

1. **It has been reported that breast cancer is the most ---- malignancy and the primary cause of cancer death in women worldwide.**

- A) communal B) precise
- C) prevalent D) conclusive
- E) delighted

2. **Many people who have sleeping problems, ---- chronic ---- occasional, reach for the sleeping tablets when they see a difficult night ahead of them.**

- A) rather / than B) either / or
- C) such / as D) so / that
- E) as / as

3. **Seriously ---- while fighting in World War II, some soldiers ---- from near-total paralysis in the following decade.**

- A) wounded / recovered
- B) wounding / had recovered
- C) to be wounded / was recovering
- D) having wounded / have recovered
- E) to be wounding / would recover

4. **Fibre is ---- for a healthy diet as it reduces plasma cholesterol levels and therefore the risk of heart disease.**

- A) harmful B) dependent
- C) similar D) vulnerable
- E) beneficial

5. **Beneficial in many ways, swimming is accessible to a wide range of people who deal with physical ---- that make other exercises, like running, far less appealing.**

- A) rejections B) offers
- C) issues D) assessments
- E) allegations

6. ---- improved concentration, meditation brings about a great change in your listening power as well.

- A) In response to B) In accordance with
- C) In case of D) Despite
- E) Besides

7. **According to a recent study, genes linked ---- creativity could increase the possibility ---- developing schizophrenia and bipolar disorder.**

- A) in / over B) up / at
- C) by / for D) with / of
- E) on / about

8. **Today's high-tech cancer killers are based ---- a century-old idea: turning the body's immune system ---- tumours.**

- A) with / on
- B) within / of
- C) in / for
- D) to / from
- E) upon / against

9. **The government is trying to do more to raise the awareness of the public about the severe ---- of drug abuse.**

- A) consequences B) responses
- C) measurements D) purposes
- E) insights

10. **By learning to breathe properly, we can control body mechanisms ---- heart rate and blood pressure.**

- A) such as B) because of
- C) in contrast to D) on behalf of
- E) rather than

11. The mood swings and stress teenagers experience as they go through ---- can shape their brain to determine the person they will become.

- A) puberty
- B) discovery
- C) liberty
- D) delivery
- E) employment

12. ---- the growing awareness about safe practice, many health professionals are not fully aware of the recommendations related to safety.

- A) In spite of
- B) Apart from
- C) In search of
- D) As a result of
- E) For the sake of

13. Anyone who ---- with depression knows that this mental health problem ---- adverse impacts on every aspect of their lives.

- A) will live / must have had
- B) lived / is to have
- C) is living / should have had
- D) has lived / might have
- E) had lived / could have

14. The Spanish flu of 1918 is the biggest outbreak of any infection either then or now and we still have to take it very ---- all these years later.

- A) partially
- B) especially
- C) mildly
- D) seriously
- E) considerably

15. **Stress is associated ---- lower levels of well-being in general, both in the U.S. and ---- the world in countries of all levels of development.**

- A) from / in B) of / through
C) for / during D) with / around
E) on / over

16. **Music Therapy is an established health profession in which music is used within a therapeutic relationship to ---- physical, emotional, cognitive, and social needs of individuals.**

- A) reside B) regard
C) invalidate D) eliminate
E) address

17. **An effective health care system ---- preventive measures against illness rather than encourage people ---- treatment.**

- A) should include / to rely on
B) must have included / relying on
C) had to include / to have relied on
D) might have included / to be relied on
E) has to include / relied on

18. **According to a recent study, bungee jumping ---- our heart rate and adrenaline release to the same level as jumping out of a plane.**

- A) hampers B) diminishes
C) protects D) accelerates
E) destroys

19. **Scientists are ---- looking to animals as therapy for everything from depression to autism.**

- A) vaguely B) increasingly
C) necessarily D) hostilely
E) hospitably

20. **Of the nearly 50,000 Britons who are diagnosed ---- breast cancer every year, ---- 10,000 develop lymphedema following treatment.**

- A) for / at B) with / about
C) under / in D) of / on
E) by / of

21. **Dr Robert Atkins recognized that a diet high ---- carbs led to weight gain and started a diet revolution ---- his revolutionary Atkins Diet.**

- A) on / at B) in / with
C) with / for D) amid / onto
E) onto / from

22. Scientists are now ---- the medicinal possibilities of virgin coconut oil to heal some skin conditions.

- A) looking into
- B) coming about
- C) taking after
- D) turning over
- E) giving off

23. Researchers in Sweden have linked commuting ---- a wide range of health issues, including poor sleep, stress, exhaustion and more frequent visits ---- the family doctor.

- A) with / off
- B) to / to
- C) of / through
- D) into / of
- E) about / across

24. Researchers ---- that raw fruit and vegetables ---- better for your mental wellbeing than eating them cooked, canned or processed.

- A) find / could be
- B) have found / may be
- C) were finding / could have been
- D) will find / would have been
- E) found / should have been

25. A major study has found out that children ---- in step families or by single parents ---- from mental health problems in the later stages of their lives.

- A) to be bringing up / can suffer
- B) brought up / could suffer
- C) to bring up / would suffer
- D) bringing up / had to suffer
- E) to have brought up / should suffer

26. Some people believe that doing yoga brings ---- heightened levels of physical activity ---- some mental and spiritual benefits.

- A) just / as
- B) the more / the more
- C) so / that
- D) not only / but also
- E) rather / than

27. **Oxytocin is a cardio-protective hormone, which ---- that it protects the heart, and it does this by ---- blood pressure.**
- A) means / diminishing
 - B) is meaning / diminish
 - C) has meant / to diminish
 - D) will mean / having diminished
 - E) meant / to have diminished
28. **We ---- small changes in our daily routines, ---- our exposure to air pollution significantly.**
- A) would make / to reduce
 - B) may make / to be reducing
 - C) can make / reducing
 - D) could make / being reduced
 - E) should make / to be reduced
29. **---- whether you have a cold or the flu, the illness will usually go away on its own.**
- A) Along with
 - B) On behalf of
 - C) In pursuit of
 - D) Apart from
 - E) Regardless of
30. **If you ask any person on the street whether they want to live longer or not, they will say "Yes," but not everyone is convinced that ---- life would be good.**
- A) determining
 - B) hampering
 - C) avoiding
 - D) destroying
 - E) extending
31. **Poor mental health at university is a huge problem, because it affects ---- how students learn ---- whether they actually finish their degrees.**
- A) such / that
 - B) as / as
 - C) neither / nor
 - D) more / than
 - E) not only / but also
32. **Some parents ---- their children's use of technology severely as they are aware of its potential for distraction and damage.**
- A) define
 - B) clarify
 - C) dedicate
 - D) arrange
 - E) restrict

33. A person ---- \$60 by donating plasma from her blood cells twice in one week, which is usually just enough -
--- an electric bill.

- A) would make / to have paid
- B) may make / to be paid
- C) should make / paying
- D) could make / being paid
- E) can make / to pay

34. Just like the rest ---- our teeth, wisdom teeth form inside our jawbone, but they form very late compared ----
our other teeth.

- A) in / with
- B) on / from
- C) over / towards
- D) for / into
- E) of / to

35. Today, almost every doctor knows that an influenza infection increases the risk of a heart attack, ---- three
decades ago practically no one knew this connection.

- A) because
- B) if
- C) however
- D) in that
- E) therefore

36. Contrary to popular belief, the practice of giving very long breaks between meals is not more ---- than
conventional dieting.

- A) durable
- B) interesting
- C) destructive
- D) effective
- E) obvious

37. If the ambitious target of ---- the AIDS epidemic by 2030, the United Nations should do more than just
getting every person in risk tested.

- A) improving
- B) providing
- C) eradicating
- D) combining
- E) adopting

angora
inSilizce

angora
inSilizce

angora
inSilizce

angora
inSilizce

- | | |
|------|-------|
| 1. C | 21. B |
| 2. B | 22. A |
| 3. A | 23. B |
| 4. E | 24. B |
| 5. C | 25. B |
| 6. E | 26. D |
| 7. D | 27. A |
| 8. E | 28. C |
| 9. A | 29. E |
| 10.A | 30. E |
| 11.A | 31. E |
| 12.A | 32. E |
| 13.D | 33. E |
| 14.D | 34. E |
| 15.D | 35. C |
| 16.E | 36. D |
| 17.A | 37. C |
| 18.D | |
| 19.B | |
| 20.B | |