

21. - 25. sorularda, boş bırakılan yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Dietary supplements have become a multibillion-dollar industry all over the world. Found (21)---- the vitamins and minerals on supermarket shelves are many apparently natural remedies sold as 'dietary supplements'. Their labels state that these products are not intended to treat anything but designed to (22)---- health. Yet we should keep in mind that labels do not always tell the full story. (23)---- strict requirements of purity applied in drug development, herbal remedies and other dietary supplements can include some harmful parts of the source organism. (24)----, along with the desired substance, a consumer may ingest fungal spores, heavy metals, toxins, herbicides, and pesticides. Drugs differ from dietary supplements in purity and method of preparation, which often takes many years. The probability that a chemical derived from an organism (25)---- its way to drugstore shelves as a prescription or over-the-counter medication is 1 in 10.000.

21.

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| A) off | B) from |
| C) to | D) upon |
| E) among | |

22.

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|--------------|----------------|
| A) receive | B) receive |
| C) promote | D) acknowledge |
| E) determine | |

23.

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|----------------|--------------------|
| A) Due to | B) For the sake of |
| C) Despite | D) Rather than |
| E) In terms of | |

24.

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|--------------------|--------------|
| A) Firstly | B) Therefore |
| C) On the contrary | D) However |
| E) Instead | |

25.

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|----------------|-----------------|
| A) had made | B) used to make |
| C) has to make | D) was making |
| E) will make | |

26. - 30. sorularda, boş bırakılan yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

That heredity plays an important role in determining one's potential intelligence is beyond dispute. **(26)----**, genetic investigations have failed to identify smart genes, which are genes that give brilliance on the possessor. Instead, given the complexity of the brain organisation and the need for effective interaction among its many components, it is not surprising that genetic mutations of several genes are known to **(27)----** the efficiency of brain operation and, in turn, to diminish potential intelligence. Mutational disorders range from invisible to dramatic and include trisomy 21 , Fragile-X syndrome, tuberous sclerosis, and autism. **(28)----** these mutational disorders, there are also important epigenetic factors — evident during the early years of life — that are necessary for normal development and organisation. A rich array of neuronal networks develops, with many destined **(29)----**; the final product of such factors is that gyral and sulcal patterns of monozygotic twins, individuals with identical genetic constitution, will look different. Maturational factors such as development, which is important for efficient signal transmission **(30)----** the extensive neuron network, are known to continue for many years, peaking around the middle of the third decade of life.

26.

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|-----------------|----------------|
| A) Therefore | B) In addition |
| C) For instance | D) However |
| E) Similarly | |

27.

- A) measure
- B) impose
- C) lessen
- D) achieve
- E) permit

28.

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|-----------------|---------------|
| A) On behalf of | B) Apart from |
| C) According to | D) Due to |
| E) Instead of | |

29.

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|------------------|--------------------|
| A) removing | B) having removed |
| C) to be removed | D) to have removed |
| E) to remove | |

30.

- | | |
|------------|----------|
| A) against | B) under |
| C) across | D) upon |
| E) off | |

31. - 41. sorularda verilen cümleyi tamamlayabilecek seçeneği bulunuz.

31. ---- as soon as the dieter resumes usual eating patterns.

- A) Without changing eating patterns, the weight lost in a dieting program returns
- B) Many obese people underreport the amount of food they consume
- C) The dieter's eating habits often do not change while undergoing the dieting program
- D) Drastically reducing food intake promotes a loss of five kilos a week
- E) Dietary goals are unrealistic and set the person up for failure

32. ----; however, there is a body of evidence to support the idea that what is eaten may affect the skin.

- A) Dermatologists and nutritionists have developed a list of foods to stay away
- B) There is some debate in the medical community about the impact of diet on acne
- C) Researchers have developed suggestions for dietary changes to improve or eliminate acne
- D) One of the earliest studies about food and acne focused on chocolate
- E) There have been isolated studies that explored the effect of specific supplements on acne

33. While Alzheimer's disease (AD) may not be the direct cause of death, ----.

- A) family members or others caring for a person with AD have an extremely difficult and stressful job
- B) the generally poorer health of a person with AD increases the risk of life-threatening infection
- C) several substances are being tested for their ability to slow the progress of AD
- D) the aggravation of the disease can be controlled thanks to an active lifestyle
- E) drugs such as antidepressants, and sedatives are used to treat the behavioural symptoms of AD

34. Although the use of prescription medications may assist in managing obesity for some individuals, ----.

- A) sedentary lifestyle is one of the underlying reasons for obesity
- B) appetite-suppressant medications promote weight loss by decreasing appetite
- C) the most successful way to manage it is possible through medications
- D) it is never the sole treatment for the condition, nor is it ever considered a cure
- E) several of these medications are currently approved for treatment of obesity

35. When lactose intolerance is suspected in infants and young children, ----.

- A) the symptoms range from a feeling of mild bloating to severe diarrhoea
- B) many pediatricians recommend simply changing from cow's milk to soy milk and watching for improvement
- C) food intolerances involve an exaggerated or abnormal physical reaction to a food or food additive
- D) intolerance caused by temporary intestinal diseases disappears with a successful treatment
- E) children with carbohydrate intolerance can lead normal lives with good dietary management

36. ----; furthermore, research suggests that people may be trained to partially recover their mental function apparently lost during aging.

- A) The mental faculties of most older people remain functioning when challenged by a commitment to lifelong learning and activity
- B) Senescent cells are no longer able to protect organs and blood vessels, and possibly contribute to aging
- C) It is known that our cognitive skills tend to be on the decline as we age
- D) Experiments reveal that the build-up of oxidised protein, the result of free-radical attack, may cause brain cells to age
- E) Forgetfulness can be caused by the use of sleeping pills and by any factor decreasing the supply of oxygen to the brain

37. Patients have different abilities to comprehend medical procedures; some prefer printed information ----.

- A) while others learn more from oral presentations
- B) although skin preparation is often ordered for all
- C) even if it is helpful for them to express their worries
- D) because too much knowledge may increase their anxiety
- E) as pain management after surgery is not the primary concern

38. Hallucinations tend to be more distressing for the person having them than for others ----.

- A) while observing the patient can help to identify whether hallucinations are a side effect of medications or a manifestation of their disease
- B) only when a medication that is the suspected cause of hallucinations is changed to another drug or the times the drug is taken are changed
- C) unless they cause the person to feel undue anxiety or to react to them in ways that are harmless to the person or others
- D) provided that people having delusions have no awareness that those perceptions may be inaccurate or unreal in the first place
- E) because the person having them does not know whether what appear to be physical stimuli are real, whereas others do know that they are not

39. ----, traditional Muslim medicine is still being practised widely in many Muslim societies.

- A) Because major political and socioeconomic transformations have occurred in the Muslim world
- B) Despite the profound Westernisation of medical theory and the medical establishment in the Muslim world
- C) Whereas Muslim medicine has always been in contact with other medical systems through translations
- D) By the time European texts were translated into Muslim languages as part of the move from traditional to Western medicine
- E) With the aim of translating Muslim medical texts into European languages during the Middle Ages

40. Tooth extraction can be performed with local anesthesia ----.

- A) so tooth extractions may sometimes need to be postponed temporarily
- B) although it is one of the most common dental procedures
- C) if the tooth is exposed and appears to be easily removable in one piece
- D) while extraction may be used to remove teeth that are so badly decayed
- E) as the dentist may recommend stopping some certain medications prior to surgery

41. It might be difficult to control the dosage of health supplements in liquid form ----.

- A) although they contain sugar or sweetener, which might be unacceptable to some users
- B) unless a proper measuring spoon or cup is used and recommended daily intake is provided
- C) because they are suitable for people who cannot swallow tablets or capsules
- D) while they have a shorter shelf life than other forms like pills, gummies, and powders
- E) even if overdose results in potential side effects, such as gastrointestinal upset and vomiting

2023 MART YÖKDİL SAĞLIK

21. - 25. sorularda, boş bırakılan yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Obesity is the leading nutritional disorder in our modern world, and the number of people who are obese has dramatically increased over the past decades. Now a small implant that (21)---- the craving to eat might help change that. (22)----this implant, which is placed on the outside of the stomach in a simple surgery, the patient feels full earlier. When the stomach receives food, it starts to move, and this motion is sufficient to generate an electrical current in the implant (23)---- a small signal. The signal continues to the brain and is interpreted as a sign of fullness. The new implant can also be removed, returning the patient to normal eating rhythms (24)---- sufficient weight has been lost. (25)----millions of people considered severely obese, this is a promising step in our fight against obesity.

21.

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|--------------|--------------|
| A) regulates | B) promotes |
| C) retains | D) preserves |
| E) adopts | |

22.

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|---------------|-----------------------|
| A) Similar to | B) Contrary to |
| C) Unlike | D) By comparison with |
| E) Thanks to | |

23.

- | | |
|--------------------------|---------------------|
| A) having produced | B) being produced |
| C) to produce | D) to have produced |
| E) to have been produced | |

24.

- | | |
|-------------|------------|
| A) once | B) whereas |
| C) although | D) unless |
| E) even if | |

25.

- | | |
|------------|---------|
| A) By | B) Upon |
| C) Into | D) With |
| E) Through | |

26. - 30. sorularda, boş bırakılan yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

In a potential breakthrough for human babies born prematurely, scientists have announced they successfully removed lamb fetuses from their mother's wombs and raised them into healthy sheep. Their survival is ensured **(26)**---- an artificial placenta, called a BioBag, created by researchers at the Children's Hospital of Philadelphia. The fake womb **(27)** ---- a clear plastic bag filled with electrolytes. The lamb's umbilical cord pulls in nutrients, and its heart pumps blood **(28)**----an external oxygen oxygenator. The success crowns a decades-long effort toward a working artificial placenta. The BioBag **(29)**---- human infant mortality rates, and also the chances of a premature baby developing lung problems or cognitive disorders will diminish. **(30)**----, there are still challenges to scaling the device for human babies which are much smaller than lambs. The scientists are also refining the electrolyte mix and studying how to connect human umbilical cords. They expect human trials in three to five years.

26.

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|----------------|---------------------|
| A) despite | B) with the help of |
| C) instead of | D) as well as |
| E) rather than | |

27.

- A) cuts off
B) gets over
C) gives in
D) sets back
E) consist of

28.

- | | |
|----------|------------|
| A) about | B) on |
| C) along | D) through |
| E) for | |

29.

- | | |
|----------------------|-------------------------|
| A) may have improved | B) would improve |
| C) has to improve | D) should have improved |
| E) could improve | |

30.

- | | |
|-------------------|----------------|
| A) In other words | B) Therefore |
| C) Yet | D) For example |
| E) Likewise | |

31. - 41. sorularda verilen cümleyi tamamlayabilecek seçeneği bulunuz.

31. The cause of cell death associated with Parkinson's disease is unknown ---.

- A) although environmental toxins and an inherited inability to deal with toxins are hypothetical factors
- B) so that certain drugs can control the symptoms of Parkinson's disease in some cases
- C) as Parkinson's disease is an incurable neurological disorder leading to muscle rigidity
- D) given that there is a progressive loss of brain cells that produce dopamine, a type of brain chemical that helps nerves communicate
- E) since there are hints that nutrition can play a role in the development of Parkinson's disease

32. Although bronchitis is often related to a viral or bacterial infection, ----.

- A) the chronic form can be associated with the consumption of tobacco
- B) the disease usually affects the large- and medium-sized bronchi
- C) in many cases, respiratory-tract obstructions can cause severe complications
- D) the common symptoms are cough, which increases the need to salivate
- E) noisy breathing is a common finding in patients with bronchitis

33. Without an examination, an ear doctor is limited to information gained from questioning; however, ----.

- A) the most likely age group to have a foreign body in the ear canal is children
- B) certain symptoms can help decide what structure of the ear the problem originates from
- C) ears are actually self-cleaning and typically require little attention in most people
- D) it is common for people to use all manner of instruments to try and clean their ears of wax
- E) to self-administer ear drops, the head should be kept in a tilted position for several minutes

34. ----, it was not until 1846 that a patient was successfully rendered unconscious during a surgical procedure.

- A) Given that medical tests that would otherwise be impossible to perform were carried out with pain control
- B) Even though the practice of surgery initially struggled to make considerable progress
- C) As the need for specialists in anaesthesia was sparked by two world wars in the 20th century
- D) While the search for pain control during surgery dates back to the ancient world
- E) Although a number of complications are likely to occur under general anaesthesia nowadays

35. There is no absolute rule about how much sleep the average person needs per night ----.

- A) as it is certainly best to sleep at night to follow the body's natural rhythms
- B) if threats to long-term health caused by a lack of sleep are experienced by shift workers
- C) even though everybody needs different amounts of sleep a day
- D) although there is a minimum threshold below which you are endangering your health
- E) since lack of enough sleep leads to lapses in attention, memory and problem solving

36. The average age of onset of bipolar disorder is from adolescence to the early twenties; ----.

- A) for instance, over half of patients diagnosed with bipolar disorder have a history of substance abuse
- B) consequently, the majority of bipolar individuals experience alternating episodes of depression
- C) however, a correct diagnosis can be delayed for several years or more due to its complexity
- D) thus, symptoms of bipolar depressive episodes may include low energy levels, and difficulty in concentrating
- E) conversely, it is usually diagnosed and treated by a psychiatrist or a psychologist with medical assistance

37. Although a 1985 US Food and Drug Administration study group concluded that aloe vera did not heal burns,----.

- A) very rarely, aloe vera may cause a rash in sensitive people recent clinical studies indicate burn recovery is sped
- B) up by aloe, possibly by improving collagen formation
- C) it is a succulent plant with long pointed leaves that produces a juice with medicinal properties
- D) there is limited data whether aloe may help heal ulcers and gastrointestinal inflammation
- E) patients with burns, obviously, have the longest period of increased energy needs
- E) instead, fungicidal herbs, such as tea tree oil and citrus seed extract, may also be applied directly to the infected skin

38. Dietary supplements of biotin are not routinely recommended for pregnant women; ----.

- A) in other words, blood levels of biotin tend to drop in pregnant women causing concern among researchers
- B) on the other hand, the amount of biotin is stable and little is lost when foods are exposed to heat, light, or air
- C) however, they should make a special effort to get an adequate intake of 30 mcg biotin daily through diet
- D) still, breastfeeding women should not take a biotin dietary supplement unless directed by their healthcare provider
- E) similarly, biotin is often promoted as a dietary supplement to help improve the strength of fingernails

39. No scientific study has conclusively proven strict avoidance of certain food categories is effective in preventing the onset of food allergies; ----.

- A) in fact, a certain amount of exposure at the right time may be considered a preventive strategy
- B) what is more, preventive strategies mainly focus on the first two years of an infant's life
- C) therefore, some doctors recommend that breastfeeding mothers avoid eating high-risk food
- D) likewise, parents in families that have a strong history of food allergy often take immediate action
- E) however, a majority of children, even with the most severe food allergies often outgrow their allergy

40. ----, it may be too late to prevent significant visual impairment or blindness.

- A) Provided that people have regular eye examinations
- B) Even if glaucoma manifests symptoms in the later stages
- C) Because those with vision problems must see an ophthalmologist
- D) Although myopia is one of the leading causes of vision impairment worldwide
- E) By the time vision-related symptoms clearly appear

41. Depression, anxiety disorders, and other mental illnesses often are present in people who have eating disorders ----.

- A) although it is not clear whether these cause the eating disorder or are a result of it
- B) while they result in abnormal eating patterns that have a negative effect on health
- C) even if people who have anorexia nervosa constantly starve themselves to become thin
- D) as anorexia nervosa begins primarily between the ages of 14 and 18 and affects mainly girls
- E) unless the association between these psychiatric disorders and eating disorders is strong

26 Ağustos 2023 YÖKDİL - Sağlık Cevap Anahtarı									
21. E	22. C	23. C	24. B	25. E	26. D	27. C	28. B	29. C	30. C
31. A	32. B	33. B	34. d	35. B	36. A	37. A	38. E	39. B	40. C
41. B									

26 Mart 2023 YÖKDİL Sağlık Cevap Anahtarı									
21. A	22. E	23. C	24. A	25. D	26. B	27. E	28. D	29. E	30. C
31. A	32. A	33. B	34. D	35. D	36. C	37. B	38. C	39. A	40. E
41. A									