YÖKDİL 2020 MART SAĞLIK BİLİMLERİ
CEVAP ANAHTARI**

1) D	2) A	3) B	4) E	5) D	6) A	7) D	8) B	9) D	10) B
11) E	12) E	13) C	14) A	15) C	16) C	17) A	18) E	19) C	20) B
					66) C	67) A	68) B	69) B	70) E
71) E	72) D	73) E	74) A	75) A	76) C	77) A	78) C	79) D	80) E