

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

1. **Bacterium has been genetically engineered to produce spider silk, which has many ---- in the medical industry.**

- A) shortcomings B) applications
C) generalisations D) requirements
E) separations

2. **When you have a craving for sweets redefine sugar or artificial sweeteners like saccharin is there a harmful what's stevia a natural sweetener obtained from a plant can be good ---- for sugar.**

- A) component B) restriction
C) distribution D) substitute
E) qualification

3. **Panic disorder is characterised by recurrent, unexpected panic attacks and the ---- fear of having another attack, a few of the ultimately leads to behavioural changes**

- A) trivial B) consequent
C) elaborate D) precious
E) mandatory

4. **Oxygen deprivation damages brain areas ----; a person might sustain slight damage to the motor cortex and end up paralysed on one side, but another person might go into a vegetative state despite retaining some consciousness.**

- A) casually B) subtly
C) randomly D) precisely
E) deliberately

5. **Hormone replacement therapy is no longer recommended for women in menopause because several studies have found that the benefits do not ---- the risks as it can increase the risk of heart disease, stroke, and breast cancer.**

- A) deteriorate B) violate
C) outweigh D) extend
E) address

6. **Water is of such great importance that it ---- almost two-thirds of the human body by weight.**

- A) goes through B) turns down
C) makes up D) takes over
E) builds on

7. **Celiac disease is a form of food sensitivity in which people ---- any form of gluten, and the symptoms, ---- abdominal pain, vomiting, and diarrhoea or poor growth in young children are usually quite severe.**

- A) do not have to tolerate / include
B) cannot tolerate / including
C) may not tolerate / to include
D) had better not tolerate / included
E) should not tolerate / being included

8. **Arnica, a plant that ---- extensively in European folk medicine for hundreds of years, ---- as an internal treatment for dysentery and gout in the past.**

- A) is used / was being prescribed
B) would be used / had been prescribed
C) has been used / was prescribed
D) is being used / is prescribed
E) was used / would have been prescribed

17. Technology, in the service of medicine, has permitted the understanding and prevention of many serious diseases ---- the study of early diagnostic techniques, such as magnetic resonance imaging and positron emission tomography.

- A) unlike B) despite
C) thanks to D) as regards
E) as to

18. ---- radiation therapy, which is targeted to a specific tissue, chemotherapy drugs are either taken by mouth or through a vein and circulate throughout the whole body.

- A) Unlike B) Due to
C) With the help of D) Because of
E) As a result of

19. A thyroid biopsy is usually required when a painless lump or a nodule is detected, ---- by the patient, by a doctor during a routine physical examination.

- A) neither / nor B) either / or
C) as / as D) no sooner / than
E) the more / the more

20. To soothe eczema flare-ups or inflamed skin, dermatologists advise rubbing on a cream ---- contains ceramides or colloidal oatmeal after every handwashing.

- A) when B) that
C) where D) whose
E) in which

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

Aging can have a negative impact on diet and nutritional status. Energy needs and energy intake decline **(21)** ---- age, as do body weight and lean body mass. Poor health, the use of medications, sedentary lifestyle **(22)** ---- age-related anorexia and inadequate dietary intakes. Nutrition studies have pointed to an increased risk of nutrient deficiencies among the elderly. **(23)** ---- being monotonous and bland, diets of the elderly are said to be marked by sharply reduced consumption of nutrient-dense foods. **(24)** ---- the prevalence of malnutrition among the elderly in the USA is reported as low, aging does place individuals at a greater nutritional risk. There are many ways in which the aging process can change daily lives such as by altering sensations of hunger and thirst. Moreover, age-related deficits in smell, and possibly taste, can lead to a lowered enjoyment of foods. These age-related physiological changes can **(25)** ---- the reported poor quality of the diet in older individuals.

21.

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

22.

- A) should contribute to
B) used to contribute to
C) may contribute to
D) had better contribute to
E) would contribute to

23.

- A) On behalf of
B) In addition to
C) In favour of
D) Unlike
E) According to

24.

- A) Since
B) Although
C) Once
D) If
E) Given that

25.

- A) turn to
B) take after
C) put off
D) account for
E) give up

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

The use of placebos can be a popular way of harnessing our inner healing power. One study prescribed placebo drugs, in this case, sugar pills, to patients who were told they were being given and 8 mg dose of morphine. (26) - --- the sugar pills still had any effect, even once the patients found out they had taken a placebo. According to researchers, for many patients, hope has (27) ---- as important as any prescribed medicine. It has been found that the brain produces chemicals that can facilitate healing (28) ---- key elements of hope. Belief and expectation can block pain by releasing the brain's hormones, (29) ---- the effects of morphine. In some cases, hope can also have important impacts (30) ---- fundamental physiological processes such as respiration, circulation and motor function, which might explain the apparently miraculous cases of spontaneous remissions.

26.

- A) Otherwise
- B) Instead
- C) Similarly
- D) However
- E) On the contrary

27.

- A) disappeared
- B) proved
- C) deteriorated
- D) reacted
- E) retreated

28.

- A) for the purpose of
- B) as opposed to
- C) on behalf of
- D) in comparison with
- E) with the help of

29.

- A) mimicking
- B) to be mimicking
- C) to be mimicked
- D) being mimicked
- E) to have mimicked

30.

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

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

31. Even though temperament is thought to be rooted in the biological make-up of a person, ----.

- A) different children in the same biological family may have very different temperaments
- B) some ethnic groups place a high value on self-control and relating well to others
- C) a quiet and serious child can fit in well with a family of scholars or intellectuals
- D) temperamental classifications have become highly influential in medicine and biology
- E) child's growth and development is an extensively researched topic

32. While excess sodium in the body increases blood pressure, ----.

- A) there is an increased risk of heart failure in salt lovers who do not have high blood pressure
- B) sodium likes to grab onto calcium before it is flushed out of the body through urine
- C) potassium eases tension in blood-vessel walls and helps keep blood pressure in check
- D) a high-sodium diet can trigger kidney stones because it increases the amount of calcium in your urine
- E) blood tests ordered by your doctor can confirm if you are low on potassium

33. Although the brain damage in cerebral palsy is non-progressive and thus deterioration does not occur, ----.

- A) treatment of cerebral palsy is aimed at maximising lifetime independence
- B) premature birth is associated with an increased risk of cerebral palsy
- C) it is classified according to the form and distribution of the motor handicap
- D) the neurological display of cerebral palsy may change with neurological maturation
- E) the precise form of cerebral palsy rarely can be characterised prior to 6 months of age

34. ---- due to their small size and their inexperience with animals.

- A) Trying to break up fights between animals is not recommended
- B) Bacteria or other pathogens show up in about 85 per cent of bites
- C) A single bite wound may contain many different types of bacteria
- D) Wild animals must be reported to the local animal control authorities
- E) Children under 12 years of age are at a higher risk for animal bites

35. While deep brain stimulation helps people with severe epilepsy or Parkinson's disease, ----

- A) a person's efforts to commit something to memory would later prove successful
- B) electrical stimulation at the right time gives significance enhancement of later recall
- C) electrodes can record the brain's intricate electrical signals
- D) it is an extreme treatment that carries the risk of infection
- E) such a device may be useful for people who have memory loss

36. Although global warming does not directly caused cholera, ----.

- A) climate change will affect some health issues in positive ways
- B) doctors describe tetracycline to shorten the course of illness when symptoms are severe
- C) cholera is a disease that spreads by drinking water contaminated with cholera bacteria
- D) its effects may create an environment in which the disease can flourish
- E) cholera was one of the deadliest diseases in history

37. Chronic obstructive pulmonary disease generally occurs as a consequence of cigarette smoking, ----.

- A) because lifestyle changes and medical therapies help to slow the progression of the disease
- B) as it is the fourth-leading cause of death in the US, affecting about 16 million Americans
- C) while persistent cough and shortness of breath are the key early symptoms of the disease
- D) but exposure to industrial or environmental toxins that damage lung tissue might be held responsible as well
- E) once diagnosis is made with x-ray, which shows the increased density of the damaged lung tissue

38. Scientists are currently studying whether a low-fat, high-fibre diet may reduce the risk of developing Alzheimer's disease ----.

- A) since it is usually believed that genetics plays the primary role in the development of Alzheimer's
- B) just as it lowers the risk of other diseases associated with aging, like cardiovascular disease and cancer
- C) while some researchers have found that subjects with high cholesterol have a higher risk of developing the disease
- D) although scientists studying the brain have noted a link between high blood pressure and Alzheimer's
- E) even if they believe symptoms occurring before the age of 65 are designated as early-onset Alzheimer's

39. ----; however, it has been discovered that infection with a bacterium called *H.Pylori* is responsible for causing most ulcers.

- A) It is estimated that one in five people under the age of 40 are infected with ulcer-causing bacteria
- B) Years ago, stress and poor diet were thought to be the cause of ulcers
- C) Antacids work by neutralising stomach acid during ulcer treatment and provide rapid relief
- D) Untreated ulcers can lead to serious problems such as bleeding or serious infection
- E) Ulcers generally affect people over the age of 30 though children can get them as well

40. ----, there has also been an increase in treatments that can limit their damage.

- A) While the prevalence of conditions such as high blood pressure and diabetes has risen over the years
- B) Unless the number of people affected by dementia may be rising and their lifespans are longer than in the past
- C) If there is a rise in educational attainment and better control of cardiovascular issues to prevent future drawbacks
- D) As long as people are well aware of the ways to avoid and cope better with vascular dementia or Alzheimer's
- E) By the time the symptoms of Alzheimer's disease manifest themselves suddenly in a very short time

41. A recent study has revealed that an increase in coffee consumption for two weeks reduces blood glucose levels ----.

- A) since higher coffee consumption is associated with a lower risk of type 2 diabetes
- B) until the association between coffee consumption and risk of clinical type 2 diabetes is researched
- C) whereas the substitution of a decaffeinated coffee for a caffeinated one does not have the same effect
- D) though coffee contains magnesium that could improve insulin secretion, which lowers glucose
- E) given that a large intake of caffeine is required to lower the risk of type 2 diabetes

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

42. The key to preventing health problems and recovering from illnesses lies in mobilising the natural resources of the body and mind.

- A) Vücudun ve zihnin doğal kaynaklarını harekete geçirmek, sağlık sorunlarını engellemeyi ve hastalıklardan kurtulmanın anahtarı olarak kabul edilmektedir.
- B) Vücudun ve zihnin doğal kaynaklarının harekete geçirilmesi, sağlık sorunlarını önlemede ve hastalıklardan kurtulma da anahtar görevi görmektedir.
- C) Sağlık sorunlarını önlemenin ve hastalıklardan kurtulmanın anahtarı vücudun ve zihnin doğal kaynaklarını harekete geçirmede yatmaktadır
- D) Vücudun ve zihnin doğal kaynaklarının kullanımı, sağlık sorunlarının önlenmesinde ve hastalıklardan kurtulma da bir anahtar görevi görmektedir.
- E) Sağlık sorunlarının önlenmesi ve hastalıkların iyileştirilmesi ancak vücudun ve zihnin doğal kaynaklarının harekettendirilmesiyle mümkün olur.

43. Diagnosis of sleep disorders usually requires a psychological history as well as a medical history, and with the exception of sleep apnoea syndromes, physical examinations are not always revealing.

- A) Uyku bozukluklarının teşhisi genellikle tıbbi geçmiş kadar psikolojik geçmişi de gerektirir ve uyku apnesi sendromları hariç fiziksel muayeneler her zaman açıklayıcı değildir.
- B) Uyku bozukluklarının teşhisinde, uyku apnesi sendromları hariç, genellikle tıbbi geçmiş ve psikolojik geçmiş de gereklidir çünkü fiziksel muayeneler her zaman açıklayıcı olmaz.
- C) Uyku apnesi sendromları hariç uyku bozukluklarının teşhisi genellikle tıbbi geçmiş ve psikolojik geçmişi gerektirdiği için muayenelere her zaman açıklayıcı değildir.
- D) Fiziksel muayeneler her zaman açıklayıcı olmadığı için uyku apnesi sendromları hariç, uyku bozukluklarının teşhisinde genellikle tıbbi geçmiş ile birlikte psikolojik geçmiş de geçer gereklidir.
- E) Fiziksel muayeneler açıklayıcı olmadığında, uyku apnesi sendromları hariç, uyku bozukluklarının genelini teşhisi her zaman tıbbi ve psikolojik geçmişe bakılmasını gerektirir.

44. Whether you practice in the morning or the evening, yoga can relieve tension and stress by providing the rest you need.

- A) İhtiyacınız olan dinlenmeyi sağlayan yoga, sabah da olsa akşam da olsa gerginlik ve stresi azaltır.
- B) Gerginlik ve stresi azaltan yoga, gerek sabah gerekse akşam yapıldığında, ihtiyacınız olan dinlenmeyi sağlayabilir.
- C) Yoga, ister sabah ister akşam yapılsın, ihtiyacınız olan dinlenmeyi sağlamakla kalmayıp aynı zamanda gerginlik ve stresi azaltabilir.
- D) İster sabah ister akşam yapın, yoga, ihtiyacınız olan dinlenmeyi sağlayarak gerginlik ve stresi azaltabilir.
- E) İster sabah ister akşam yapın, yoga gerginlik ve stresi azaltmakla kalmaz ihtiyacınız olan dinlenmeyi de sağlar.

45. Those with a chronic condition should definitely avoid detox diets, as they can interfere with medications and may cause dehydration, mineral deficiencies, or muscle loss.

- A) Kronik rahatsızlığı olanlar tarafından kesinlikle kaçınılması gereken detoks diyetleri, alınan ilaçlarla etkileşime girerek su kaybı, mineral eksikliği ya da kas kaybına yol açabilmektedir.
- B) Kronik rahatsızlığı olanlar, alınan ilaçlarla etkileşime giren detoks diyetlerinden kesinlikle kaçınmalıdır çünkü bunlar su kaybı, mineral eksikliği ya da kas kaybına yol açabilmektedir.
- C) Kronik rahatsızlığı olanlar, su kaybı, mineral eksikliği ya da kas kaybına yol açan detoks diyetlerinden kesinlikle kaçınmalıdır çünkü bunlar alınan ilaçlarla etkileşime girmektedir.
- D) Alınan ilaçlarla etkileşime giren detoks diyetleri, su kaybı, mineral eksikliği ya da kas kaybına yol açabilir ve kronik rahatsızlığı olanlar bunlardan kesinlikle kaçınmalıdır.
- E) Kronik rahatsızlığı olanlar detoks diyetlerinden kesinlikle kaçınılmalıdır çünkü bunlar alınan ilaçlarla etkileşime girebilmek de ve su kaybı, mineral eksikliği ya da kas kaybına yol açabilmektedir.

46. Studies show that one sense can satisfy another, so if you smell a food for long enough, you will lose the urge to eat it.

- A) Bir duyunun diğerini tatmin edebileceğini gösteren araştırmalar, bir yiyeceği yeterince uzun süre koklarsanız onu yeme isteğinizi kaybedeceğinizi ortaya koymaktadır.
- B) Araştırmalara göre, bir yiyeceği yeterince uzun süre koklarsanız onu yeme isteğini kaybedersiniz çünkü bir duyu diğerini tatmin edebilir.
- C) Bir yiyeceği yeterince uzun süre koklamanız halinde onu yeme isteğinizin ortadan kalktığını gösteren araştırmalara göre bir duyu diğerini tatmin edebilmektedir.
- D) Araştırmalar, bir duyunun diğerini tatmin edebileceğini göstermektedir, bu nedenle bir yiyeceği yeterince uzun süre koklarsanız onu yeme isteğinizi kaybedersiniz.
- E) Bir duyu diğerini tatmin edebildiği için araştırmalar, bir yiyeceği yeterince uzun süre koklarsanız onu yeme isteğinizi kaybedeceğinizi göstermektedir.

47. That you only need sunscreen when outdoors is a misconception because UVA rays can penetrate through window glass and light clothing, and cause sunburn.

- A) UVA ışınları, pencere camından ve ince kıyafetlerden içeri sızarak güneş yanığına neden olmaktadır, bu nedenle sadece dışarıda olduğunuzda güneş kremine ihtiyacınız olduğu gerçeği yanlış bir kanıdır.
- B) Sadece dışarıda olduğunuzda güneş kremine ihtiyacınız olduğu yanlış bir kanıdır çünkü pencere camından ve ince kıyafetlerden içeri sızabilen UVA ışınları güneş yanığına yol açmaktadır.
- C) Sadece dışarıda güneş kremine ihtiyacınız olduğu yanlış bir kanıdır çünkü güneş yanığına yol açan UVA ışınları pencere camından ve ince kıyafetlerden içeri sızabilmektedir.
- D) Sadece dışarıda olduğunuzda güneş kremine ihtiyacınız olduğu yanlış bir kanıdır çünkü UVA ışınları pencere camından ve ince kıyafetlerden içeri sızabilmekte ve güneş yanığına neden olmaktadır.
- E) UVA ışınları pencere camından ve ince kıyafetlerden içeri sızabildiği için sadece dışarıdayken güneş kremine ihtiyaç duyduğunuz gerçeği yanlış bir kanıdır çünkü bu ışınlar güneş yanığına sebep olmaktadır.

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

48. Bireyler, reçetesiz alınan ilaçlara başlamadan önce, diğer ilaçlarla pek çok olası etkileşiminden dolayı bir doktora veya eczacıya danışmalıdır.

- A) Individuals should consult with a doctor or pharmacist before they decide to take medications they have bought over the counter since these drugs have the potential to have many interactions with other drugs.
- B) Because drugs have the potential of many infections with other drugs, individuals who consider taking drugs bought over the counter should consult with a physician or a pharmacist first.
- C) Due to many possible interactions with other drugs, individuals should consult with a physician or pharmacist prior to starting any new medications bought over the counter.
- D) Individuals ought to consult with a doctor or a pharmacist if they are considering taking certain over-the-counter drugs in case these drugs have the potential to interact with other drugs.
- E) Because of the likelihood of many interactions with other drugs, individuals who are planning to take certain over-the-counter drugs to consult with a physician or pharmacist before doing so.

49. Bir depresyon çeşidi olan bipolar bozukluk muhtemelen, beyindeki genetik mirası olması mümkün bir kimyasal dengesizlikten kaynaklanmaktadır.

- A) Bipolar disorder, which is a form of depression, stems from the imbalance of certain chemicals in the brain and is probably a genetic inheritance.
- B) Bipolar disorder, a form of depression, is probably caused by an imbalance in brain chemicals, which is genetically inherited.
- C) Bipolar disorder, which is likely to be a genetic inheritance and the form of depression, probably results from a chemical imbalance in the brain.
- D) Bipolar disorder, a form of depression, most likely stems from a genetic inheritance that leads to a chemical imbalance in the brain.
- E) Bipolar disorder, a form of depression, is probably caused by a chemical imbalance in the brain that is likely to be a genetic inheritance.

50. Hipertansiyon dâhil birçok sebebi olan kalp yetmezliğinin hem eski hem de yeni tedavi yöntemleriyle önlenmesi yoğun çaba ve konuyla ilgili yeni araştırmalar gerektirmektedir.

- A) Heart failure has several causes, such as hypertension, and its prevention through old and new remedies requires a great deal of effort and relevant new research.
- B) The prevention of heart failure, which has many causes, including hypertension, through old and new remedies, requires a great deal of effort and relevant new research.
- C) The prevention of heart failure through old and new remedies requires a great deal of effort and relevant new research into its various causes, like hypertension.
- D) To prevent heart failure through old and new remedies, there is a need for a great deal of effort and relevant need research, given that it has so many causes, including hypertension.
- E) Heart failure, which has several causes, including hypertension, could be prevented through old and new remedies if relevant new research is done with a great deal of effort.

51. Kasları geliştirmek için ağırlık çalışmaları ile birlikte İnsülin hormonu kullanan atletler fazla insülinin son derece zararlı olabileceği gerçeğini bilmiyor olabilir.

- A) Athletes use the hormone insulin to develop muscles, but they probably do not realise how harmful excess insulin can be for the body.
- B) In order to develop muscles, athletes use the hormone insulin together with their muscle training without knowing the fact that excess insulin can be extremely harmful.
- C) Athletes who use the hormone insulin in conjunction with their weight training so that they can develop muscles may not be able to see how harmful insulin can be if it is in excess.
- D) To develop muscles, some athletes use the hormone insulin along with their weight training routine, but they do not realise the fact that too much insulin may cause health problems.
- E) Athletes who use the hormone insulin in conjunction with their weight training to develop muscles may not know the fact that excess insulin can be extremely harmful.

52. Bağırsak florasını değiştirme ve bebekteki enfeksiyonu gizleme risklerinden dolayı, antibiyotik kullanırken emzirme genellikle önerilmez.

- A) Breastfeeding is not recommended while taking antibiotics as it generally causes changes in intestinal flora and masking an infection in the infant.
- B) Breastfeeding while taking antibiotics is not recommended because of the risks of altering the intestinal flora and masking an infection in the infant.
- C) Because taking antibiotics generally alters the intestinal flora and masks and infection in the infant, breastfeeding is a risk and not recommended.
- D) Once your brain is deprived of adequate rest, you may not be able to compensate for the loss despite the extra sleep you get, and the result is the loss of brain cells, which is caused by extended sleep deprivation.
- E) If your brain is deprived of adequate rest, you may not be able to compensate for the loss even if you get extra sleep because extended sleep deprivation can lead to the loss of brain cells.

53. Bir dizi laboratuvar çalışması, düzenli egzersizin beyinde Alzheimer hastalığını engelleyen maddelerin üretilmesini tetiklediğini işaret ediyor.

- A) A series of lab experiments suggest that regular exercise prevents Alzheimer's disease by stimulating the production of substances in the brain that inhibit the disease.
- B) As a series of lab experiments show, if done regularly, exercise stimulates the production of substances in the brain that inhibit Alzheimer's disease.
- C) Regular exercise can trigger the production of substances in the brain that prevent Alzheimer's disease, as shown by a number of lab experiments.
- D) A series of lab experiments suggest that regular exercise stimulates the production of substances in the brain that prevent Alzheimer's disease.
- E) Several experiments revealed that doing exercise regularly can prevent Alzheimer's disease since it triggers the production of substances in the brain that inhibit the disease.

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

54. Hypertension has a major hereditary or genetic component. This means there are hypertensive-prone individuals. ---- In fact, there is increasing evidence that hypertension may be significantly delayed in onset or even prevented by appropriate control of the environment, diet, lifestyle and exercise. Due to the development of hypertension with age, lifestyle changes will delay the development of elevated arterial pressure from occurring.

- A) Today, all physicians and health care professionals are urged to identify potential hypertensive individuals through family histories.
- B) However, since there is also a strong effect of environment, it is not clear whether all hypertensive-prone individuals will eventually become hypertensive.
- C) Conversely, altered hormonal secretions may be coupled to the rate of onset and progression of arterial hypertension.
- D) Therefore, it is clear that hypertension is a multigene disorder with strong contributions from environmental factors on disease development.
- E) Recently, there has been some evidence to establish a link between hypertension and the endocrine system.

55. We usually have two kidneys, but it is not essential to have both. In fact, about one in 1,000 people is born with only one kidney and leads a long, healthy life. Also, many people choose to give a kidney to someone in need. ----But people who have one kidney are at a higher risk of hypertension and kidney disease later in life, so it is important for them to have regular check-ups.

- A) A urinary tract infection could make its way up to the kidneys and raise your risk for kidney disease.
- B) In that case, the newly solo kidney will develop bigger filters to take on the larger load.
- C) Drinking plenty of water helps flush out excess minerals that can ball up and create kidney stones.
- D) Every year after your 30th birthday, your kidneys lose a little bit of their filtering power.
- E) When kidneys are unable to filter your blood or failed to properly produce hormones, blood pressure can rise.

56. Plant-based diets have become fashionable in recent years. The number of vegans in the UK has quadrupled between 2014 and 2019, with benefits for our health, as well as for animal welfare and the environment. Veganism is good news for other animals and for the environment. ---- Although some studies show that plant-based diets appear to lower the risk of cardiovascular disease, this does not increase the lifespan of vegans compared to non-vegans

- A) The food industry has started to be influenced by the popularity of veganism.
- B) Needless to say, in terms of health benefits, the science is not so clear.
- C) But the vegans tend to suffer from reduced levels of vitamin B12 and iron.
- D) There are many compelling reasons to lower your intake of meat and dairy.
- E) Children who are brought up as vegan have low levels of certain key nutrients..

57. The placenta, which drives half of its genes from the father, is inherently foreign to the mother. This foreignness raises the question of how the placenta escapes rejection by immunological processes that would otherwise recognise and destroy such an invader, as in the case of conventional organ transplant. ---- It is also clear that local processes that operate within the uterus also play a part.

- A) It also actively promotes the invasive growth of foetal tissues by sending enough blood to it.
- B) Researchers now know that changes in a mother's immune system help her "tolerate" the placenta.
- C) Researchers have discovered that a type of leukocyte called a natural killer cell is abundant in the uterine side.
- D) The placenta competes with time to become fully functional in early pregnancy.
- E) The placenta develops quickly because it has to do the jobs of other developing organs until they become fully functional.

58. To help keep a child from becoming a bully, it is important to be a role model for nonviolent behaviour. Parents should also clearly communicate to the child that bullying behaviour is not acceptable, and clear limits should be established for acceptable behaviour, and consequences for ignoring the limits should be defined. ---- If the child insists on bullying behaviour or if the parent(s) suspect that their child is a bully, additional help can be sought from mental health professionals and school counsellors.

- A) It is most often theorised that bullying is a result of the bully copying the actions of role models who bully others.
- B) A child with a dominant personality and who is more impulsive and active is more prone to become a bully.
- C) Teaching good social skills can help potential bullies learn alternative, socially acceptable behaviours.
- D) There is no evidence to support the theory that there is a genetic component to bullying behaviour.
- E) Bullying behaviour may be accompanied by other inappropriate behaviour, including criminal, delinquent or gang behaviour.

59. Uncooked dough can lead to, of all things, alcohol poisoning in pets. ---- Process can continue in the warm, damp stomachs of dogs and cats. This can turn into gastric dilatation volvulus (GDV), or twisted stomach, causing vomiting, excessive drooling, and even death. You should call your vet immediately if your pet has consumed raw dough or anything containing alcohol.

- A) Some veterinarians believe calorie-free sweeteners might also make your pets crave more sweets.
- B) Only when information becomes repetitious does the brain create connections among neurons to accommodate it.
- C) That is because the yeast in dough produces carbon dioxide and ethanol as it ferments.
- D) Even in small quantities, raisins and currants, and grapes can cause kidney failure.
- E) Not only dogs, but also cats and other pets should not be fed uncooked dough.

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

60. (I) Cities concentrate people, opportunities, and services, including those for health. (II) In a well-known trend, cities house the most and the best hospitals and they attract the most talented doctors, nurses and other health care staff. (III) In a few years, an estimated six out of every ten people will be living in cities. (IV) But cities also concentrate risks and hazards for health. (V) When large numbers of people are connected by shared services, the consequences of adverse events – like high levels of air or noise pollution, a disease outbreak or a natural disaster – are vastly amplified.

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

61. (I) Glycaemic index (GI) is a scale that measures how quickly carbohydrates are broken down into sugar. (II) Simple carbohydrates and refined starches are broken down quickly and thus they have a high GI, but the foods that are broken down slowly, such as most vegetables, fruits, and unprocessed grains, have a low GI. (III) Numerous studies have linked high-GI diet to obesity, insulin resistance, type 2 diabetes, and increased risk of heart disease. (IV) Food companies come up with new recipes for processed foods every day and people continue to consume those foods although they are well aware of the risks. (V) Eating high GI foods can lead to blood sugar imbalances that may result in fatigue, increased appetite, and food cravings; therefore, it is best to minimise high-GI foods and maximise your intake of low-GI foods.

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

62. (I) Burns are characterised by degree, based on the severity of the tissue damage. (II) Burn treatment consists of relieving pain, preventing infection, and maintaining body fluids, electrolytes, and calorie intake while the body heals. (III) A first-degree burn causes redness and swelling in the outermost layer of skin. (IV) A second-degree burn involves redness, swelling and blistering, and the damage may extend beneath the epidermis to deeper layers of skin. (V) A third-degree burn, also called a full thickness burn, destroy the entire depth of skin, causing significant scarring on the underlying fat, muscle, or bone.

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

63. (I) Small kidney stones pass into the bladder without causing any pain or symptoms. (II) The main function of the kidneys is to remove excess fluids and wastes from your blood in the form of urine. (III) However, in some cases, these stones can be large and cause excruciating pain and bleeding in the urine, and even permanent damage. (IV) Fortunately, there are a number of medical interventions and natural products that can help eliminate kidney stones. (V) Some lifestyle measures can also be undertaken to prevent them from occurring.

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

64. (I) Pain that does not go away when the underlying cause improves becomes chronic pain, or maldynia. (II) Acute pain is the one that arises suddenly and is often intense or severe in its quality. (III) It signals injury to the body resulting from trauma, surgery or disease process that damages tissue. (IV) Acute pain is short-lived – typically less than one month. (V) This type of pain goes away when the condition causing it improves.

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

65. (I) In an astonishing breakthrough, scientists have created the world's first 3D heart. (II) It was made using an incredible medical printer, which can make copies of human tissue and blood vessels. (III) In the future, this could save the lives of people with serious heart problems by allowing them access to a heart transplant without waiting for the right donor. (IV) These 3D hearts would be made from the patient's own cells, so there would be no problems of organ rejection. (V) The importance of organ donation must be underlined by the government at every chance.

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

66. - 68. soruları aşağıdaki parçaya göre cevaplayınız.

In 2013, a comprehensive review of the extensive research on the relationship between sugar and obesity was commissioned by the World Health Organization (WHO). the results were compelling: and reduced sugar intake was associated with an average 0.8kg loss in weight, while an increased intake was associated with a corresponding 0.75kg gain. The reviews strengthened the link between intake of dietary sugars and obesity, and therefore a higher risk of chronic diseases. As a result, the WHO reduced its recommendation on sugar intake from a daily limit of 10 per cent of calorie intake to 5 per cent – that is around six teaspoons a day for the average adult. As part of a healthy diet, this amount of added sugar is not a health threat, but you need to be cautious as even an average can of carbonated soft drinks – identified by many studies as the first source of “empty calories” contains nine teaspoons, which is higher than the limit. Unfortunately, research has suggested that alternatives like artificial sweeteners actually make us eat more. They do not deliver a second dopamine “hit” from glucose absorption in the stomach, keeping us hungry

66. The passage is mainly about ----.

- A) the reasons for high calorie intake and feeling hungry
- B) the efforts of the WHO to reduce sugar intake
- C) the measures taken by the WHO to consume fewer sweeteners
- D) a variety of health problems associated with sugar consumption
- E) the connection between obesity and sugar intake

67. It can be understood from the passage that the World Health Organisation ----.

- A) aims to reduce the daily consumption of sugar by informing people
- B) suggests that people should daily consume nine teaspoons of sugar
- C) indicates that soft drinks may be seen as part of a healthy diet
- D) illustrates the reasons for high consumption of artificial sweeteners
- E) tries to show the reasons and results of chronic diseases

68. It is clear from the passage that ----.

- A) an average can of soft drinks contains more sugar than the WHO's recommendation on daily sugar intake
- B) soft drinks accepted as 'empty calories' are seen as part of a healthy diet by the World Health Organisation
- C) consuming six teaspoons of sugar a day is not seen as a risk for an adult who has a chronic disease
- D) the results of the research provide detailed information about how to consume fewer sweeteners
- E) the consumption of a high quantity of soft drinks is the main reason for chronic diseases and obesity

69. - 71. soruları aşağıdaki parçaya göre cevaplayınız.

Allergy shots, also called immunotherapy, are a form of treatment that produces a child's allergic reaction to a particular allergen. Allergy shots can reduce symptoms of allergic rhinitis, hay fever, and allergic asthma. However, allergy shots are less effective against moulds and are not a useful method for treating food allergies. Basically, allergy shots are a series of injections with a solution containing the allergens that cause an allergic reaction. Treatment begins with a weak solution given once or twice a week. The strength of a solution gradually increases with each dose. The incremental increases of the allergen cause the child's immune system to become less sensitive to the substance by producing a 'blocking' antibody. Once the strongest dose is reached, the child's sensitivity has decreased, and the injections are given monthly to control allergic symptoms. Are there just shots are not recommended for food allergies. However, if these allergies are left untreated, infants and children may be more likely to develop chronic allergies, asthma, and respiratory infections later in life, making immunotherapy unlikely to work.

69. It can be understood from the passage that allergy shots ----.

- A) are commonly preferred for toddlers and babies
- B) are ineffective for certain allergens like moulds
- C) work to alleviate certain allergic conditions
- D) result in an instant relief from allergic reactions
- E) are applied in fixed doses for adults but not children

70. One can understand from the passage that the child's immune system ----.

- A) is relatively stronger than an adult's in combating with allergens
- B) develops in time to produce antibodies blocking the substance causing allergy
- C) is inclined to react intensively even against weaker allergens
- D) is exposed to a high amount of allergens with the first shots in immunotherapy
- E) is trained to produce less amount of antibody thanks to immunotherapy

71. According to the passage, food allergies ----.

- A) should be addressed in order for immunotherapy to be effective
- B) cause fewer allergic conditions when children have an early immunotherapy
- C) could lead to allergic conditions which can be treated easily and effectively
- D) are identified as the primary cause for serious respiratory infections
- E) are among the most prevalent allergies that may lead to chronic forms

72. - 74. soruları aşağıdaki parçaya göre cevaplayınız.

We already know that repeated knocks to the head, like those sustained in boxing and American football, can cause cognitive decline years later. This condition, known as chronic traumatic encephalopathy (CTE), is associated with the gradual build-up of a protein called tau in the brain. A research team wondered if similar changes can occur after just one severe head injury and lead to progressive brain deterioration. They scanned the brains of 21 patients, including both men and women, who had a single major head injury 18 to 51 years ago, mostly as a result of car accidents. They all experienced severe initial symptoms like loss of consciousness for more than 30 minutes. Many later experienced progressive brain deterioration and developed problems with thinking, memory and motivation. The scans showed that 15 of them have unusually high levels of tau in their brains, particularly in the outer layers. That may be because outer layers are more vulnerable to external impacts than inner layers. High levels of tau have also been found in the outer brain layers of former athletes with CTE, particularly in those who have had the most head blows. The team reports that this is consistent with the idea that long-term cognitive decline can result from either several relatively minor brain injuries or from a single severe one.

72. What was the aim of the study conducted by the research team?

- A) To make certain that repeated brain injuries cause progressive brain deterioration
- B) To spot the differences between men and women in terms of tau production in their brains
- C) To detect specific brain layers where the protein tau is particularly found
- D) To find out if a single severe head injury can trigger long-term cognitive decline
- E) To clearly describe the initial and chronic symptoms of CTE

73. Who were the participants of the study mentioned in the passage?

- A) Former athletes with a single major head injury
- B) Those who have had repeated head injuries over a few years
- C) Those who were diagnosed with CTE many years ago
- D) Former athletes with varying levels of tau in the outer layers of their brains
- E) Those who suffered a single head injury in the past

74. Which of the following can be concluded based on the study?

- A) The outer layers of the brain are severely affected by head injuries, and it is the same case in its inner layers.
- B) High levels of tau protein can be a result of repeated head injuries, but not of a single severe injury.
- C) Those who suffered a severe brain injury many years ago may later exhibit abnormally abundant tau protein, which can be held accountable for brain deterioration
- D) Former athletes who had repeated head injuries are more likely to suffer from cognitive problems than patients who had a single head injury decades earlier.
- E) The level of tau protein and where it is generally accumulated in the brain changes from patient to patient.

75. - 77. soruları aşağıdaki parçaya göre cevaplayınız.

Cauliflower ear is a casual and descriptive term for an external ear damaged and deformed through trauma. It is commonly associated with repeated injury, such as those that occur with boxing. However, even a single blow to the ear significant enough to cause bleeding can result in deformity as the cartilaginous structure of the external ear heals. Cartilage has no blood supply of its own but instead draws nutrients from the blood supply of the skin. Any damage that disrupts blood flow – for instance, an injury that causes bleeding – causes cartilage tissue to die. Where cartilage dies, the structure it supports shrinks as the skin around it heals, forming the characteristic irregularities of cauliflower ear. Immediate treatment of any injury to the external ear to minimise interruption of blood flow and control any possible infection helps prevent deformity. Ear piercings in the upper ear that become repeatedly infected or cause scarring also can result in cauliflower ear. Surgery to reform the appearance of the auricle can improve the auricle's appearance though may not be able to restore it to its natural structure. A key preventive measure is wearing appropriate headgear during activities that expose the outer ears to the risk of traumatic injury.

75. It is clearly stated in the passage that cauliflower ear ----.

- A) not only spoils the shape of the ear but also causes deafness
- B) is only seen on the ears of people who regularly practice boxing
- C) leads to the deformed ear becoming scarred
- D) can also be a result of a sudden action taking place just once
- E) can be completely cured if only it is treated immediately

76. According to the passage, cartilage tissue ----.

- A) can be fully reshaped if it dies thanks to developed surgery
- B) needs nutrients from a blood supply to stay alive
- C) dies only after it is repeatedly infected after an external trauma
- D) firstly gets infected when an external trauma takes place
- E) is the most sensitive part of the ear compared to internal parts

77. The passage mainly focuses on ----.

- A) possible treatment options for cauliflower ear
- B) reasons to take care of our external ear
- C) preventive measures to avoid cauliflower ear
- D) people who are prone to cauliflower ear
- E) how cauliflower ear manifest itself

78. - 80. soruları aşağıdaki parçaya göre cevaplayınız.

According to the World Health Organization, adult males should consume 2,500 calories a day, and females should consume 2,000. But now some scientists believe any universal recommended daily calorie intake is at best misleading, and at worst harmful. The general misconception is that calories are a direct or even remotely precise measurement of how fattening a food is. In fact, we can accurately measure the calorific value of a meal, the relationship between those calories and individual bodies is less straightforward. Each of us has a different basal metabolic rate, which can vary up to 2 percent, and we all burn energy in different ways. We also have to remember that calorie counts are based on estimates. The idea that we can precisely measure the energy value of any food is nonsense, and claiming one dish with 312 calories is better than one with 329 is laughable. How the body uses and stores the energy gained from, for instance, corn on the cob is very different from cornbread or cornflakes. Yet, the simplistic calorie intake theory treats the energy gained from each the same.

78. Which of the following is true about food consumption in different people?

- A) Males are usually more likely to take into account their metabolic rate in their dietary preferences than females.
- B) Fattening foods are 25 percent harder to be processed than non-fattening ones.
- C) Its fattening effect depends on how the body reacts to the food consumed.
- D) The WHO avoids making any universal recommendations about calorie intake.

- E) Estimates of calorie counts are more precise than the calorific value.

79. The writer gives the example of corn to say how energy might be stored differently although ----.

- A) the food intake might come from the same source
- B) it represents distinctions in people's digestion process
- C) the calories measurement might not be as accurate as expected
- D) the energy gained is not consumed as body fuel
- E) energy value measurement does not make any sense

80. What is the writer's attitude towards the calorie-intake theory?

- A) optimistic
- B) neutral
- C) admiring
- D) supportive
- E) sceptical

29 AĞUSTOS 2021 YÖKDİL SAĞLIK BİLİMLERİ

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