

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

1. Scientists are currently testing the ---- of a new personalised vaccine aimed to fight cancerous cells of individual patients.

- A) cravings
B) capabilities
C) repercussions
D) claims
E) concerns

2. In a world where human beings are occupying the ecosystems of wild animals, we are ---- under risk of getting viruses from different animals.

- A) deliberately
B) suddenly
C) painstakingly
D) virtually
E) constantly

3. Despite their potential to halt the spread of a disease, newly-developed vaccines may remain ---- against ever-mutating viruses.

- A) available
B) critical
C) inadequate
D) reversible
E) uncommon

4. In order to solve the food safety problem, underdeveloped countries have to tackle economic ---- as well as educational ones.

- A) obstacles
B) warranties
C) improvements
D) features
E) equations

5. A body's lack of devices, either natural or gained by drugs, to fight free radicals ---- its ability to fend off viral diseases.

- A) undermines
B) perplexes
C) clarifies
D) adopts
E) penetrates

6. Those who typically ---- dental treatment, especially ones that involve inflammations, run the risk of experiencing coronary health problems in the long run.

- A) give out
B) put off
C) catch on
D) result from
E) bring about

7. Latinos ---- higher rates of heart disease than previously thought, ---- a well-accepted idea known as the "Latino paradox," according to a new study.

- A) must have / refuted
B) have to have / to be refuted
C) may have / refuting
D) are supposed to have / having refuted
E) could have / to refute

8. Nasal vaccines are administered, as the name ----, through the nose, and they ---- as a spray or through a dropper or syringe.

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

9. One of the complications of Ramsay Hunt syndrome is the potential for damage ---- the cornea of the eye, where light passes ---- for vision, and it must be taken care of urgently.

- A) from / onto
B) to / through
C) behind / along
D) on / out
E) by / amid

10. Static stretching requires you to move a muscle as far as you possibly can ---- feeling pain, holding the stretch ---- a total of 20-45 seconds, repeating multiple times.

- A) on / in
B) with / on
C) among / into
D) above / below
E) without / for

11. Lactic acid is an organic acid produced ---- the body when glucose is broken down to generate cellular energy in the absence ---- oxygen.

- A) on / for
C) by / of
E) of / with
B) over / from
D) at / to

12. ---- it is well-known that Vitamin D is vital to maintaining the health of our bones and strengthening our immune system, a lesser-known fact is that this nutrient can also help to protect our skin against photo-induced damage and inflammation.

- A) Because
C) As
E) Though
B) Unless
D) So long as

13. Non-white women of low socioeconomic status used to have lower cancer survival rates ---- these patients experienced fears of discrimination, a general discomfort with health care providers and more distrust of the health care system.

- A) while
C) unless
E) even if
B) though
D) since

14. The overall purpose of the digestive system is to take the food you eat and convert some of it into energy and some of it into waste, ---- is excreted from the body.

- A) whose
B) which
C) how
D) where
E) that

15. High rates of COVID-19 infection in Europe and Asia, ---- the continued emergence of new sub-variants, like omicron BA.4 and BA.5, raise concerns that another surge could be on the way.

- A) along with
B) despite
C) with respect to
D) on the verge of
E) thanks to

16. BPA, linked to reproductive health problems, is ---- used in plastics and food and drink containers ---- in pizza boxes, shopping receipts, liners of aluminium cans.

- A) not only / but also
B) as / as
C) the more / the less
D) between / and
E) whether / or

17. Dementia is not a specific disease; rather, the term refers generally to a loss of cognitive functioning, ---- declines in memory and thinking ability, that interferes with a person's daily activities.

- A) owing to
C) in terms of
E) in favour of
B) such as
D) besides

18. Over time, cells age and become damaged, ---- your body's cells are constantly replicating, creating their own replacements.

- A) hence
C) similarly
E) in contrast
B) namely
D) conversely

19. Cigarettes kill at least 1-in-2 smokers prematurely and cut smoker's lives short by an average of 10 years ---- their large share in cancer, obstructive lung disease and cardiovascular disease.

- A) in terms of
B) for all
C) due to
D) as well as
E) such as

20. ---- there have been advances in detection and treatment, cancer remains the second-leading cause of death in the United States.

- A) Before
C) Although
E) As long as
B) When
D) Once

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

When it is cold outside, you shiver and your teeth chatter. But why, exactly, do those shakes happen? (21) ---- not seeming very effective, these reflexes evolved to generate heat to keep you warm. Your body needs to keep a core temperature of about 37 degrees Celsius. To prevent hypothermia – a dangerously low body temperature – the brain monitors the body's heat level very (22) ----. If the skin surface gets too chilly, skin receptors send signals to the hypothalamus, an almond-size structure deep inside the brain. The goal of the hypothalamus is to keep the body balanced (23) ---- a stable state called homeostasis by helping to control body temperature, blood pressure, hunger, thirst, mood and sleep. One warming trick the hypothalamus may set into motion is shivering. During shivering, your skeletal muscles repeatedly tense and relax in speedy bursts. These contractions and expansions may not only make your limbs quake but also cause your jaw muscles (24) ---- and this makes your teeth chatter. Muscle contractions expend chemical energy. (25) ---- some of this energy gets converted to motion, much of it is lost as heat. Shivering relies on this process to warm the body.

21.

- A) In spite of
B) In view of
C) In addition to
D) On account of
E) According to

22.

- A) furiously
B) deliberately
C) obviously
D) closely
E) severely

23.

- A) off
B) on
C) in
D) over
E) of

24.

- A) to twitch
B) twitching
C) to be twitching
D) twitched
E) to have twitched

25.

- A) Until
B) As soon as
C) Because
D) After
E) Although

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

Flu vaccination prevents millions of flu-related illnesses and deaths annually, (26) ---- vaccination rates are low for many reasons. During the 2018-2019 flu season, the Centers for Disease Control and Prevention reported that about 45% of U.S. adults received the flu vaccine. While this shows an increase (27) ---- 8% from 2017-2018, it falls way below the national goal of 70% of American adults receiving a flu shot. One of the most common myths that leads people to avoid the flu shot is that they think the shot will give them the flu; this, (28) ----, is simply not true. The virus in the vaccine is not active, and an inactive virus cannot (29) ---- transmit disease. What is true is that you may feel the effects of your body mounting an immune response, but that does not mean you have the flu. However, feeling under the weather after a flu shot is actually a positive. It can be a sign that your body's immune response (30) ----.

26.

- A) but
B) so
C) or
D) for
E) if

27.

- A) in
B) from
C) of
D) on
E) for

28.

- A) moreover
B) therefore
C) in contrast
D) however
E) at first

29.

- A) hinder
B) transmit
C) prevent
D) destroy
E) treat

30.

- A) had worked
B) was working
C) worked
D) is working
E) has been working

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

31. **As harmful bacteria are becoming ever more resistant to antibiotics, ----.**

- A) the use of new drugs has started to yield positive results
- B) as many as 500 new drugs will have been produced to fight off viruses by then
- C) doctors have, in turn, started to use phages – viruses that infect bacteria – as a new line of attack
- D) the developments in the pharmaceutical industry have seen a decline
- E) antibiotic resistance had already become a serious issue affecting millions of people

32. **As well as putting themselves and their family members at risk, ----.**

- A) vaccine deniers are also risking those who cannot be vaccinated because they are too young
- B) physicians are also trying to save the lives of those who have medical issues that prevent them from getting vaccines
- C) people who are against vaccines have started to come to terms with the fact that they are crucial
- D) those who are against vaccines due to religious reasons or lack of education are starting to see that vaccines save lives
- E) healthcare professionals are warning the public against the potential hazard that could be inflicted due to vaccine hesitancy

33. **While heart disease is often associated with older adults who are over 60, ----.**

- A) young people from lower-income backgrounds are unfit and have a family history of obesity
- B) risk factors associated with heart disease are more common among teenagers than most people think
- C) most cases of heart disease can be prevented by managing these risk factors
- D) developing healthy habits as a teenager might be one way of ensuring healthy heart in later life
- E) heart disease causes an estimated 31% of all deaths worldwide each year

34. **There might be drugs available to help reduce alcohol craving and cut down on drinking, ----.**

- A) and thus alcoholism still persists, being one of the most debilitating problems affecting a considerable proportion of the society
- B) even if many people are now trying them out to get rid of the negative effects of such habits
- C) yet some scientists are still unsure people can handle the negative consequences of drunk driving
- D) but scientists have yet to find a conventional treatment to decrease the severity of symptoms after heavy drinking
- E) still alcohol consumption is at an all-time low, with fewer people frequenting bars and pubs

35. **When it comes to tests for new treatments for our most unpleasant diseases, ----.**

- A) we do not think twice about various animals being used
- B) the technology remains the same, proceeding towards more humans being used
- C) the developments in science keep surprising us and even most researchers
- D) the side effects of certain new drugs can only be tested in vitro
- E) our studies used to focus on edible components in blood plasma production

36. **It is essential to immediately get out of the heat and rest, preferably in an air-conditioned room ----.**

- A) although untreated heat exhaustion can progress to heat stroke
- B) as long as a relative humidity of 60% or more hampers sweat evaporation
- C) because adults over 65 and infants adjust to heat more slowly than other people
- D) so you should wear lightweight, light-colored, loose-fitting clothing, and a wide-brimmed hat
- E) if you, or anyone else, has symptoms of heat exhaustion

37. The exact dose at which vitamin D supplements become toxic is not clear, ----.

- A) so your chances of getting this condition could go up if you are on a diet
- B) as most healthy people only need 400 to 800 IU of vitamin D a day, depending on their age
- C) because getting too much vitamin D can cause calcium to build up in your blood and body
- D) but it must be very high considering the low prevalence
- E) yet the doctor might need to give you fluids through a vein

38. In developed countries like the U.S., there are very few cases of diphtheria ----.

- A) as there are still many countries around the world where diphtheria is a common illness
- B) because high vaccination rates have almost eliminated the disease
- C) so in poorer places, it may be harder to get health care and vaccines
- D) and it used to be a major problem in the U.S. until the vaccine was developed
- E) unless there are still thousands of new cases of diphtheria around the world each year

39. Though infected animals can pass on the monkeypox virus if they bite or scratch you, ----.

- A) you can also get it from eating uncooked contaminated meat
- B) viruses get into our bodies through a break in the skin or through mouth
- C) with the recent outbreak, doctors have noticed a few newer symptoms
- D) one can also spread monkeypox to others starting a day before the rash shows up
- E) it can be quite serious, especially in children who were exposed to a lot of the virus

40. When curves that stem from a severe case of scoliosis are, or reach, between 45 and 50 degrees, ----.

- A) you will need plenty of time to recover after spinal surgery
- B) none of these has been shown to stop changes in spinal curves
- C) it is important to stay fit and maintain a healthy weight at every age
- D) how your condition is managed depends on your age and the type of scoliosis you have
- E) they are usually expected to get worse and may even affect how the lungs work

41. While kids get small fractures and do not even know it sometimes, ----.

- A) aside from pain, your body sets off all kinds of alarms to tell you something's really wrong
- B) doctors talk about broken bones, also called fractures, with a few basic terms
- C) a broken bone usually means a deep, intense ache and sharp pain for the adults
- D) diseases like cancer and osteoporosis can also lead to breaks in bones
- E) partial breaks generally do not go all the way through the bone

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

42. Knee replacement surgery, which can take 1 to 2 hours, has become so precise that doctors can choose from a variety of knee designs that suit your height, weight, and activity level.

- A) Süresi 1 ila 2 saat olan diz protezi ameliyatında doktorlar büyük bir doğruluk oranına ulaşmıştır, ki bu sayede sizin boyunuza, kilonuza ve etkinlik seviyenize göre çeşitli diz tasarımları arasından seçim yapabilir.
- B) 1 ila 2 saat sürebilen diz protezi ameliyatı o kadar kusursuz hale gelmiştir ki doktorlar sizin boyunuza, kilonuza ve etkinlik seviyenize göre çeşitli diz tasarımları arasından seçim yapabilir.
- C) Diz protezi ameliyatları, hem 1 ila 2 saat süreye indirgenmiş hem de doktorların sizin boyunuza, kilonuza ve etkinlik seviyenize göre çeşitli diz tasarımları arasından seçim yapabileceği kadar kusursuz hale gelmiştir.
- D) Diz protezi ameliyatı, 1 ila 2 saat sürmesine karşın o kadar kusursuz hale gelmiştir ki doktorlar sizin boyunuza, kilonuza ve etkinlik seviyenize göre çeşitli diz tasarımları arasından seçim yapabilir.
- E) Doktorların sizin boyunuza, kilonuza ve etkinlik seviyenize göre çeşitli diz tasarımları arasından seçim yapabileceği kadar kusursuz hale gelmiş olan diz protezi ameliyatı 1 ila 2 saat sürmektedir.

43. Many kids assume that common household drugs or even prescription medicines are safer than street drugs because they are legal.

- A) Birçok çocuk, her gün kullanılan ilaçların ya da reçeteli ilaçların bile yasal oldukları için sokaklarda satılan uyuşturucudan daha güvenli olduğunu farz etmektedir.
- B) Birçok çocuğa göre, her gün kullanılan ilaçlar ya da reçeteli ilaçlar bile yasal oldukları için sokaklarda satılan uyuşturucudan daha güvenlidir.
- C) Çoğu çocuğun yanlışlıkla ulaştığı varsayım, her gün kullanılan ilaçların ya da reçeteli ilaçların bile yasal oldukları için sokaklarda satılan uyuşturucudan daha güvenli olduğudur.
- D) Her gün kullanılan ilaçların ya da reçeteli ilaçların yasal oldukları için sokaklarda satılan uyuşturucudan daha güvenli olduğu birçok çocuk tarafından düşünülmektedir.
- E) Çoğu çocuğun düşmüş olduğu yanlış, her gün kullanılan ilaçlar ya da reçeteli ilaçlar bile yasal oldukları için sokaklarda satılan uyuşturucudan daha güvenli olduğudur.

44. People often have an unpleasant reaction to something they ate and think they have a food allergy, but they may be having something else: a reaction called food intolerance.

- A) İnsanlar, sıklıkla yedikleri bir şeye karşı hoş olmayan bir tepki gösterirler ve gıda alerjileri olduğunu düşünürler, buna rağmen, başka bir şeyleri olabilir: gıda hassasiyeti denilen bir tepki.
- B) İnsanlar, sıklıkla yedikleri bir şeye karşı hoş olmayan bir tepki gösterir, ancak aslında gıda hassasiyeti denilen bir reaksiyonu gıda alerjileri ile karıştırmaktadır.
- C) İnsanların sıklıkla yedikleri bir şeye karşı verdikleri hoş olmayan tepki, gıda hassasiyeti diye bilinen şey olabilir; yani düşündükleri gibi gıda alerjisi değil.
- D) İnsanlar, sıklıkla yedikleri bir şeye karşı hoş olmayan bir tepki gösterip gıda alerjileri olduğunu düşünür ancak başka bir şeyleri olabilir: gıda hassasiyeti denilen bir tepki.
- E) Gıda hassasiyeti denilen bir tepki, sıklıkla yedikleri bir şeye karşı hoş olmayan bir tepki gösteren insanlar tarafından gıda alerjisi ile karıştırılmaktadır.

45. If you have a pollen allergy and go outside on a day when it is flying around, your body will react as if it is being invaded, and your immune system will produce a lot of histamines to fight back.

- A) Polen alerjisi olan kişilerin polenlerin uçtuğu bir günde dışarı çıktıklarında vücutlarının verdiği tepki, sanki istila altındaymış gibi verdiği tepkiye eşittir ve bağışıklık sistemi de birçok histamin üretir.
- B) Polen alerjiniz varsa ve polenlerin uçtuğu bir günde dışarı çıkarsanız vücudunuz istila ediliyormuş gibi bir tepki verecektir ve bağışıklık sisteminiz direnmek için birçok histamin üretecektir.
- C) Polen alerjiniz varsa ve polenlerin uçtuğu bir günde dışarı çıkmaya karar verirsiniz vücudunuz istila edilmiş gibi bir tepki verecektir ve bağışıklık sisteminiz de direnmek için birçok histamin üretebilir.
- D) Polenlerin uçtuğu bir günde dışarı çıkarsanız vücudunuzun istilaya uğramış gibi bir tepki vermesine ve bağışıklık sisteminiz de direnmek için birçok histamin üretmesine hazırlıklı olmalısınız.
- E) Polen alerjisi olan kişiler, polenlerin uçtuğu bir günde dışarı çıkarsa vücutları istila edilmiş gibi bir tepki verecek ve bağışıklık sistemleri de direnmek için birçok histamin üretmelidir.

46. The investigators found that people who slept with an adult partner fell asleep faster, stayed asleep longer and had less risk of sleep apnoea.

- A) Yetişkin bir eş ile birlikte uyuyan insanların daha hızlı uykuya daldığını, daha uzun süre uykuda kaldığını ve daha az uyku apnesi riski olduğu araştırmacılar tarafından bulunmuştur.
- B) Araştırmacıların tespit ettiği şey, yetişkin bir eş ile birlikte uyuyan insanların daha hızlı uykuya daldığını, daha uzun süre uykuda kaldığını ve daha az uyku apnesi riski olduğudur.
- C) Araştırmacılar, yetişkin bir eş ile birlikte uyuyan insanların daha hızlı uykuya daldığını, daha uzun süre uykuda kaldığını ve daha az uyku apnesi riski olduğu konusunda hemfikir.
- D) Bazı araştırmacılar, yetişkin bir eş ile birlikte uyuyan insanların çok daha hızlı uykuya daldığını, daha uzun süre uykuda kaldığını ve daha az uyku apnesi riski olduğunu bulmuşlardır.
- E) Araştırmacılar, yetişkin bir eş ile birlikte uyuyan insanların daha hızlı uykuya daldığını, daha uzun süre uykuda kaldığını ve daha az uyku apnesi riski olduğunu bulmuşlardır.

47. According to a recent Chinese study, people who have about one egg a day are almost 30% less likely to die from haemorrhagic stroke than those who have none.

- A) Yakın zamanda yapılmış bir Çin araştırmasına göre günde en az bir yumurta yiyen insanlar, hiç yemeyenlere göre %30 daha az olasılıkla kanamalı inmeden öleceklerdir.
- B) Çinlilerin yakın zamanda yapmış olduğu bir araştırmaya göre günde en az bir yumurta yiyen insanların, hiç yemeyenlere göre kanamalı inmeden ölmeleri neredeyse %30 daha az olasıdır.
- C) Yakın zamanda yapılmış bir Çin araştırmasına göre günde yaklaşık bir yumurta yiyen insanların, hiç yemeyenlere göre kanamalı inmeden ölmeleri neredeyse %30 daha az olasıdır.
- D) Yakın zamanda yapılmış bir Çin araştırmasının sonuçlarına bakılacak olursa günde bir yumurta yiyen insanların, hiç yemeyenlere göre kanamalı inmeden ölmeleri %30 oranında daha olasıdır.
- E) Çinlilerin yakın zamanda yapmış olduğu bir araştırma, günde bir yumurta yiyen insanların hiç yemeyenlere göre kanamalı inmeden ölmeleri neredeyse %30 daha az olası olduğunu iddia etmektedir.

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

- 48. Blount hastalığı, çocukluktaki yaygın çarpık bacaklara benzemesine rağmen diz bozuklukları, ağrı verici ve kalıcı olabilir.**
- A) Though Blount's disease looks similar to the common bow legs of childhood, the knee defects can be severe and permanent.
- B) Blount's disease looks similar to the common bow legs of childhood, but the knee defects can still be severe and permanent.
- C) Despite the similarity between Blount's disease and common bow legs of childhood, the knee defects stemming from the former can be severe and permanent.
- D) As similar as Blount's disease may look to the common bow legs of childhood, the knee defects from the latter can be severe and permanent.
- E) There may be apparent similarities between Blount's disease and the common bow legs of childhood, yet Blount's disease will result in severe and permanent knee defects.
- 49. Pandeminin başlangıcında her ikisi de akciğerleri hedef alan bulaşıcı hastalıklar olduğu ve benzer belirtileri olduğu için verem olan bazı insanlara COVID-19 teşhisi konmuş olabilir.**
- A) Both tuberculosis and COVID-19 are infectious diseases that attack the lungs and have similar symptoms, so people with tuberculosis may have been diagnosed with COVID-19 at the beginning of the pandemic.
- B) At the beginning of the pandemic, some people with tuberculosis may have been diagnosed with COVID-19 because both are infectious diseases that attack the lungs and have similar symptoms.
- C) Their being infectious diseases that attack the lungs and having similar symptoms may have resulted in some people with tuberculosis being diagnosed with COVID-19.
- D) One reason why many people with tuberculosis may have been diagnosed with COVID-19 at the beginning of the pandemic is that both are infectious diseases that attack the lungs and have similar symptoms.
- E) That both tuberculosis and COVID-19 are infectious diseases that attack the lungs and have the same symptoms may have resulted in some people with tuberculosis being diagnosed with COVID-19 at the beginning of the pandemic.

50. Bilim insanları, kanser hücrelerinin kurt gibi aç olduğunu ve büyüdükçe bir sürü glikoz tükettiğini uzun süredir bilmekteydi ama asıl soru, onları glikozsuz bırakmanın vücudun geri kalanına zarar vermeden bu büyümeyi yavaşlatıp yavaşlatmayacağıdır.

- A) It has long been known by scientists that cancer cells are ravenous, consuming loads of glucose as they grow, but the question is whether starving them of glucose would slow this growth without harming the rest of the body.
- B) What scientists have long known is that cancer cells are ravenous, consuming loads of glucose as they grow, but the question is whether starving them of glucose would slow this growth without harming the rest of the body.
- C) The question of whether starving cancer cells of glucose would slow their growth without harming the rest of the body has long puzzled scientists who discovered that cancer cells are ravenous, consuming loads of glucose as they grow.
- D) Scientists have long known that cancer cells are ravenous, consuming loads of glucose as they grow, but the question is whether starving them of glucose would slow this growth without harming the rest of the body.
- E) The fact that cancer cells are ravenous, consuming loads of glucose as they grow has been known, but the question is whether starving them of glucose would slow this growth without harming the rest of the body.

51. Kalp hastalığı için reçete ile verilen birçok ilaç vardır ve kalp hastası olanların ve onlara bakanların ilaçları anlaması, etiketleri takip etmesi ve olası yan etkileri tanınması önemlidir.

- A) Many drugs are prescribed for heart disease, and the important thing is that people with heart disease and those who care for them should understand the meds, follow the labels, and recognize the side effects.
- B) It is important for people with heart disease and those who care for them to understand the available drugs that are prescribed for heart disease, follow the labels, and recognize possible side effects.
- C) There are many drugs prescribed for heart disease, and the most important thing is people with heart disease and those who care for them must understand the meds, follow the labels, and recognize possible side effects.
- D) Given that many drugs are prescribed for heart disease, it is important for people with heart disease and those who care for them to understand the meds, follow the labels, and recognize possible side effects.
- E) There are many drugs prescribed for heart disease, and it is important for people with heart disease and those who care for them to understand the meds, follow the labels, and recognize possible side effects.

52. Bir yangın sırasında alevler, en büyük tehdit olmalarına rağmen minik parçacıklar ve gazlar ciğerlerinize girebileceği ve bir sürü sağlık problemine yol açabileceği için dumanın da kendine özgü tehlikeleri vardır.

- A) Fine particles and gases can get into your lungs and bring on a number of health problems, so the smoke poses its own risks, but then the flames are the biggest threat during a fire.
- B) The flames are the biggest threat during a fire, yet the smoke poses its own risks as fine particles and gases can get into your lungs and bring on a number of health problems.
- C) Although the flames are the biggest threat during a fire, the smoke poses its own risks as fine particles and gases can get into your lungs and bring on a number of health problems.
- D) That the flames are the biggest threat during a fire doesn't change the fact that the smoke poses its own risks as fine particles and gases can get into your lungs and bring on some health problems.
- E) Though the flames might be seen as the biggest threat during a fire, the smoke poses its own risks since fine particles and gases can get into one's lungs and bring on a number of health problems.

53. Meyve ve sebzeler, glokom hastalığında gözdeki optik sinir ve diğer dokulara hasarla bağlantılı olan oksidatif strese karşı gözleri koruyabilen A ve C vitaminlerinin güzel bir kaynağıdır.

- A) Vitamins A and C from fruits and veggies can protect the eyes against oxidative stress associated with damage to the optic nerve and other tissues of the eye in glaucoma.
- B) Fruits and veggies provide lots of vitamins A and C, which can protect the eyes against oxidative stress associated with damage to the optic nerve and other tissues of the eye in glaucoma.
- C) Vitamins A and C, which can protect the eyes against oxidative stress associated with damage to the optic nerve and other tissues of the eye in glaucoma, can be found in fruits and veggies.
- D) Oxidative stress associated with damage to the optic nerve and other tissues of the eye in glaucoma can be prevented by vitamins A and C, which are found in fruit and veggies.
- E) Fruits and veggies are good sources of vitamins A and C, which can protect the eyes against oxidative stress associated with damage to the optic nerve and other tissues of the eye in glaucoma.

54. - 59. sorularda paragrafta verilen boşluğa anlam bütünlüğünü sağlamak için getirilebilecek cümleyi bulunuz.

54. Many people have heard of Attention Deficit Hyperactivity disorder, ADHD. It may make you think of kids who have trouble paying attention or who are hyperactive or impulsive. A lot of the time, it is as such indeed and it is not hard to spot ADHD in kids. But adults can have more subtle symptoms. ---- That is, they may not realize that many of the problems they face, including staying organized or being on time, relate back to ADHD.

- A) This means many adults who in fact struggle with ADHD may not even know they have it.
- B) ADHD makes it hard to keep your attention on a task, so driving a car for long hours can be hard.
- C) Adult ADHD can make it hard to succeed in today's fast-paced, hustle-bustle world.
- D) While many children with ADHD are "hyperactive," this symptom often appears differently in adults.
- E) Many people with adult ADHD are quick to explode over minor problems.

55. Experts disagree on whether all men should get tested for prostate cancer and at what age screenings and the discussions about them should take place. Exams such as a prostate-specific antigen (PSA) test can help find cancer early. But there are questions about if the benefits of screening tests always outweigh the risks. ---- Some men, however, might want to get tests earlier if they have risk factors that make them more susceptible to prostate cancer.

- A) When you are diagnosed with cancer, as with any medical issue, it is important that you follow your treatment plan.
- B) Because prostate cancer cells usually grow very slowly, some men might not need treatment right away.
- C) Some groups suggest that men at a normal risk for prostate cancer should have prostate screening tests when they turn 50.
- D) Sometimes called a chemical recurrence, it is when the cancer survives inside the prostate and spreads to other tissues and organs.
- E) Early prostate cancer usually has no symptoms, so you may go to see the doctor when you have trouble urinating or pain in your hips and back.

56. Many U.S. adults aren't able to find help because of a shortage of therapists. Nearly 40% are struggling with mental health or substance abuse issues, according to the Centers for Disease Control and Prevention. ---- Often backed by venture capital firms, these for-profit businesses offer a wide mix of services, including one-on-one and group video therapy visits with licensed professionals, supportive texting, coaching videos, and prescriptions for medications.

- A) However, expert therapists say there is limited evidence of the new online providers' effectiveness.
- B) In other words, research suggests therapy delivered online can be effective and many individual therapists are offering online sessions.
- C) In contrast, online companies flood the internet with appealing ads that make promises about treating depression and anxiety.
- D) On the contrary, studies have found face-to-face video psychotherapy visits and other mental health sessions to be just as effective as in-person encounters.
- E) Thus, millions of people are turning to online companies that have sprung up in the past several years, advertising quick access to therapy.

57. The Food and Drug Administration took a great number of enforcement actions against counterfeit medication rings in the US from 2016 through 2021, according to a new study published in the journal Annals of Pharmacotherapy. ---- These counterfeiting operations involved tens of millions of pills, more than 1,000 kilograms of active ingredient powder that could be turned into pills in the U.S. and hundreds of millions of dollars in sales. Unfortunately, with over 11,000 rogue pharmacy sites selling drugs on the internet, these actions barely scratch the surface.

- A) Many of the counterfeit drugs were for controlled substances like opioids.
- B) Such actions might involve arrests, confiscation of products or counterfeit rings being dissolved.
- C) WHO states that 11% of medications sold in developing countries are counterfeit.
- D) The FDA offers some guidance to help consumers determine whether an online product is legitimate.
- E) Opioids and stimulants are highly addictive and dangerous when taken inappropriately.

58. When people living in poverty in countries like Malawi, Indonesia and Ecuador receive cash payments without having to do anything in return, they have better health, according to a scientific review of a large body of research. The systematic review and meta-analysis also determined that unconditional cash payments in low- and middle-income countries reduce poverty., They also lead to greater food security, improved nutrition and more consistent school attendance. ---- In addition, there is some evidence that people who got cash payments spent more money on health care.

- A) The studies researchers examined involved 24 different cash payment programs in 13 countries that were run either by governments, non-profits or researchers.
- B) The value of the money given to people in need varied widely, equalling anywhere from 1.3% to 81.9% of gross domestic product per capita.
- C) Individuals who received this money were less likely to have been sick in the previous two weeks to three months compared to individuals who did not receive this money.
- D) Governments, non-profits and researchers around the world are increasingly experimenting with a simple approach to reduce poverty: giving people money to spend on whatever they need.
- E) Many of these cash-transfer pilots and experiments – often called basic income programs – have required people to do something to receive the money.

59. If you're one of more than 17 million adults or 3.2 million teens in the United States with major depression, you may know that treatment often falls short. The latest research on this common mental health disorder, also called clinical depression, aims to help you feel better faster, and with fewer side effects. ---- That is part of the reason that many people with depression have to try more than one drug before they feel better.

- A) That means a lot of time can pass before you know if the treatment helps your symptoms.
- B) Fast-acting antidepressants can work in hours to help you feel better if you have depression or suicidal thoughts.
- C) Scientists think esketamine improves depression by raising levels of glutamate, a chemical that helps brain cells communicate.
- D) Right now, doctors don't have a precise way to tell which medication is best for you.
- E) Some scientists hope to treat depression with AI programs that can find patterns in EEG.

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

60. (I) While lupus is a life-long condition, there are many treatments available to help manage your symptoms. (II) These treatments can stave off flare-ups and protect your body's organs. (III) It is not uncommon for people with lupus to stop following the treatment plan their doctor prescribes. (IV) Some ease symptoms like fatigue, joint pain, and swelling, while others curb medication side effects. (V) If you have severe or life-threatening complications of lupus, you'll need intensive, immediate treatment known as induction therapy to bring your symptoms under control.

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

61. (I) If you get migraines at least a third of the month or even every day, you may already know the many ways that your frequent headaches can affect your life. (II) You may already know stress, weather, alcohol, and certain smells and foods can be potential triggers for your migraines. (III) But did you know dehydration can be a culprit, too? (IV) The American Migraine Foundation says about one-third of people with migraine say lack of fluid intake or being dehydrated can set one off. (V) Even people who don't get migraines can develop dehydration headaches when they don't get enough fluids.

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

62. (I) For about 80% of people with asthma, a heavy workout can cause airways to narrow, which means exercise is often the main asthma trigger. (II) If you have exercise-induced asthma, you will feel chest tightness, cough, and have trouble breathing within the first 5 to 15 minutes of an aerobic workout. (III) For most people, these symptoms go away in the next 30 to 60 minutes of exercise. (IV) If you have severe asthma and you're not active now, talk to your doctor first about how to track your breathing and choose the right activities. (V) But up to 50% of people with exercise-induced asthma may have another attack 6 to 10 hours later.

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

63. (I) Scientists have identified microplastics in lung tissue taken from living people for the first time. (II) The scientists found considerably higher levels of microplastics in male patients compared with females. (III) The scientists found microplastics in all parts of the lung, but found significantly higher levels in the lower lung. (IV) The results suggest people might be exposed to microplastics in the air by inhaling them, according to the team from the University of Hull and Hull York Medical School, who said their findings could support further research into the effects of airborne microplastics on lung health. (V) The researchers found 39 particles of microplastics in 11 of the 13 lung tissue samples they tested, which the scientists said was considerably higher than results from previous laboratory tests.

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

64. (I) Nightmares are vividly realistic, disturbing dreams that rattle you awake from a deep sleep. (II) They often cause your heart to pound much faster than normal due to fear. (III) For example, a lot of adults have nightmares about not being able to run fast enough to escape danger or about falling from a great height. (IV) Nightmares tend to occur most often during rapid eye movement (REM) sleep, when most dreaming takes place. (V) Because periods of REM sleep become progressively longer as the night progresses, you may find you experience nightmares most often in the early morning hours.

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

65. (I) If your hair follicles get blocked in areas where you also have many oil and sweat glands, you may first notice them as pimple-like bumps on your skin. (II) They may be in places where you normally don't have breakouts, and they can become painful or maybe get infected and turn into scars over time. (III) Many think hormones might play a role, since the condition usually hits after puberty and breakouts can flare for women around the time they have their periods. (IV) In contrast, many experts in the US prefer to use the term *hidradenitis suppurativa* or *acne inversa* for the condition. (V) It happens when the shafts where hair grows out of your skin, called follicles, get blocked.

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

66. - 68. soruları aşağıdaki parçaya göre cevaplayınız.

There are a lot of ways to die from a traumatic injury, but many of them come down to this: So much blood spills out that your body just stops working. But now, an experimental "injectable bandage" material aims to slow that process in ways existing technologies can't. What is the point of an injectable bandage? Existing approaches – such as regular bandages, tourniquets and applying pressure – can already slow a deadly bleed. But they all come with problems, including that the force used in these techniques may **aggravate** internal injuries acquired during the same trauma. And there is a limit to how much bleeding you can stop using just gauze and squeezing. But an injectable bandage, in theory, could enter the wound itself and conform to its shape, plugging up blood flow. In a paper published in the journal Acta Biomaterialia, a team of Texas A&M University researchers reported that they had successfully developed a so-called hydrogel that could do just that. It can also provide some bonus benefits, such as inducing blood-clotting, the researchers reported. The hydrogel, however, has been tested only in lab experiments so far, and more research is needed to see if it works in living, bleeding humans.

66. It is clear from the passage that the new "injectable bandage" ----.

- A) has not only been tested on animals in the lab, but also on human tissues
- B) will immediately replace traditional ways of stopping bleeding
- C) will not only stop bleeding, but it will also start blood-clotting if it works in humans
- D) will only be sold around the university lab it is produced
- E) will probably fail the tests and never be mass-produced

67. The underlined word in the passage 'aggravate' is closest in meaning to ----.

- A) worsen
- B) clarify
- C) disturb
- D) enhance
- E) descend

68. The passage mainly focuses on ----.

- A) the difference between conventional ways of stopping bleeding and the new invention
- B) how using tourniquets or applying bandages fail to stop bleeding properly
- C) the new developments in bandaging and tourniquet technology to stop bleeding
- D) the reason why many people die as a result of traumatic injury
- E) a new invention being tested in the lab experiments to stop bleeding

69. - 71. soruları aşağıdaki parçaya göre cevaplayınız.

Regularly eating meats that are sizzled on the grill may increase the risk of high blood pressure, a new study suggests. Other high-temperature cooking methods, including broiling and roasting, were also linked with high blood pressure, the study found. In the study, the researchers analysed information from more than 86,000 women and 17,000 men who, at the beginning of the study period, did not have high blood pressure and were followed for up to 16 years. During the study, about 37,000 people developed high blood pressure. When the researchers looked at the participants who reported eating meat at least twice a week, they found the following: People who reported eating grilled, broiled or roasted beef, chicken or fish more than 15 times a month were 17 percent more likely to develop high blood pressure during the study period, compared with people who ate these foods fewer than four times a month. Those who said they tended to eat their meat well-done were 15 percent more likely to develop high blood pressure than those who said they tended to eat their meat rare. So why would grilled meat raise the risk of high blood pressure? In animal studies, researchers have found that chemicals that are produced when meats are cooked at high temperatures lead to inflammation, oxidative stress (a process that can damage cells) and insulin resistance, which is when the body does not properly respond to insulin. These same chemicals may also raise the risk of high blood pressure.

69. According to the passage, as well as consuming meat cooked at high temperature, ----.

- A) the frequency at which people consume it determines the risk of high blood pressure
- B) the way the released chemicals interact also plays a role in the risk of high blood pressure
- C) the degree of insulin resistance a person has is also important in high blood pressure
- D) the gender of the person consuming the meat is also crucial in specifying who runs the risk of high blood pressure
- E) whether the person has pre-diabetes conditions or not is also key to high blood pressure

70. What is the connection between high-blood pressure and grilled meat?

- A) Sizzling meat on a barbecue means burning the meat, which raises the risk of high blood pressure.
- B) Grilled meat doesn't really increase high blood pressure; eating it once a week does.
- C) Broiling and roasting the meat are riskier than grilling in terms of raising blood pressure.
- D) Meat cooked at high temperatures releases some chemicals, which may increase blood pressure.
- E) Grilling, as well as broiling and roasting, needs high temperature, which results in inflammation.

71. Which of the following is the main purpose of this passage?

- A) To give details as to how people consuming meat are strengthening their health
- B) To explain why and how cooking meat in high temperatures raises the risk of high blood pressure
- C) To refute the claims of a new study which claims that consuming meat raises blood pressure
- D) To convince the reader that consuming grilled meat is good for healthy blood pressure
- E) To compare the degree at which males and females are prone to high blood pressure

72. - 74. soruları aşağıdaki parçaya göre cevaplayınız.

Sepsis is a medical emergency that begins with an infection – perhaps even a mild infection. Upon detecting bacteria or a virus, your body releases a choreographed cascade of chemicals into the bloodstream. This chemical alert summons an artillery of immune cells that work in concert to fight the bug. When this system works well, your body clears the infection and you get better. But when the system doesn't work well, sepsis can ensue. The onset of sepsis occurs when your immune cells turn from fighting the infection to fighting your own tissues and organs. This reaction can be similar to an autoimmune response, a condition in which the body's immune system turns on itself. Many people are familiar with chronic autoimmune diseases such as rheumatoid arthritis or Crohn's disease, but sometimes this type of autoimmune response can occur even in healthy people. When sepsis occurs, the immune system can commonly injure the heart, lungs, kidneys or blood cells, among other important body systems. Inflammation in the blood vessels can make them leaky, causing blood flow to the brain and other organs to become severely diminished. When this occurs, a person's blood pressure may become dangerously low, which is a severe form of sepsis known as septic shock. Without prompt and proper treatment – and sometimes even despite treatment – sepsis can cause organ damage and even death. Once shock develops, mortality from sepsis is estimated to jump from 10% to as high as 40%.

72. According to the passage, for sepsis to start in one's body ----.

- A) a severe infection is not necessary; a mild infection may also trigger it
- B) an unhealthy immune system is needed to involve some chemicals in body's defence
- C) chronic autoimmune diseases such as rheumatoid arthritis or Crohn's disease must be present
- D) the person should be in a condition called septic shock
- E) the persons organs should already be in trouble from leaky blood vessels

73. Which of the following can be inferred from the passage about septic shock?

- A) It claims the lives of between 10% and 40% of people.
- B) It almost always develops as a result of an autoimmune disease.
- C) It results in blood pressure falling to very critical levels.
- D) Organ damage as a result of it can be prevented with proper treatment.
- E) Upon its development, the death risk may increase as much as four times.

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

- A) the reason why some people have sepsis while others don't
- B) the chronic diseases that cause sepsis in people who suffer from them
- C) what sepsis is and the various complications it can lead to
- D) how some people can handle septic shock better than others
- E) the reasons for septic shock and how it can be treated

75. - 77. soruları aşağıdaki parçaya göre cevaplayınız.

The best way to prevent measles is by vaccination. The Centers for Disease Control and Prevention recommends two doses of the vaccine; the first for those between 12 and 15 months of age and the second for children between 4 and 6 years of age. The vaccine is 97% effective for those who receive both doses and about 93% effective for those receiving one. Getting the proper vaccinations not only protects the individual receiving the vaccine, it also protects those who cannot be vaccinated: those allergic to components of the vaccine, those with a compromised immune system or those too young to receive the vaccine. "Vaccines are one of the most effective tools we have to protect public health and prevent deaths around the world," said Dr. Lisa Lillibridge, an infectious disease expert and professor at the Texas A&M Health Science Center School of Public Health. About 94% of the U.S. population is vaccinated against measles, according to Lillibridge, although there are pockets of people who delay or refuse vaccines. The groups of unvaccinated people make it difficult to control the spread of measles, she said. "All measles outbreaks in the U.S. start either with a visiting international traveler infected with measles or from an unvaccinated U.S. resident returning from an international trip with a measles infection," Lillibridge said. The infection is then spread to others in the community who are unvaccinated.

75. It is clear from the passage that one big obstacle for the authorities wanting to control the spread of measles is ----.

- A) those who visit countries outside the USA
- B) 3% of the US population who refuse vaccines
- C) people who refuse to get the measles vaccine
- D) those who only get one dose of measles vaccine
- E) scientists working with Lisa Lillibridge

76. Which of the following is true about measles vaccine?

- A) A lot of people refuse to have it as they think it is related to autism.
- B) It has been rejected by the majority of the population in the USA.
- C) It is neglected the most by those who are travelling outside the USA.
- D) It gives the best protection when it is administered twice.
- E) It can be administered even when the receiver is allergic to its components.

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

- A) If every person got vaccinated against measles, it may stop causing trouble.
- B) Measles will be eradicated if every American gets one dose of the measles vaccine.
- C) Vaccination is one of the best ways of preventing measles.
- D) Those who delay or refuse to get measles vaccine have valid reasons.
- E) Measles vaccine is safe for new-born babies or those with weak immune system.

78. - 80. soruları aşağıdaki parçaya göre cevaplayınız.

Anaesthesia is tailored for each patient depending on the surgical procedure, with the appropriate degree of sedation varying for each case. At one end of the scale is minimal sedation, which usually allows patients to respond to verbal commands. At the other end is general anaesthesia, which keeps patients unconscious even during pain. Different medications make this range of sedation possible. A concept called balanced anaesthesia has guided clinicians in how they care for patients in the operating room for more than a century. The goal is to give a patient different types of medications to obtain loss of pain, memory, movement and consciousness while preserving other essential functions of the body. Relying on only one or two types of medication usually requires higher doses to achieve anaesthesia, which can result in bothersome or concerning side effects. Using a combination of drugs, on the other hand, lowers the amount of drug needed to achieve sedation. Because each drug works on a different set of receptors in the body, the desired effects can be attained with smaller doses of each drug than with one drug given alone. This reduces the risk of side effects and leads to more stable vital signs during surgery. Opioids stand out among the typical sedatives and anaesthetics used in the operating room by significantly reducing the amount of other drugs needed to achieve pain relief, sedation and loss of consciousness. Even small doses of opioids are sufficient to activate areas in the brain that decrease the input of pain signals from other areas of the body.

78. Which of the following gives the best result when administering anaesthesia?

- A) Using only one type of drug
- B) Mixing two drugs
- C) Using opioids with several other drugs
- D) Using only a limited amount of opioids
- E) Using a strong mixture with side effects

79. It can be inferred from the passage that minimal sedation is different from general anaesthesia in that ----.

- A) using only one type of drug is enough
- B) a lot of opioids are used for minimal sedation
- C) the patient is fully unconscious when minimally sedated
- D) the patient can follow instructions in the latter
- E) the patient can hear the doctors in the former

80. The passage is mainly about ----.

- A) the difference between minimal sedation and general anaesthesia
- B) why some doctors use one drug for anaesthesia
- C) the precise number of drugs to be used in anaesthesia
- D) the importance of opioid use in anaesthesia
- E) how general anaesthesia is conducted