

1. Changing eating patterns is critical for reversing the ---- of diabetes, and although there is not a one-size-fits-all diet, experts agree that low-carbohydrate diets do help.
- A) inhibition - engelleme
B) admission - kabul
C) application - başvuru
D) progression – gelişme / ilerleme
E) maintenance – bakım, idame

2. Differences within our genetic code are responsible for everything from what we look like, our personality traits to our --- to disease.

A) inferiority - alt

B) predisposition / tendency – eğilim ÇOK KEZ DOĞRU CEVAP OLDU

C) variance - çeşitlilik

D) anticipation – tahmin, öngörü

E) conformity – uyma

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3. The first step in an audiologic assessment is a ---- **examination** in which the audiologist examines the structures of the outer and middle ears with an otoscope.
- A) chronic - kronik
 - B) hostile - düşmanca
 - C) preliminary - öncül**
 - D) reversible – tersine döndürülebilir
 - E) redundant - boşuna

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4. Bleeding gums is an inflammatory response to bacterial plaque, so if you brush ----, your gums will not bleed.

- A) properly – uygun bir şekilde
B) fairly – adil bir şekilde
C) sparingly – kenara ayrılabilir bir şekilde???
D) hardly - nadiren
E) recklessly - dikkatsizce

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5. Clinical trials show that a daily capsule of lavender oil ---- **anxiety** in a way that is comparable to (karşılaştırılabilir şekilde) prescribed medications.

- A) nourishes - beslemek
B) relieves – rahatlatmak / alleviate / mitigate /// relieve pain /// relieve of duty
C) exaggerate - abartmak
D) accelerates - hızlandırmak
E) mandates - zorlamak

6. While a psychiatrist who adopts a medical model of mental illness is far more likely to implement a pharmaceutical treatment approach, a clinical psychologist ---- various psychotherapeutic techniques to treat a client.

- A) relies on – bel bağlamak / utilize, make use of, depend on /// rely on /// look out a telescope to watch...
- B) interferes with – araya girmek / müdahale etmek
- C) calls off – iptal etmek /// call off duty
- D) sets back – geride durmak, geri çekilmek
- E) breaks into – kırıp girmek, zorla girmek

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7. Low-fat, flavoured yogurt ----- very high in added sugar and thickeners, so it ----- better to choose plain, whole-milk yogurt and **blend** it with fresh fruit or honey to get natural sweetness.

- A) may be / has to be
B) should be / **had to be**
C) **would be** / must be
D) **used to be** / could be
E) **can be / might be**

Would: geçmişin geleceği /// present unreal...

8. Mounting evidence ---- that Alzheimer's disease ---- caused by inflammatory immune response to pathogens that afflict brain tissue.

- A) would suggest / had to be
- B) suggested / used to be
- C) had suggested / can be
- D) has suggested / will be
- E) suggests / could be

---- that (((NC)))

V1/v2/have-has V3

May / might / could: yakın durum...

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9. To maximise the absorption of calcium, we should separate calcium-rich foods and supplements ---- iron supplements by two hours, and avoid drinking tea ---- meals as the tannins in tea reduce calcium absorption.
- A) **to** /at
B) **during** / for
C) **in** / over
D) **from** / with
E) **off** / within

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10. If you do not have an hour that you can dedicate ---- exercise, work on **incorporating** more activity ---- your daily routine, such as taking the stairs instead of the elevator.

- A) with / through
- B) on / within
- C) at / beneath
- D) for / across
- E) to / into**

Through exercise /// during exercise...

Dedicate... jdfakljdjfalğş TO...

Many people are dedicated to taking risks...

11. One of the major health trends in recent years, particularly ---- more affluent countries, is the move ---- a more plant-based diet.
- A) with / back
B) in / towards
C) at / without
D) over / against
E) along / from

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12. Major life changes are **the greatest contributor of stress** for most of us ---- they place the **biggest** demands on our resources for coping.

- A) before – meden önce
B) because – diğı için / çünkü
C) unless - mezse
D) although – e rağmen
E) as if – mış gibi

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13. Animals can ALSO have reactions to pollen and other environmental allergens ---- they have **different** symptoms than we do and should be treated differently as well.

- A) when – diğı zaman
B) though – e rağmen
C) since – diğı için
D) so – bu yüzden
E) just as – tıpkı...diğı gibi

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14. ---- you consume only the juice of fruits and vegetables by squeezing them as in detox diets, you miss out on the fibre, protein, vitamins and minerals they provide, so it is better to eat them as a whole.

- A) Whether – ip...imadığı
B) If – eğer...se / sa
C) Although – e rağmen
D) Until – e kadar
E) As though – miş gibi

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15. ---- some lasers can temporarily or permanently discolour the skin, darker-skinned patients should make sure that their surgeon is qualified enough to perform laser procedures.
- A) While – e rağmen / though – whereas - as
B) Since – diğı için
C) When – diğı zaman
D) So that – sın diye
E) Though – e rağmen

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16. Discovering what babies can see has been a formidable challenge, ---- research methods now provide an objective picture of their surprising visual abilities.

- A) for – çünkü /// hiç doğru cevap olmadı
B) nor – ne de /// hiç doğru cevap olmadı
C) otherwise – aksi taktirde/// would – could var mı onu sever
D) but – ama
E) similarly – benzer şekilde / hiç doğru cevap olmadı

Formidable enemy: amansız düşman

17. ---- the recent technological developments, orthopaedic surgeons can now repair limbs that would have been routinely / otherwise amputated.

- A) Thanks to - sayesinde
B) As opposed to - aksine
C) Prior to –meden önce / doğru cevap neredeyse hiç olmaz
D) Regardless of – e bakılmaksızın /// Irrespective of (((what/where/how/why/when/which/whether)
E) Despite – e rağmen

Would have been v3: NEDEN: yeni teknolojik gelişmeler olmasaydı... eskiden yaptığımız gibi insanlar amputate olurdu..

18. Listeriosis infections are caused by *Listeria monocytogenes* bacteria usually in contaminated food ---- raw meat and poultry, unwashed vegetables, and dairy products.

- A) such as – gibi / like - kendisinden önce sayılabilen isim olursa 'çoğul' olur...
- B) because of – den dolayı
- C) despite – e rağmen
- D) in terms of - bakımından
- E) according to – e göre

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19. While buying fish, we need to make decisions ---- about what kind of fish we might enjoy eating ---- about the nutritional, toxicological and environmental dilemmas.

- A) so / that – o kadar ... ki
B) neither / nor – ne ...ne de
C) as / as – e kadar
D) not only / but also – sadece...değil, aynı zamanda ...
E) the more / the less ne kadar çok, o kadar az...

---- parallel durum bağlacı...

Both / and

Not only / but also

Either / or

Neither / nor

20. If there is a breach of your body's defences, your body increases blood supply to the affected site, ---- brings in elements of your immune system and raises your temperature.

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

Virgöl sonrası, boşluk sonrası: Verb var. geliyor gelmekte olan WHICH...

The exact cause of acne is mostly unknown. Sometimes, when acne in women is (21)---- excess male hormone production, it is diagnosed by an onset of the condition in adulthood. This can take different forms such as excessive growth of hair, especially in places not usual (22)---- a female, called hirsutism; irregular menstrual cycles; and premenstrual flare-ups of acne. A study conducted in 2001 (23)---- that menstrual cycle does affect acne. Surprisingly, the study (24)---- that 53 per cent of women over age 33 experienced a higher premenstrual acne rate than women under age 20. Many practitioners believe the interaction between the body's hormones, skin protein, skin secretions, and bacteria determines the course of acne; (25)---- several other factors have been shown to affect the condition.

21.

A) on behalf of – namına, adına /// on behalf of the officials, I will be the one making the speech.

B) due to – den dolayı

C) according to – e göre

D) prior to – meden önce

E) such as – gibi

BE: olmak /// am, is, are / was, were / been / being / to be

Am / is / are ---- (bağlaç): den dolayı...

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22.

- A) on
- B) along
- C) from
- D) by
- E) at

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23.

- A) demonstrated
B) would have demonstrated
C) had demonstrated
D) will demonstrate
E) is demonstrating

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24.

- A) resumed - başlamak
- B) suspended – askıya almak
- C) undertook – yapmak, girişmek
- D) substituted - değiştirmek
- E) indicated - göstermek**

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25.

A) also – aynı zamanda / in addition / besides / furthermore / moreover

B) at first - başlangıçta

C) otherwise – aksi takdirde

D) for example - örneğin

E) in short - kısacası

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Sleep is one of the body's most basic needs for health, yet with today's busy lifestyles, sleep deprivation has become all too common. (26)----, nearly half of all adults report having difficulty sleeping. There are five stages of sleep defined by brain wave activity, muscle tone, and eye movement. Stage one, or what we know as drowsy sleep, (27)---- the onset of sleep. During stage two, conscious awareness of the (28)---- environment disappears as we do not know what is going on around us. During stages three and four, the body goes into a deeper sleep, and the brain produces what are called delta waves. It is during this time that the body's major organs and regulatory systems are busy working on repair and regeneration and certain hormones, (29)---- growth hormone, are secreted. Stage five, known as REM (rapid eye movement), is the stage during which we dream. The exact amount of sleep needed varies (30)---- individuals, but is thought to be between seven and nine hours.

26.

- A) Nonetheless - ama
- B) Afterwards – daha sonra
- C) Eventually – nihayetinde, sonucunda
- D) By comparison - kıyasla
- E) For example - Örneğin

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27.

- A) will represent
- B) represented
- C) represents
- D) had represented
- E) has represented

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28.

- A) immediate - derhal
- B) ambiguous - muğlak
- C) harsh - sert
- D) fragile - hassas
- E) provincial - bölgesel

29.

- A) as to
- B) such as
- C) irrespective of
- D) compared to
- E) in need of

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30.

A) along

B) from

C) on

D) around

E) among

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31. Although the exact causes of cardiovascular disease are not fully understood, ----.

- A) patients recovering from heart disease often experience a variety of psychological reactions that include depression and anxiety
- B) an accumulating body of evidence points to certain risk factors including advancing age, diabetes and family history of heart disease
- C) echocardiography uses ultrasound waves to create an image of the heart muscle
- D) the cardiovascular system refers to an integrated organ system consisting of heart and blood vessels
- E) cardiac rehabilitation programmes aim to help patients stop smoking and adhere to a prescribed medication regimen

32. **Since** lip skin is thinner and has fewer oil glands than other skin covering the body, which makes it prone to dryness

- .
- A) **people with anxiety tend to bite their lips** more frequently leading to micro tears
 - B) **herpes simplex is a virus** which affects other body parts along with the lips
 - C) **painful chapped lips can annoyingly occur particularly in the winter season**
 - D) **one of the early signs of chronic hypervitaminosis is** dryness of the lips and anorexia
 - E) **dry lips do not necessarily result in serious skin** problems

33. Although advances are made in medicine, -----.
- A) scientists have adopted protective measures to deal with the spread of noncommunicable diseases
- B) universal access to healthcare is still regarded as the single largest unmet medical need
- C) healthcare access challenges are largely overcome in both developed and developing countries
- D) digital technologies to transform healthcare and revolutionising processes offered great relief
- E) the trust in medicinal treatments has risen dramatically first in the last decade

34. ----, **but they** may trigger allergy-related **disorders** or less severe reactions in susceptible individuals.

- A) Doctors can easily identify intolerances or sensitivities to certain foods
- B) People who are prone to allergies may find it difficult to cope with high-level toxins
- C) Most people are able to withstand the effects of the toxins of environmental factors
- D) Some doctors claim that common foods may cause hidden or delayed reactions
- E) A practitioner asks questions about the patient's medical history, typical diet, and lifestyle

35. When acne is severe and the lesions are deep, ----,
- A) it is a common inflammatory skin disease characterised by pimples
 - B) oral antibiotics may be taken daily to reduce the spread of bacteria
 - C) individuals with a family history of acne have greater susceptibility to the condition
 - D) treatment for mild acne consists of reducing the formation of new comedones
 - E) teenagers are more likely than anyone to develop acne

When / Until / Before / After / As soon as / Once

Bu bağlaçların kendi içerileri PRESENT olursa, ana cümle genelde MODAL olur...

36. Although plastic is widely used in medical, optical and dental devices, _____.
- A) plastic is a convenient and an accessible material for various medical uses
- B) most hospitals refuse to replace them with environmentally friendly alternatives
- C) recent studies warn us about the danger of using of plastic for medical purposes
- D) patients take full responsibility for the change in any kind of equipment in a surgery room
- E) it is mostly preferred thanks to its elasticity and availability.

37. Currently, **no public health policies in Europe** prescribe an annual liver health check, ----.

- A) **thus it is possible to understand liver failure** by checking liver enzymes in a blood test
- B) **because it is difficult for any person to know** that he or she has a liver disease due to the lack of clear symptoms
- C) **if one's physical health worsens when liver failure is the case**
- D) **so doctors do not routinely screen for liver disease unless patients make some complaints that signal problems**
- E) **as patients feel tired or** nauseous after being diagnosed with a liver disease

38. A standard cup of coffee contains 90 to 150 milligrams of caffeine; ----.

- A) for instance, it may cause increased symptoms of nervousness, including panic attacks and insomnia
- B) likewise, fruit and vegetable juices can be made in minutes from fresh produce right in one's own kitchen
- C) moreover, supplementary foods may be useful for individuals who wish to increase the nutritional value of their meals
- D) on the other hand, coffee quickens the respiration process, and strengthens the pulse
- E) however, gourmet versions sold in trendy coffee emporiums may have double or triple these amounts

39. ----, **they** are highly popular and routinely recommended by natural health care practitioners.

- A) **Unless the purpose of doing detox** programmes is to enhance the body's elimination of wastes
- B) Though **detox programmes** have been used for thousands of years to treat a variety of health conditions
- C) **Even if most people who do detox programmes notice that they** have more energy
- D) While detox programmes are not widely embraced by **mainstream medicine**
- E) **Since the length of time people follow certain** detox programmes will depend on their existing health conditions

40. The use of prescription medications may assist in managing obesity for some individuals ----.

- A) once there is considerable individual difference in response to these medications
- B) whereas most of the side effects of prescription medications for weight loss are mild
- C) although these medications promote weight loss by helping to diminish appetite
- D) as if this condition affected millions of adults and children, posing serious health risks
- E) but it is neither the sole treatment for this condition, nor is it ever considered a cure

But, yet, however, nevertheless, nonetheless...

41. The sleep-wake cycle is **normally** synchronised with the physiological activity of **various** organ systems; ----.
- A) **however**, the primary regulatory mechanisms and the key functions of sleep relate to the **brain**
 - B) **for this reason**, studies on sleep-related mechanisms reveal that sleep is integrated throughout the brain
 - C) that is, **normal sleep involves significant** changes throughout the brainstem and cerebral cortex
 - D) **therefore, sleep can be seen as resupplying** brain energy constituents depleted during waking
 - E) likewise, **most amino acids and other brain substances** vary in relation to different sleep stages

42. **Aromatherapy is a holistic treatment based on the external use of essential aromatic plant oils to promote physical and spiritual well-being.**

- A) **Aromaterapi**, aromatik bitki öz yağlarının harici kullanımına dayanan bütüncül bir tedavi olmakla birlikte fiziksel ve ruhsal sağlığı destekler.
- B) Aromatik bitki öz yağlarının harici kullanımına dayalı bütüncül bir tedavi yöntemi olan aromaterapi, fiziksel ve ruhsal sağlığı desteklemeyi amaçlar.
- C) Aromaterapi, fiziksel ve ruhsal sağlığı desteklemek için aromatik bitki öz yağlarının harici kullanımına dayanan bütüncül bir tedavidir.**
- D) Fiziksel ve ruhsal sağlığı desteklemeyi amaçlayan aromaterapi, aromatik bitki öz yağlarının harici kullanımına dayanan bütüncül bir tedavidir.
- E) **Aromaterapi**, bitki öz yağlarının harici kullanımına dayalı bütüncül bir tedavi olmakla birlikte fiziksel ve ruhsal sağlığı desteklemeyi amaçlar.

Özne, yüklem, bağlaç, sıfat, zarf...

43. The ability to transform skin cells into 'induced stem cells' has been a revolutionary step, which also holds promise for understanding psychiatric disorders.

- A) Devrim niteliğinde bir gelişme olan deri hücrelerinden uyarılmış kök hücre oluşturma yetisi, psikiyatrik rahatsızlıkların anlaşılmasında da umut vaat eder.
- B) Deri hücrelerini uyarılmış kök hücrelere dönüştürme yetisi, psikiyatrik rahatsızlıkları anlamak için de umut vaat eden, devrim niteliğinde bir adım olmuştur.
- C) Deri hücrelerini uyarılmış kök hücrelere dönüştürmeye yönelik atılacak olan ve umut vaat eden devrimsel adım, psikiyatrik rahatsızlıkları anlamaktır.
- D) Uyarılmış kök hücrelerini deri hücrelerine dönüştürme yetisi, devrim yaratmasının yanı sıra psikiyatrik rahatsızlıkları anlamaya dair de umut vaat etmektedir.
- E) Deri hücrelerini uyarılmış kök hücrelere dönüştürme yetisi, psikiyatrik rahatsızlıkları anlamada umut vaat ederken aynı zamanda devrim niteliğinde bir adım olmuştur.

44. While there is scientific evidence that both environmental and genetic factors play a role in most types of cancer, only 10 per cent of all cancers are classified as hereditary.
- A) Tüm kanser türlerinin sadece yüzde 10'u kalıtsal olarak sınıflandırılır ve çoğu kanser türünde hem çevresel hem de genetik etkenlerin rol oynadığına dair bilimsel kanıt mevcuttur.
- B) Hem çevresel hem de genetik etkenler çoğu kanser türünde rol oynasa da tüm kanserlerin sadece yüzde 10'unun kalıtsal olarak sınıflandırıldığına dair bilimsel kanıt mevcuttur.
- C) Çoğu kanser türünde hem çevresel hem de genetik etkenlerin rol oynadığına dair bilimsel kanıt bulunsa da tüm kanserlerin sadece yüzde 10'u kalıtsal olarak sınıflandırılır.
- D) Yalnızca çevresel etkenlerin değil genetik etkenlerin de çoğu kanser türünde rol oynadığına ilişkin bilimsel kanıt bulunmasına rağmen tüm kanserlerin sadece yüzde 10'u kalıtsal olarak sınıflandırılır.
- E) Tüm kanser türlerinin sadece yüzde 10'u kalıtsal olarak sınıflandırılır ama çoğu kanserde çevresel etkenler kadar genetik etkenlerin de rol oynadığını gösteren bilimsel kanıt mevcuttur.

45. The prevalence of obesity, which has been linked both to decline in physical activity and to increased calorie intake has grown dramatically since 1990 in the USA.
- A) Obezite, ABD'de 1990'dan itibaren yaygınlığı belirgin bir şekilde artan bir hastalıktır ve hem fiziksel aktivitede azalma hem de artan kalori alımıyla ilişkilendirilmektedir.
- B) Obezite, hem fiziksel aktivite de azalma hem de artan kalori alımı ile bağlantılıdır ve yaygınlığı ABD'de 1990'dan itibaren belirgin bir şekilde artmıştır.
- C) ABD'de 1990'dan itibaren yaygınlığı belirgin bir şekilde artan obezite, hem fiziksel aktivitede azalma hem de artan kalori alımı ile ilişkilendirilmektedir.
- D) Gerek fiziksel aktivitelerin azalması gerekse artan kalori alımı ile bağlantılı olduğu bilinen obezitenin ABD'deki yaygınlığında 1990'dan itibaren belirgin bir artış olmuştur.
- E) Hem fiziksel aktivitede azalma hem de artan kalori alımı ile ilişkilendirilen obezitenin yaygınlığı, ABD'de 1990'dan itibaren belirgin bir şekilde artmıştır.

46. When a food makes people sick, they are inclined to blame it on a food allergy, but the reason could be food intolerance - a condition in which the body has trouble digesting the problem food.

- A) Bir yiyecek insanları rahatsız ettiğinde, insanlar suçu besin alerjisine atma eğilimindedirler ancak rahatsızlığın nedeni, vücudun sorunlu yiyeceği sindirmede güçlük çektiği bir durum olan gıda intoleransı olabilir.
- B) Bir yiyecek insanları rahatsız ediyorsa, suçu besin alerjisine atma eğilimi vardır ancak vücudun sorunlu yiyeceği sindirmede güçlük çektiği bir durum olan gıda intoleransı da bunun nedeni olabilir.
- C) İnsanlar, bir yiyecek kendilerini rahatsız ettiğinde suçu besin alerjisine atma eğiliminde olsalar da, vücudun sorunlu yiyeceği güçlükle sindirdiği bir durum olan gıda intoleransı da bunun nedeni olabilir.
- D) Bir yiyecek insanları rahatsız edince genel eğilim suçu besin alerjisine atmak olsa da, vücudun sorunlu yiyeceği sindirmede güçlük çektiği gıda intoleransı bu durumun nedeni olabilir.
- E) İnsanlar, bir yiyeceği yedikten sonra rahatsız hissediyorsa, suçu besin alerjisine atma eğilimindedirler, fakat gıda intoleransı, yani vücudun sorunlu yiyeceği sindirmede güçlük çekmesi, bu durumun nedeni olabilir.

47. **People living in higher-traffic urban areas have more pronounced wrinkles compared to those in more rural environments as pollution leads to excessive generation of free radicals.**

- A) **Trafiğin yoğun olduğu kentsel alanlarda yaşayan insanların**, kırsal çevrelerde yaşayanlara kıyasla daha belirgin kırışıklıklarının **olmasının nedeni kirliliğin**, serbest radikallerin aşırı üretimine neden olmasıdır.
- B) Kirlilik serbest radikallerin aşırı üretimine neden olmaktadır ve trafiğin yoğun olduğu kentsel alanlarda yaşayan insanların kırsal çevrelerde yaşayanlara kıyasla daha belirgin kırışıklıkları vardır.
- C) Trafiğin yoğun olduğu kentsel alanlarda yaşayan insanların kırsal çevrelerde yaşayanlara kıyasla daha belirgin kırışıklıkları vardır çünkü kirlilik, serbest radikallerin aşırı üretimine neden olmaktadır.**
- D) Kırsal çevrelerde yaşayanlarla kıyaslandığında trafiğin yoğun olduğu kentsel alanlarda yaşayan insanların daha belirgin kırışıklıklarının olmasının nedeni kirliliktir çünkü kirlilik, serbest radikallerin aşırı üretimine neden olmaktadır.
- E) Kirlilik serbest radikallerin aşırı üretimine neden olur ve bu sebeple trafiğin yoğun olduğu kentsel alanlarda yaşayan insanların kırsal çevrelerde yaşayanlara kıyasla daha belirgin kırışıklıkları vardır.

48. Enfeksiyon kontrolünün amacı var olan hastalıkları ve yaraları daha karmaşık hale getiren hastane yoluyla bulaşan enfeksiyon riski oranını azaltmaktadır.
- A) Reducing the risk rate of complicated infections and existing diseases and injuries which transmit through the hospitals is the purpose of infection control.
- B) The purpose of infection control is to reduce the risk rate of infections transmitting through the hospitals, which can make existing diseases or injuries more complicated.
- C) The objective of infection control is to reduce the risk of existing diseases spreading and injuries getting worse as a result of infections transmitting through the hospitals.
- D) The risk rate of existing diseases and injuries which get more complicated by the infections transmitting through the hospitals is reduced thanks to infection control.
- E) Infection control aims to reduce the risk rate of infections transmitting through the hospitals and existing diseases and injuries that can become more complicated.

49. Suyla ilişkili hastalıklar, sanayileşmiş ülkelerde ciddi bir sağlık sorunu olarak önemli ölçüde azaltılmış olsa da, özellikle gelişmekte olan uluslarda nispeten yaygın olarak görülmektedir.

- A) Although water-related diseases have been reduced to a great extent as a serious health problem in industrialised countries, they are relatively widespread, especially in developing nations.
- B) Despite a considerable decrease in water-related diseases, which are regarded as a serious health problem in industrialised countries, they are relatively widespread especially in developing nations.
- C) No matter how widespread water-related diseases are as a serious health problem in developing nations, industrialised countries have managed to reduce them to a great extent.
- D) Water-related diseases are relatively widespread as a serious health problem in industrialised countries even if they have been reduced to a great extent especially in developing nations.
- E) Regardless of a considerable decrease in the number of water-related diseases as a serious health problem in industrialised countries, they are still relatively widespread in developing nations.

50. Günümüzde dünyanın en ünlü ilaçlarından biri olan aspirin, kalp krizi geçiren insanlara, onları başka bir kriz geçirmekten korumak için düşük dozlarda düzenli olarak verilir.

- A) Aspirin, which is routinely prescribed in low doses to protect people who had a heart attack from having another attack, is one of the most famous pills of today's world.
- B) Aspirin is now one of the most famous pills in the world, and routinely prescribed in low doses to people who had a heart attack so that they will not have another attack.
- C) Today, aspirin is one of the most famous pills in the world, as it is routinely prescribed in low doses to people who had a heart attack to protect them from having another attack
- D) Aspirin, one of the world's most famous pills today, is routinely prescribed in low doses to people who had a heart attack to protect them from having another attack.
- E) Low doses of aspirin, one of the world's most famous pills today, are routinely used by people who had a heart attack to prevent the risk of having another attack.

51. D vitamini, cilt güneş ışığına maruz kaldığında üretilebilir ya da beslenme yoluyla alınabilir, ancak D vitamini çok az yiyecekte ve düşük miktarlarda bulunduğu için, çoğu insan için takviye önerilir.
- A) Vitamin D, which can be produced when the skin is exposed to sunlight or could be obtained from the diet, is found in few foods and at low amounts, so a supplement is recommended for most people.
- A) Deri güneşe maruz kaldığında üretilebilen ya da besinden elde edilebilen Vitamin D,
- B) Most people are recommended to take vitamin D supplements as few foods contain vitamin D and at low amounts, even though it can be produced through the exposure to sunlight or through the diet.
- C) Vitamin D can be produced when the skin is exposed to sunlight or could be obtained from the diet, but since vitamin D is found in few foods and at low amounts, a supplement is recommended for most people.
- D) Although vitamin D, which is produced when the skin is exposed to sunlight can also be obtained from the diet, most people are recommended a supplement because vitamin D is found at low amounts in too few foods.
- E) A supplement is recommended for most people when the skin is not exposed to enough sunlight or vitamin D cannot be obtained from the diet, as vitamin D is found in few foods and at low amounts.

52. İnsanlarla yapılan çalışmalar, beslenme değişiklikleri olsun ya da olmasın, orta seviyede egzersizin kolesterolü makul seviyelere getirdiğini göstermiştir.
- A) Studies with humans revealed that the benefits of moderate levels of exercise with or without dietary changes could lead to satisfactory levels of cholesterol.
- B) Moderate levels of exercise, with or without dietary changes, contribute to satisfactory levels of cholesterol, as revealed by studies with humans.
- C) Satisfactory levels of cholesterol are achieved through moderate levels of exercise, with or without dietary changes, as revealed by studies with humans.
- D) Studies with humans have revealed that moderate levels of exercise, with or without dietary changes, bring cholesterol to satisfactory levels.
- E) Moderate levels of exercise result in dietary changes and satisfactory levels of cholesterol, as shown by studies with humans.

53. Milyonlarca sinir ucu, anlık olarak sinir sistemine aktardıkları ısı, nem, hareket ve temas ile ilgili verileri toplamak için deri altında bulunur.
- A) Millions of nerve endings reside within the skin to gather data about temperature, humidity, motion, and contact, which they instantly transmit to the nervous system.
- B) In order to gather data about temperature, humidity, motion, and contact, millions of nerve endings reside within the skin and then they transmit them to the nervous system.
- C) Millions of nerve endings reside within the skin, gathering data about temperature, humidity, motion, and contact, which they transmit to the nervous system.
- D) Before millions of nerve endings transmit data about temperature, humidity, motion, and contact to our nervous system, they process each of them instantly.
- E) Millions of nerve endings, residing within the skin, gather data about temperature, humidity, and contact, then they transmit them to the nervous system.

54. **Agnosia** is a neuropsychological disorder characterised by the inability to recognise common objects, persons, or sounds. The disorder can affect visual, auditory or tactile object recognition, but visual agnosia is the most common form of the condition, and most often expressed as an inability to recognise people. ---- The condition may **also arise** following head trauma or stroke, or following carbon monoxide poisoning or anoxia.
- A) Patients are often uncomfortable in social situations, although many learn to recognise people using other visual cues.
- B) Tactile agnosia, also called astereognosis, is often difficult to recognise as we rarely identify objects solely by feel.
- C) Agnosics can see, but **they lack higher level visual perception, which interferes with object information gathering**.
- D) **Agnosia is caused by lesions** to the parietal and temporal lobes of the brain, regions involved in storing memories.
- E) In addition to being the most common form of agnosia, visual agnosias are **also** the best understood.

55. **Oppositional defiant disorder (ODD) is** a disorder found primarily in children and adolescents. It is characterised by negative, disobedient, or defiant behaviour that is worse than the normal 'testing' behaviour most children display from time to time. ---- **These difficult periods** are part of the normal developmental process of gaining a stronger sense of individuality and separating from parents. ODD, however, is defiant behaviour that lasts longer and is more severe than normal individuation behaviour, but is not so extreme that it involves violation of social rules or the rights of others.
- A) It is usual for children with ODD **to not perceive themselves as being difficult** and to blame all their problems on others.
- B) Very young children with the disorder will throw temper tantrums that last for 30 minutes or longer, over seemingly trivial matters.
- C) ODD is thought to occur in about 6 per cent of all children and is more common in families of lower socioeconomic status.**
- D) **Most children go through phases of being difficult**, particularly during the period from 18 months to three years, and later during adolescence.
- E) **Treatment** is usually a long-term commitment and may take a year or more for some noticeable improvement.

56. **Antisocial personality disorder (APD)** is highly **unresponsive** to any form of **treatment**, in part because persons with APD **rarely seek treatment voluntarily**. If they do seek help, it is usually in an attempt to find relief from depression or other forms of emotional distress. Although there are medications that are effective in treating some of the symptoms of the disorder, non-compliance with medication regimens or abuse of the drugs prevents the widespread use of these medications. --- **In other words**, if a person diagnosed with APD is placed **in an environment** in which they cannot victimise others, their behaviour may improve. It is unlikely, however, that they would maintain good behaviour if they left the disciplined environment.
- A) If some form of individual psychotherapy is provided, **the therapist's primary task is to establish a relationship with the patient**.
- B) Measures intended to prevent antisocial personality disorder **must begin with interventions in early childhood**.
- C) **The most successful treatment** programmes for APD are **long-term structured residential settings** in which the patient systematically modifies behaviour.
- D) The impulsiveness that characterises the disorder often leads to **a jail sentence** or an early death through suicide.
- E) **The patients can hardly establish positive relationships with people around them**, even with the closest ones.

In other words...: aynı şeyi farklı kelimelerle tekrar izah etmek istediğimde...

57. There are many simple ways to be nicer to people, and we like to believe that all that kindness and consideration will be appreciated. However, being nice may not do us any favours. According to a study, people who are nice - defined as sensitive to unfairness or inequity - are **more likely to show symptoms of depression** than people who tend to be selfish and egotistical. Researchers started by giving nearly 350 people a personality test to determine whether they were more 'pro-social' or 'individualist'. --- What **they found** was **the brain images** were quite different between the two types of people, and that nicer people are more vulnerable to depression because they experience extreme empathy, guilt and stress.

- A) Then, **they** used an **imaging technique** to see which **areas of the brain** were activated during specific situations.
- B) Overall, **they** usually aim at measuring people's **desire to share financial resources with those** less fortunate.
- C) Whether the pattern of thinking that was considered 'pro-social' was linked with depression was an area of previous research.
- D) **In other words**, people are **encouraged to be nice, but it turns out this positive quality can have a very real negative outcome**.
- E) **On the other hand**, it is **still not certain** which types of people are more prone to depression.

58. The placebo effect occurs when a person takes a placebo (a substance that has no effect) and feels better. If you regularly take sleeping pills, you probably do not realise that you have experienced the placebo effect. Sleeping pills lose their effectiveness after six weeks of regular use. Therefore, if you have been taking sleeping pills for more than a few months and they still put you to sleep, it is **the placebo effect working**, not the pill. --- **However it works**, the very power of the placebo effect demonstrates that **by maximising your belief in sleep improvement techniques**, you can sleep better.

- A) Although we do not know the exact mechanism underlying the placebo effect, **it is probably due to the effects our thoughts have on our brain**.
- B) **In fact**, about **one third of pain patients** will respond as well to a placebo as they will to **morphine**.
- C) **Negative thoughts** about sleep can have a profoundly adverse effect on the duration and quality of one's sleep.
- D) **Stress** occurs almost automatically, so you are not always aware of it and its negative impact on your sleep.
- E) **About 20 per cent of a population sleeps six** or fewer hours per night.

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59. **Self-control strategies** are cognitive and behavioural skills used by individuals to maintain self-motivation and achieve personal goals. They are based primarily on the social cognitive theory of Albert Bandura. According to Bandura, one's behaviour is influenced by a variety of factors, including one's own thoughts and beliefs, and elements in the environment. Most people who decide to use self-control strategies **are dissatisfied with** a certain aspect of their lives. For example, they may feel they smoke too much, exercise too little, or have difficulty controlling anger. **Self-control programmes may also** be designed without the help of a professional, especially if the problem being addressed is not severe.
- A) Environmental self-control strategies **involve changing times, places, or situations where one experiences problematic behaviour.**
- B) **Self-control strategies are often taught in treatment** centres, group or individual therapies, schools, or vocational settings.
- C) The individual is responsible **for using self-control strategies** in real-life situations to produce the desired changes.
- D) Self-control strategies help **individuals to become aware of their** own patterns of behaviour and to alter them so that the behaviour will be more or less likely to occur.
- E) **Individuals achieve self-control** through continuous monitoring, evaluating, and reinforcement of their own behaviour.

60. (I) The variation in milliseconds between your heartbeats is known as your heart rate variability (HRV). (II) These small differences in heart rate are normal - in fact, the more variation the better. (III) This irregularity should not be confused with cardiac arrhythmia, which involves our heart rate, or pulse, which is measured in beats per minute. (IV) Other diseases of the autonomic nervous system can be detected and monitored using HRV, such as autonomic neuropathy - damage to the nerves that control everyday functions. (V) In fact, cardiac arrhythmia is a serious condition that involves the heart beating too fast or too slowly, or throwing in extra, irregular beats.

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

61. (I) Over 300 people are known to have died climbing Everest since 1922. (II) Injuries and bad weather can be deadly in this remote environment, and our bodies cannot cope with low oxygen levels at high altitude. (III) Altitude sickness can lead to fatal pulmonary or cerebral oedemas, which occur when the lack of oxygen results in leakage of fluid into the lungs or brain. (IV) Altitude is measured relative to the mean sea level in the local area - so the exact height depends on which local area is chosen as a reference point. (V) To avoid this, mountaineers acclimatise in stages, allowing their bodies to adjust gradually.
- A) I B) II C) III D) IV E) V

62. (I) **Insomnia** exists only in comparison with what one considers to be **normal sleep**. (II) With insomnia, sleep falls short of the expectation of how it should be experienced. (III) **A variety of physiological changes** occur throughout the body during sleep. (IV) People assess their sleep against a standard, but normal sleep is relative. (V) Various criteria and standards may be used to describe sleep as normal or abnormal.

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

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63. (I) There are many factors to be considered in choosing a suitable anaesthetic agent for each patient. (II) Ensuring good muscle relaxation while having only few toxic or adverse effects, for example, is one of them. (III) Besides, the ideal anaesthetic should allow rapid induction followed by ease of control and the possibility of rapid reversal. (IV) As the anaesthetic is chemically bound to its receptor, however, removal from the system is often slow and other drugs may be required to reverse its effects. (V) Future advances in anaesthesia will depend upon developments in the computerisation of monitoring the patient's physiological status.

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

64. (I) Dementia is a condition characterised by a chronic decline in cognitive functions contrasted with a person's usual state of functioning. (II) It is seen most often in people sixty-five years and older, and the incidence increases with age. (III) Although aging results in mild slowing for some cognitive functions, normal aging does not cause significant memory loss. (IV) There are various causes and types of dementia, but most types have certain characteristics in common. (V) Persons with dementia often have problems with short-term memory, such as forgetting names and recent events.

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

65. (I) Blood banks are a vital part of any health service, giving doctors rapid access to this lifegiving fluid. (II) But blood is notoriously hard to store. (III) Left to itself, it clots and loses vital components like platelets. (IV) As it is also delicate, red blood cells rupture if badly handled, any contamination can make it potentially lethal. (V) Plasma is the liquid component of blood, and could be given to anyone, regardless of blood group.

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

Gönderimlileri seçme genelde... /// 3-4-5 tanım cümlesinden sakın...

Denzel Washington... /// equalizer...

---- difficult to...

extremely / notoriously difficult / hard...

66. - 68. soruları aşağıdaki parçaya göre cevaplayınız.

A widely reported study claimed to show 'very clear' differences between the brains of men and women. Although this study was trumpeted in the media as 'proving' that male and female brains are inherently different, the actual evidence falls way short of such claims. Distinctions do exist. Genetic differences due to sex chromosomes, varying hormone regulation during development and obvious anatomical differences are all reflected in the structure of the brain. But whether these have any impacts on the functioning of the mature adult brain is a lot harder to determine. There are just too many other factors and variables which cannot be screened out by modern research methods and can affect how we use our brains. We all grow and develop in a society that imposes countless differences between males and females from birth. Given how our brains grow in response to our environment, any of these could turn out to be a big influence over how our brains work as adults. Why is so much energy, which could be better used elsewhere, ploughed into an effort to show functional differences between the brains of men and women - especially when it is far from certain such things even exist?

66. Which of the following is a factor or variable that modern research methods cannot screen out?

- A) Structural differences caused by sex chromosomes
- B) Developmental hormone regulation
- C) Genetic differences between men and women
- D) Differences in male and female anatomy
- E) The influence of societal gender imbalance on the brain

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67. Which of the following is the main purpose of the author?

- A) To inform the readers about the structural differences between male and female brains affecting hormones and anatomy
- B) To put the blame on society in general for imposing differences between males and females from very young ages
- C) To criticise researchers for wasting their valuable time and energy on trying to prove differences that might not even exist
- D) To praise the media for forcefully reporting a scientific development that proves the innate differences between male and female brains
- E) To emphasise the elasticity of human brain in receiving information from the environment and quickly adapting to those influences

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68. Which of the following best describes **the author's tone?**

- A) supportive - destekleyici
- B) critical - eleştirel**
- C) admiring - hayran
- D) optimistic - iyimser
- E) indifferent - kayıtsız

A pandemic is an outbreak of an infectious disease that spreads across a large region, a continent, or even the world. According to the World Health Organization (WHO), a pandemic can start when three conditions have been met: the emergence of a disease (which is) new to the population, a disease that infects humans, causing serious illness, and one that spreads easily and persists among humans. A disease is not a pandemic because it is widespread or kills a large number of people. It must also be infectious. For example, cancer is responsible for a large number of deaths but is not considered a pandemic. The plague of Justinian in the sixth century that devastated the eastern capital of the Roman Empire in Constantinople was the first well-known pandemic in Europe. It also marks the first detailed record of the bubonic plague that later would be known in London as the Black Death. In Constantinople, while Justinian was the Roman Emperor large quantities of grain were shipped from Egypt and it is thought that the disease was brought into Europe via rat and flea populations in the grain.

69. According to the passage a disease is considered as a pandemic only if it ----.

- A) is found in many parts of the world, and increases death rates
- B) is contagious, thus spreading to larger areas
- C) is announced by the WHO that it has killed thousands of people
- D) lasts for a while and results in hundreds of hospitalisations throughout the world
- E) infects many people resulting in potential chronic illnesses

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70. It is stated in the passage that ----.

- A) the first known pandemic emerged in Middle Age London
- B) the bubonic plague was transmitted by the infected people who travelled around the world
- C) the bubonic plague was mistakenly thought to be non-infectious
- D) the plague is believed to have arrived in Europe through the grains from Egypt
- E) the plague of Justinian, first seen in Britain, was the starting point for the Black Death

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71. What is the main purpose of the passage?

- A) To give brief information about pandemics and their history
- B) To inform readers about the possible consequences of pandemics
- C) To highlight the reasons for the spread of pandemics
- D) To show how the WHO deals with pandemics
- E) To introduce the ways used to deal with pandemics in Europe

Rabies is caused by a virus that is transmitted through the bite of an animal that is already infected. It (RABIES) is classified as a zoonosis, which is a term that refers to any disease of animals that can be transmitted to humans. More than 90 per cent of animal rabies cases occur in such wild animals as skunks, bats, and raccoons, with such domestic animals as dogs and cats accounting for fewer than 10 per cent of the cases. The World Health Organization (WHO) estimates that between 35,000 and 50,000 individuals worldwide die each year as a result of rabies. The highest incidence of rabies occurs in Asia where, in 1997, over 33,000 deaths were noted, most occurring in India. Onset is delayed, usually weeks to months after the person has been bitten. Early symptoms of rabies include fever, headache, and flu-like symptoms. These conditions progress to anxiety, hallucinations, muscle spasms, nartial naralysis fear of water (hydronhobia) and other neurological symptoms as the virus spreads to the central nervous system. Medical treatment must be sought soon after exposure because death always follows once the infection becomes established.

72. It is stated in the passage that zoonosis ----.

- A) is a type of infection, but with more severe effects
- B) is an umbrella term including animal bite infections like rabies
- C) refers to animals transmitting certain diseases with the saliva
- D) is a kind of infection mostly seen in cats and dogs
- E) means nasty bites from seriously infected wild animals

Rabies is caused by a virus that is transmitted through the bite of an animal that is already infected. It is classified as a zoonosis, which is a term that refers to any disease of animals that can be transmitted to humans. More than 90 per cent of animal rabies cases occur in such wild animals as skunks, bats, and raccoons, with such domestic animals as dogs and cats accounting for fewer than 10 per cent of the cases. The World Health Organization (WHO) estimates that between 35,000 and 50,000 individuals worldwide die each year as a result of rabies. The highest incidence of rabies occurs in Asia where, in 1997, over 33,000 deaths were noted, most occurring in India. Onset is delayed, usually weeks to months after the person has been bitten. Early symptoms of rabies include fever, headache, and flu-like symptoms. These conditions progress to anxiety, hallucinations, muscle spasms, nartial naralysis fear of water (hydronhobia) and other neurological symptoms as the virus spreads to the central nervous system. Medical treatment must be sought soon after exposure because death always follows once the infection becomes established.

73. One can understand from the passage that symptoms of rabies ----.

- A) might be hidden for several weeks after the animal bite
- B) could be observable immediately after the infection
- C) can deteriorate when the person develops fear of water
- D) can be relieved through medication even long after exposure
- E) are seen only after the virus invades the nervous system

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74. According to the passage, in all cases of rabies, ----.

- A) the virus is immediately established into the central nervous system
- B) medical care could save the person infected by the virus even if it becomes established
- C) if the patient is not treated soon, the animal bite can have fatal outcomes
- D) the animal with the virus is taken under control to determine medical treatment options
- E) a persistent headache sets in as soon as an individual gets bitten by a rabid animal

Western civilisation has had a love affair with sugar and chocolate for almost 500 years. For most of this time, these products were considered luxuries and few could easily afford to buy them or buy products made from them. Due to improvements in technology and agriculture, the price of sugar and chocolate declined greatly during the 19th century, such that most Americans could easily afford to buy sweets and chocolates. Moreover, generic American soft drinks originated in the late 18th century and rapidly expanded during the second half of the 19th century. At first, soft drinks were considered medicinal as many of America's most famous sodas were invented by medical professionals in drugstores. Soft drinks were products of the medical profession but they became popular largely due to the temperance movement that presented alternatives to alcoholic beverages. Years later, simultaneous with the growth of fast food and junk food, there has been a tremendous increase in obesity. The percentage of children and adolescents who are obese has doubled in the last 20 years. Today, 25 per cent of American children are classified as overweight. This should come as no surprise, for junk food and fast food are heavily marketed to America's youth, who consume vast quantities of both.

75. According to the passage, up until the 19th century, ----.

- A) sweets were a rare commodity exclusive to those who could afford it
- B) fast food consumption was directly correlated with increasing income
- C) the appeal of chocolate was that it was inexpensive
- D) the criticism of fast food spread throughout the country
- E) fast food was as popular as sweets

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76. **Despite their current prevalence, soft drinks** ----.
- A) **were originally developed as a pharmaceutical product**
- B) **were repeatedly praised** for being tastier than medicine
- C) **could surprisingly be purchased** by lower middle-class
- D) **had to be sold in drugstores** rather than market chains
- E) **are the leading cause of the increase in obesity**

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77. We understand from the passage that ----.

- A) there is a close relationship between fast food advertisements and the rise of childhood obesity
- B) obesity figures are low, but more people die prematurely due to illnesses related to obesity
- C) food production is not systemic, and is just a phenomenon of the fast food and junk food industries
- D) fast food materialised in the 20th century with the growth of multinational food companies
- E) eating fast food shows the relatively low value many Americans place on the food

Anxiety disorders, like other psychological disorders, are caused by a combination of biological, psychological, and social factors. If you have a family history of anxiety disorders, you may be more vulnerable to stress, and this may increase your risk of developing one. Sometimes, there may be a medical factor that is responsible for your anxiety, such as thyroid disease or substance abuse. And any such possible medical cause must be ruled out before your doctor can diagnose anxiety as a psychological disorder. To be diagnosed with generalised anxiety disorders, you must be unrealistically anxious about two or more life circumstances for at least six months. You must also have at least three of the following symptoms: problems with sleeping, fatigue, muscle tension, restlessness, inability to concentrate and irritability. Depending on your particular symptoms, your doctor may advise therapy, medication, or both. On the other hand, symptoms may be relieved by regular exercise, relaxation methods, avoiding caffeine and not smoking.

78. According to the passage, anxiety disorders ----.

- A) are a combination of other psychological disorders
- B) have three types and usually last for six months
- C) are psychological problems mostly caused by environmental factors
- D) should be diagnosed after eliminating other medical causes
- E) may result from therapies and medication

Anxiety disorders, like other psychological disorders, are caused by a combination of biological, psychological, and social factors. **If you have a family history of anxiety disorders, you may be more vulnerable to stress, and this may increase your risk of developing one.** Sometimes, there may be a medical factor that is responsible for your anxiety, such as thyroid disease or substance abuse. And any such possible medical cause must be ruled out before your doctor can diagnose anxiety as a psychological disorder. To be diagnosed with generalised anxiety disorders, you must be unrealistically anxious about two or more life circumstances for at least six months. You must also have at least three of the following symptoms: problems with sleeping, fatigue, muscle tension, restlessness, inability to concentrate and irritability. Depending on your particular symptoms, your doctor may advise therapy, medication, or both. On the other hand, symptoms may be relieved by regular exercise, relaxation methods, avoiding caffeine and not smoking.

79. It is clear from the passage that, **if your parents suffer from anxiety disorders, ----.**

- A) this will increase your risk of developing an anxiety disorder
- B) there is probably a social factor causing it
- C) they should immediately take some medication
- D) they are advised to undergo a six-month therapy programme
- E) they should be careful with their eating habits

Anxiety disorders, like other psychological disorders, are caused by a combination of biological, psychological, and social factors. If you have a family history of anxiety disorders, you may be more vulnerable to stress, and this may increase your risk of developing one. Sometimes, there may be a medical factor that is responsible for your anxiety, such as thyroid disease or substance abuse. And any such possible medical cause must be ruled out before your doctor can diagnose anxiety as a psychological disorder. To be diagnosed with generalised anxiety disorders, you must be unrealistically anxious about two or more life circumstances for at least six months. You must also have at least three of the following symptoms: problems with sleeping, fatigue, muscle tension, restlessness, inability to concentrate and irritability. Depending on your particular symptoms, your doctor may advise therapy, medication, or both. On the other hand, symptoms may be relieved by regular exercise, relaxation methods, avoiding caffeine and not smoking.

80. It can be concluded from the passage that ----.

- A) if you cannot concentrate on your job, you certainly have an anxiety disorder
- B) negative effects of anxiety can be lessened by several practices
- C) anxiety disorders are becoming more common day by day
- D) people with anxiety disorders have difficulty in waking up
- E) therapy and medication must be used together to get over anxiety disorders