

# YÖKDİL SAĞLIK BİLİMLERİ İLKBAHAR 2018



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

54. Nutritional guidelines recommend the highest proportion of foods come from fruits, vegetables, whole grains and whole grain products, and low-fat proteins. However, fats and carbohydrates make up the majority of dietary intake for many people. In the United States, the frequency with which people eat out at restaurants and consume fast food is very high. Though a number of restaurants offer fresh vegetables and fruit and feature "heart healthy" menu choices, restaurant meals tend to be high in both fat and carbohydrates. ....

- A) Weight loss as a component of weight management requires lifestyle modifications that dieting does not accommodate
- B) So, many dieticians believe that we must consume meat as well as vegetables and dairy products
- C) Many diet aids come with diet plans that advise increased exercise and reduced food intake - the ideal method for weight loss
- D) A plant-based diet may move through the body in 6 to 8 hours, while a high-fat, low-fibre diet may take as long as 26 hours
- E) The same is true of snack foods and prepared foods such as frozen dinners and boxed and canned products

mk ! is %100

55. Precision medicine sounds like an unarguably good thing. It begins with the observation that individuals vary in their genetic makeup and that their diseases and responses to medications differ as a result. It then aims to find the right drug, for the right patient, at the right time, every time. The notion certainly has its supporters among medical experts.

mid ✓

----. It seems that the debate resulting from these opposite views will be intensifying over whether this approach to treating disease can truly deliver on its promise to revolutionize health care.

- A) Genetic testing can, without doubt, reveal which individuals might benefit from precision medicine.
- B) However, there are <sup>opponents</sup> others who think that efforts to achieve precision medicine are a waste of time and money.
- C) Early attempts to adjust disease treatment to individuals based on their DNA have achieved success.
- D) These expected innovations are part of many small-step improvements in hospital management.
- E) The same paradox applies to nearly every example of precision medicine you can find in a specific field.
- ⇒ some but others

56. ----. Advances in genetics, for example, offer hope of new treatments to cure serious diseases such as cancer, eliminate genetic defects from families, and possibly even slow the aging process. Recent studies also suggest that it may soon be possible to grow replacement organs. However, none of these anticipated breakthroughs would be possible – even thinkable – without the pioneering medical discoveries of the last 1,000 years.

- A) Smallpox was once a much dreaded and common fatal viral infection
- B) Many of the important inventions of the past three decades have only increased the rate of consumption
- C) Medical breakthroughs during the next millennium will probably bring longer and healthier lives
- D) Therefore, diseases and infections have claimed many lives across the world in the last century
- E) Latest developments have created a new market for such child care products

57. Cognitive-behavioural therapy, a type of psychotherapy, has proven effective in treating anxiety disorders. In this type of therapy, the therapist first educates the person about the nature of his or her particular anxiety disorder. ---- For example, to treat a person with a snake phobia, a therapist might gradually expose the person to snakes, beginning with pictures of snakes and progressing to rubber snakes and real snakes. Then, the patient can use relaxation techniques acquired in therapy to overcome the fear of snakes.

- A) A limited number of drugs can be used to reduce symptoms of anxiety
- B) Medications may work better than psychotherapy when patients discontinue treatment
- C) Some individuals do not feel any anxiety when faced with difficult situations
- D) Many cultures in the world accept the expression of anxiety in public
- E) Then, the therapist helps the person cope with irrational thoughts that lead to anxiety

first → Then (to)

58. In coronary heart disease, the vessels that supply oxygen-carrying blood to the heart become too narrow to carry a sufficient amount of blood. Most often, they become narrowed because of atherosclerosis, a process in which fatty deposits called 'plaque' build up on the inside wall of an artery. Plaque is made of cholesterol, fibrous proteins, calcium deposits, tiny blood cells known as platelets, and debris from dead cells. ----. Gradually, this growing plaque thickens the wall of the artery, reducing the space for blood to flow through.

- A) Cardiac muscle cells connect to each other by specialized junctions
- B) The coronary arteries are important because they supply blood to the heart
- C) Heart problems affect millions of people and claim many lives each year
- ✓ D) Plaque formation progresses very slowly over the course of decades
- E) The heart operates perfectly in order to pump blood through the body

59. Acupuncture is based on the concept of 'qi', a life force or energy that practitioners say flows through the body along twenty distinct routes called meridians. ----. Inserting acupuncture needles at specific points along specific meridians is thought to clear those blockages and restore 'qi's natural flow, which in turn restores patients to health. Scientists have long understood that 'qi' is not a legitimate biological entity. But the acupuncture proponents among them have argued that acupuncture itself might still work, albeit by an as yet unknown mechanism.

- opponent
- ✓
- A) The lack of scientific support for acupuncture has not stopped enthusiasm for the practice
- ✓ B) Blocked meridians are believed to cause illness by disrupting the flow of qi
- C) The procedure to get rid of blockages had been abandoned by the 1800s
- D) Besides, the number of meridians starts to decline as we grow older
- E) Scientists have gained insights that could lead to new methods for treating pain



1  
2 However, svo: ancak  
however + sıfat / zarf

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

60. (I) Hearing loss, however subtle, may have significant effects on a person's ability to function in, and enjoy everyday life. (II) Researchers have been exploring the aging process for many decades in order to help slow it down. (III) Even mild to moderate hearing loss removes many common sounds from daily experience. (IV) Hearing aids, though they cannot restore normal sound quality and hearing, make it possible to participate in conversation and to hear many of the sounds that provide orientation to one's personal environment. (V) With accommodation, most people with hearing loss are able to fully participate in nearly all activities that those who have normal hearing can experience.

A) I

B) II

C) III

D) IV

E) V

apıng

Çözüm/örnek

61. (I) Physicians can identify some diseases and injuries by feeling the patient's deep organs through the skin. (II) One of the most useful modern imaging techniques is a refined X-ray technology called Computed Tomography. (III) A Computer Tomography scanner is shaped like a square metal nut standing on its side. (IV) The patient lies in the central hole, situated between an X-ray tube and a recorder, both of which are in the scanner. (V) The tube and recorder rotate to take about twelve successive X-ray images around the person's full circumference.

A) I

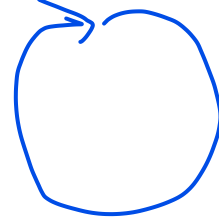
B) II

C) III

D) IV

E) V

perspect



62. (I) There exists a wide variety of non-infectious diseases and disorders of the human respiratory system. (II) In many cases, psychological therapy may include the treatment of patients as a couple or family. (III) These conditions can be classified according to the specific anatomical regions of the respiratory tract that they affect. (IV) Thus, there are diseases of the upper airways; diseases of the pleura; diseases of the larynx, trachea, bronchial tree, and lungs; and diseases of the mediastinum and diaphragm. (V) Although these divisions provide a general outline of the ways in which diseases may affect the lung, they are by no means rigid.

A) I

B) II

C) III

D) IV

E) V

~~not~~ strict

katı

SAD

TANIMLAMA

YÖKDİL SAĞLIK BİLİMLERİ İLKBAHAR 2018 SORULARI

63. (I) Seasonal Affective Disorder is a subtype of depression usually characterized by the onset of depression in autumn or winter. (II) Seasonal Affective Disorder is twice as common in women as in men and is associated with psychomotor retardation, hypersomnia, overeating, and weight gain. (III) To establish the diagnosis, this type of depression must recur for three or more consecutive years. (IV) The treatment of Seasonal Affective Disorder relies primarily on phototherapy, using a full-spectrum light source of 10,000 lux for a minimum of 30 minutes a day. (V) Every year about 10 million Americans have a depressive episode linked to unemployment, but about only 20 per cent usually seek treatment.

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

— , SVO

64. (I) If your pharmaceutical system is working properly, the correct chemicals will be dispensed at the appropriate times. (II) If a dog starts chasing you, for example your internal pharmacist will hand out a shot of adrenaline and a dose of cortisol. (III) It has long been known that listening to music helps to calm the nerves. (IV) The adrenaline will get you ready to run or fight by increasing the oxygen supply to your muscles, directing more blood to your heart and lungs, and releasing extra glucose into your system. (V) The cortisol reaction will further amplify the adrenaline's effects, increasing your blood sugar levels and concentrating energy supplies to your arms and legs.

A) I

B) II

D) IV

E) V

~~if~~ if / although gibi zarf cümleciklerine değil ana cümleye odaklanmak gerekir

✓ C) III

65. (I) The normal cardiac cycle is controlled by an orderly sequence of depolarization spreading into the ventricular myocardium through specialised conducting tissue. (II) Under the given circumstances, scientists have to find new sources of funding to their projects. (III) In ventricular fibrillation, this coordinated sequence is lost and individual muscle cells depolarise in an apparently random fashion with the loss of all coordinated muscular activity. (IV) In such a case, in which muscular activity is lost, the heart stops functioning as an effective pump. (V) In the absence of cardiac output or a functioning pump, the myocardium becomes more ischaemic and irreversible cerebral anoxic damage occurs within a few minutes.

A) I

B) II ✓

C) III

D) IV

E) V

# YÖKDİL SAĞLIK BİLİMLERİ YAZ 2018

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

54. ----. The food we ingest activates **these bacteria** in different locations **in the gut**. Complex carbohydrates that are fermented by these bacteria produce short-chain fatty acids that we use as a source of energy. Some of the main by-products of this process are certain gases and vapours of volatile organic compounds. The main fermentation gas is carbon dioxide. Hydrogen producing bacteria in both the small and large intestines generates hydrogen (H<sub>2</sub>), while methanogens found mainly in the large intestine produce methane (CH<sub>4</sub>).

- A) Gases and volatile vapours are directly associated with the state of our health
- ✓ B) Our gut **houses** a large number of **bacteria** that colonise various parts of it
- C) Our human gas capsule can give information about the most suitable diet for us
- D) The overuse of antibiotics may cause some serious health problems
- E) Kidney diseases can cause diarrhoea and other gastrointestinal symptoms



M.K

Also

For example, in addition?

55. Some simple measures can eliminate the risk of food poisoning. Hands should always be washed before food is touched. Fresh fruit and vegetables should be washed in clean water. Cutting boards and implements that have been used for raw meat should be washed with hot water before being used for other foods. Meat, poultry, and eggs must be cooked sufficiently. ----.

- ✓ A) Raw and cooked foods should be stored separately in the refrigerator
- B) The beginning of symptoms depends on the cause of poisoning
- C) The protozoan parasite affects farm animals as well as humans
- D) Unfortunately, people in certain rural areas do not have refrigerators in their houses
- E) Mild cases can be dealt with at home by consuming extra fluids

56. Persistent vegetative state <sup>long</sup> is the extended state of unconsciousness in which higher brain activity (cerebral cortex function) is negligible or lost though the brainstem continues to operate to sustain the vital functions of living such as breathing, heart rate, and blood pressures. Basic motor functions may also occur as the brainstem is responsible for some motor functions. ---. However, there is no recognition of or purpose to these actions, and the person cannot follow instructions to move in certain ways and does not speak, drink, or eat.

- A) Persistent vegetative state raises many medical, legal, and ethical concerns
- B) The longer a person remains in a vegetative state the less likely it is that he or she will recover
- ✓ C) The person may also make sounds, move the eyes, and move the mouth
- D) A person may remain in a persistent vegetative state for months
- E) The likelihood of recovery depends on the extent and nature of the damage

İzme - refleks  
yumuş

57. Though physicians attempted blood transfusions as early as the 17th century, many hazards and failures accompanied the procedure until the mid 20th century. ----. Doctors then were able to routinely match the blood type of donors to recipients and blood transfusions became a standard element of medical care. Without this crucial development, transfusion of whole blood products, such as red blood cells would not be possible.

- ✓ A) Techniques to allow the consistent detection of blood type finally became available in the 1950s
- B) Many hospitals use procedures to collect, cleanse, and return blood to the patient during an operation
- C) Blood banks cannot use blood intended for self-transfusion for patients other than the donor
- D) Blood stem cells are undifferentiated, which means they have the ability to become any type of blood cell
- E) The total blood donation process takes about 45 minutes, about 20 minutes of which is the actual blood withdrawal

58. A typical healthy adult has a respiration rate of 15 to 20 per minute, measured by counting each inhalation or each exhalation- a respiratory cycle is one of each. Respiration rate normally is lower at rest and during sleep. ---. The rate also increases with health circumstances such as infection, fever, trauma, pain, and strong emotions such as fear. The brainstem regulates it in intimate coordination with other vital functions such as heart rate and blood pressure. The respiration rate remains at roughly a ratio of 1 to 4 with the heart rate.

- A) Therefore, treatment of acute respiratory failure requires resuscitative breathing
- B) However, it accelerates (as well as intensifies) with physical activity and exercise ✓
- C) Also, heart rate is assessed by listening with a stethoscope to the newborn's heart
- D) Respiratory failure may arise from extensive trauma or a severe cardiovascular disease
- E) The brainstem, an elongated, bulbous structure, maintains the functions of survival

59. More than 30 years after scientists identified HIV as the cause of AIDS, we still have not managed to devise an effective vaccine against the virus. Without treatment, HIV infection usually runs silently and progresses to severe immunodeficiency (AIDS) and death over the course of several years. It has evolved many defences against the human immune system. .... However, an efficient vaccine that prevents infection in the first place would be the best weapon - particularly in the developing world, where the costs of drugs and other factors can put effective therapy beyond the reach of many.

- A) For example, for any antiviral vaccine to work properly, it has to block infection
- B) Scientists strongly believe that one drug might put an end to all these painful phases of many diseases
- ✓ C) Certain drugs can usually keep the infection under control for decades
- D) Researchers are cautiously optimistic that it would work on the bacteria within the organ
- E) The same approach works well for vaccines against other viruses

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

60. (I) The global community has made tremendous progress toward health equity over the past 25 years. (II) However, these advances have not reached the world's most remote communities. (III) Deep in the rainforest, where people are cut off from transportation and cellular networks, mortality is the highest, access to health care is the most limited and quality of care is the worst. (IV) The World Health Organization estimates that one billion people spend their entire lives without seeing a health worker because of distance. (V) As a result, they enjoy advanced health care services in every corner of their countries.

benefit from  
use  
utilize

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

61. (I) The diagnosis of genetic disorders is based on taking an accurate history and performing a clinical examination. (II) The history and examination will focus on aspects relevant to the presenting complaint. (III) When a child presents with birth defects, for example, information needs to be gathered concerning parental age, maternal health, pregnancy complications, exposure to potential teratogens, etc. (IV) Information regarding similar or associated abnormalities present in other family members should also be sought. (V) Such a therapy becomes highly crucial in overcoming the disease.

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

E) V



seek

2/60

62. (I) Brain cells require a constant supply of oxygen to meet their energy needs. (II) Factors such as exposure to heat, light, moisture, and air may hasten deterioration, causing a drug to become less effective. (III) Deprivation of oxygen for as little as 30 seconds causes them to begin shutting down. (IV) Lack of oxygen for two to three minutes causes brain cells to begin dying, which might cause permanent loss of function in the affected area. (V) This loss may involve cognitive function, memory, speech and language processing.

A) I

B) II

C) III

D) IV

E) V

deprive of



63. (I) Packed tightly in nearly every one of your body's cells except the red blood cells is a complete copy of your genome - the genetic instructions that direct all of your cellular activities. (II) Written in the language of DNA, these consist of genes parcelled into 46 chromosomes that code for proteins. (III) In 1990, a consortium of scientists from around the world set out to crack the genetic code and read the human genome, our "book of life." (IV) This monumental task, called the Human Genome Project, was completed in 2003 and succeeded in mapping the entire human genome- 3 billion DNA base pairs arranged into about 30,000 genes. (V) However, using computers, the scientists put all of the sequences from the fragments back together to get the entire human genome.

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

11  
20

but ancak

64. (I) Many energy and sports drink products contain high amounts of sugar, which can deliver an energy boost in the form of simple carbohydrates. (II) Some products also contain caffeine or herbal stimulants such as ginseng. (III) Sports and nutrition bars may be primarily carbohydrates as well, though some products contain a mix of carbohydrates, proteins, and fats. (IV) Though many people use traditional medicines most do not need or derive much benefit from them. (V) Therefore, it is important to read their product labels carefully because they deliver significant calories.

give

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

65. (I) Nowadays many women prefer giving birth in their 30s. (II) This may be due to changes in social and economic structure of societies. (III) A report from the Centers for Disease Control and Prevention reveals that for the first time women in their 30s are giving birth at a higher rate than women in their 20s. (IV) Taking care of more than one child is getting harder and harder every day. (V) The statistics in this study also shows that the birth rate among women ages 30-34 increased from 101,5 per 1,000 in 2016 to 102,6 births per 1,000 in 2017.

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



# YÖKDİL SAĞLIK BİLİMLERİ MART 2019

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

54. The close proximity of the lower oesophagus to the bottom of the heart gives rise to the term "heartburn", the burning sensation that is experienced when gastric contents bubble back up into this section of the alimentary tract. ----. This kind of chronic gastrointestinal conditions can significantly interfere with the quality of life. Therefore, people with these conditions should consult their doctors.

- A) Gastroenterologists recommend reducing the consumption of foods high in fats
- B) Drinking plenty of non-caffeinated and non-alcoholic fluids throughout the day is advised
- C) The gastrointestinal system represents a balance of mechanical and chemical functions
- D) The 21st century has brought amazing advances in treatments for gastrointestinal conditions
- ✓ E) Gastroesophageal reflux disorder develops when such backwash becomes chronic

disrupt

mk  
55. Memory refers to the storage of information that is necessary for the performance of many cognitive tasks. Working memory (also known as short-term memory) is the memory one uses, for example, to remember a telephone number after looking it up in a directory and while dialling. The capacity of working memory is limited, and it decreases if not exercised. On the other hand, long-term memory, also called secondary or reference memory, stores information for longer periods. ....

- A) Memory is stored over wide areas of the brain rather than in any single location
- B) As a result, short-term memory is the one you will definitely need most
- C) The capacity of long-term memory is unlimited, and it can endure indefinitely
- D) In other words, the longer memory lasts, the less effective it becomes
- E) These three memory types define how you recall stored information

Tumörler

56. ---- If it is confined to a local area and does not spread, it is called a benign tumour. If it spreads to neighbouring tissues or to distant parts of the body, it is called a malignant tumour. The general term for any type of malignant tumour is cancer. The process of tumour cell spread is called metastasis. Tumours are found in all kinds of tissue, but they appear most frequently in those that repair themselves most quickly.

- A) Membranes help to prevent the spread of infection from one area of the body to another
- B) Malignant tumours, unlike benign ones, can cause death wherever they appear
- C) Benign tumours are not dangerous in themselves; they do not spread
- D) Any abnormal growth of cells is called a tumour, or neoplasm
- E) Many cases of the disease are now diagnosed by routine screening tests



57. ----. **These types** are distinguished **based on** their **cellular structure and anatomical locations**. The organization of cells within the **different types of muscle fibres** influences how a muscle functions. For example, cellular organization determines the speed of muscle contraction. While the cells in **skeletal muscle tissue** are organized in a way that facilitates rapid contraction, the cells in smooth muscle tissue are designed so as to limit contraction speed but also enable involuntary contraction.

- A) Considerable variation can be found among the different skeletal muscles, depending on the function of the muscle
- B) The ability to perform physical work depends ultimately on the ability of muscle cells
- C) Multiple types of filter exist to protect against beam-related injuries, and these are not always easy to distinguish
- D) There is a high degree of organization within the fiber, a series of alternately dark and light bands
- E) The human body contains **three primary types of** muscle tissue, known as striated, smooth, and cardiac

MA  
→

2  
58. Bone is one of the hardest substances found in the human body, second only to the enamel of the teeth. However, bone is also a living tissue, undergoing constant change. ----. The two principal components of this material, collagen and calcium phosphate, distinguish bone from other hard tissues. Bone tissue makes up the individual bones of the human skeletal system, as well as the skeletons of other vertebrates.

- A) However, compact bone is dense and has a bony matrix
- B) It consists of cells embedded in an abundant, hard intercellular material
- C) In spite of this, they may resist a certain amount of compressive force
- D) Therefore, long bones exhibit a number of common structural features
- E) In addition to this, mature compact bone is lamellar, or layered, in structure

59. Posture is the position and carriage of the limbs and the body as a whole. Except when lying down, the first postural requirement is to apply a counterforce against gravity, which is pulling the body toward the ground. ----. However, the muscles are not kept contracted all the time. As the posture changes and the centre of gravity shifts, different muscles are stretched and contracted.

- A) Movements may be carried out by the muscles of the trunk and body cavity
- B) The back should be carefully examined for posture, spinal curves, or asymmetries
- C) Microscopic endodontics improve posture and reduce neck and back fatigue
- D) Every movement of the body has to be correct for speed and position
- E) This force causes stretch reflexes to keep the lower limbs extended and the back upright

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

60. (I) The woman's body undergoes profound changes during the course of pregnancy. (II) Most health-care providers will do a pregnancy blood test at the first prenatal visit to confirm the pregnancy. (III) Hundreds of hormones unique to pregnancy initiate and facilitate these changes, the most obvious of which are enlarged breasts and a steadily expanding belly. (IV) This biochemical flood is also responsible for the emotional swings that characterize early pregnancy. (V) Nearly every body system modifies its functions in a way to support the pregnancy and the developing fetus.

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

61. (I) Some people find themselves alone while losing weight because other family members do not want to make the same changes in their own eating habits and physical activity. (II) A weight loss approach that balances decreased food intake and increased exercise can provide steady, sustainable results. (III) Health experts recommend a rate of nonsurgical weight loss that targets no more than a 10% drop in weight over no less than six months for optimal success in keeping the weight off long term. (IV) Short-term weight loss goals help monitor progress and establish a sense of success. (V) Therefore, dietitians recommend people with weight problems to start with easy and achievable goals to motivate themselves.

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

**62. (I)** The heart is one of the most vital organs in the human body. **(II)** Its function is to circulate the blood by acting as a pump. **(III)** With each heartbeat, blood is pushed into the arteries and through the veins. **(IV)** It then courses around the body in a one-way circuit so that it eventually returns to the heart to repeat the process. **(V)** With the exception of some invertebrates, the heart is an anatomical feature common to members of the animal kingdom.

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

**63. (I)** The influenza pandemic of 1918 was, in terms of loss of life, the most catastrophic illness to have ever afflicted the world's population. **(II)** Nothing before or since has approached its effects in terms of the number of fatalities or in the speed with which it spread. **(III)** From the latter part of the 19th century until World War I, many Europeans and Americans had taken comfort in the idea that scientific and medical progress had created a better world. **(IV)** Earlier recorded pandemics of influenza had taken place in 1781, 1847, and 1889. **(V)** The war shattered most of that illusion, but any comfort that might have been derived from advances in medical science was not to be found as millions died from the disease.

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

**64. (I)** Variations in breathing result from changes in metabolic demands in the tissues of the body. **(II)** For example, during exercise, increased levels of oxygen are needed to fuel muscle function, and thus the number of breaths taken per minute increases. **(III)** The brain also seems to anticipate changes in the metabolic rate caused by exercise. **(IV)** At the opposite end of the spectrum, during sleep, the body's metabolic rate slows, and thus breathing typically becomes lighter. **(V)** However, the association between sleep and breathing is more complicated than this because brain activity changes as a person progresses through the different stages of sleep.

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



**65. (I)** Because of the need for the early development of a transport system within the embryo, the organs of the vascular system are among the first to appear and to assume their functional role. **(II)** In fact, this system is established in its basic form by the fourth week of embryonic life. **(III)** At approximately the 18th day of gestation, cells begin to group together between the outer and inner skin of the embryo. **(IV)** In the human body, there exist discrete systems of vessels with specific functions contributing to the overall circulation of blood. **(V)** These cells soon become rearranged so that the more peripheral ones join to form a continuous flattened sheet enclosing more centrally placed cells.

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



# YÖKDİL SAĞLIK BİLİMLERİ KASIM 2019

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

**54. Improving a child's formal education involves massive interventions. According to studies, family life affects the child's scholarly standing, for children who watch or 5 hours daily score poorly on standardised tests. ----. Such conditions may be changed only through altering the treatment children receive from their parents. Education of parents in the proper care and nurturing of the child is required in order to prepare the child for best school performance.**

- A) Many parents are concerned that their children are alone at home after school while they are at work
- B) Some studies show income and happiness are directly related to the quality of education
- C) Other limiting factors include absences from school, and parents who do not read to their children
- D) In most countries, the father's occupational status has a great impact on student achievement
- E) When parents' occupational status and educational status are combined, the influence is about equal in most countries

- 55. The idea of getting enough sleep to get well or remain healthy seems to have been very popular among people for centuries. ----. Unfortunately, estimating a precise sleep need with regard to general health or in relation to an absolute minimum necessary for survival is difficult. Also, the exact amount of sleep loss over a period of time required for identifiable pathology awaits further investigation.**
- A) In popular culture, lack of adequate sleep is often blamed for increasing one's susceptibility to illness
  - B) Usually sleep need is conceptualised as an amount of sleep required nightly on a regular basis
  - C) In extreme circumstances of sleep insufficiency, any sleep is better than no sleep
  - D) It is difficult to say how much sleep people require over the previous 24 hours to perform a task safely
  - E) There is a general estimate that performance declines about 25 per cent for every 24 hours without sleep

**56. For a century, antibiotics have saved us from diseases that once killed human populations, such as whooping cough, cholera, and pneumonia. ----. Our old enemies that we thought we had defeated are stronger than ever. Drugs that once conquered these deadly bacteria are now worthless. And antibiotics that are effective today could become useless in the future.**

- A) But today, antibiotic-resistant bacteria are on the rise
- B) Yet, more drugs that can resist the bacteria are being developed
- C) Also, antibiotics are becoming increasingly powerful
- D) In contrast, fewer people believe in the effectiveness of antibiotics
- E) Meanwhile, more and more children suffer from the side effects of antibiotics

**57. Approximately 5-10% of all cancers are classified as hereditary, that is, genetic. ----. This poses a greater risk for that particular type of cancer in certain descendants of the family. However, having a cancer-causing gene does not necessarily mean that one will automatically get cancer. Rather, it means that the person is more likely to get this cancer when compared to the general population.**

- A) Certain hormones have been shown to have an effect on the growth of a particular cell line
- B) There is scientific evidence that environmental factors play a role in most cancers
- C) This means that a faulty gene that leads to a cancer is passed from parent to child
- D) A malignant tumour invades surrounding tissue and can spread to other parts of the body
- E) If cancer cells spread to the surrounding tissues, the tumour is likely to recur

**58. Pain perceived as coming from the face and head is referred to as headache, a common experience with about 45 million adults in the United States having frequent headaches. ----. Among them are tension headaches, migraine headaches, cluster headaches, sinus headaches, and rebound headaches. Very rarely a headache may signal an infection such as meningitis or a tumour in the brain.**

- A) Tension headaches are the most common type of headache
- B) Medications are the usual approach for recurring headaches
- C) There are numerous types of headache resulting from various causes
- D) About 28 million Americans experience chronic migraine headaches
- E) The nerves in the head, neck, and face transmit the pain signals familiar as headache



**59. Folk medicine has existed for as long as human beings have existed. In an effort to cope with an environment that was often dangerous, humans, and their ancestors, began to develop ways of lessening pain and treating physical and mental problems. Initially, many of the ways of treating these problems undoubtedly came through trial and error, using various plants and other methods. ----. In fact, some of these became responsible for carrying out healing ceremonies, religious rituals, and other rites designed to ensure the safety and health of their communities.**

- A) Those treatments are not commonly believed to fit within the framework of modern medical practice
- B) Understandably, folk illnesses are shaped by the cultural and ethnic groups from which they emerge
- C) It is important to understand that some folk illnesses have common symptoms that are treated by Western medical practitioners
- D) Over time, individuals within family and tribal groups became more skilled at helping the sick and injured
- E) In addition, there have also evolved healing practices that are not appreciated by modern doctors

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

60. (I) If you consume too much sugar, it could be disrupting your sleep even if you do not realise it. (II) A study by Columbia University found that participants with diets high in sugar experienced much poorer sleep, shifting from deep sleep to light sleep or waking up completely, than those who ate fewer sweets. (III) Therefore, it is important for people an eye on their sugar intake during the day. (IV) Thus, if you are faced with a snack attack before bed, prefer a low-sugar treat like lightly salted popcorn. (V) As popcorn is a delicious snack, its popularity has increased in recent years.

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

**61. (I)** At the start of the 20th century many illnesses went unidentified, the human body was largely unmapped, and medical treatments remained limited. **(II)** However, the mapping of our genomes and the development of CAT and MRI scans have given us unparalleled medical insight. **(III)** Antibiotics have revolutionised the battle against bacteria, antiviral drugs control deadly viruses, and widespread inoculations have all but eliminated smallpox, diphtheria, and polio. **(IV)** Cancer and heart disease continue to be among the world's biggest killers and cause many to die even at early stages of their lives. **(V)** As a result, life expectancy has risen from under 50 to over 80 in some countries.

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

**62. (I)** Cardiovascular disease is the main cause of death in the US, Canada, UK, Ireland, and Europe. **(II)** It accounts for more than 40% of deaths in these countries. **(III)** Some patients with heart disease may require heart transplantation. **(IV)** Many of these deaths are due to heart failure. **(V)** For example, heart failure affects approximately five million Americans with more than half a million new cases diagnosed annually.

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

**63. (I)** Tooth brushing is of great importance for dental health in young children. **(II)** Dental fluorosis is a hypomineralisation of tooth enamel during the period when unerupted teeth are developing. **(III)** Normal mineralisation of permanent teeth occurs from about the time of birth until about six years of age. **(IV)** After that time, teeth are mineralised to such an extent that they cannot be affected by fluorosis. **(V)** Nor is it possible after that time to diminish any existing fluorosis.

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

**64. (I)** The most significant health risks the nervous system faces occur long before birth. **(II)** The most vulnerable period in nervous system development takes place before most women have missed a menstrual period or suspect they are pregnant. **(III)** Within the first three weeks after conception the rudimentary nervous system, the neural tube, forms and rapidly differentiates into the brain and spinal cord. **(IV)** Numerous factors, environmental and genetic, can disrupt this process to cause structural defects of the brain or the spinal cord. **(V)** Folic acid, prescribed in the first trimester of pregnancy, supports the development of the fetus.

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

**65. (I)** If you have ever heard someone claim they have cured their hay fever by spending time outdoors or that a daily serving of honey, which contains pollen grains, has built up their immunity, do not fall for it. **(II)** Health experts think that there is not strong evidence for such an approach. **(III)** Similarly forcing yourself to eat peanuts if you are allergic to them is a bad idea, as is living with a pet in the hope that one day you will get along fine. **(IV)** Immunotherapy seems to work well for cat allergies, but is less effective for other types of allergies. **(V)** However, the idea is grounded in sensible science which has proven that clinical injections of small, increasing doses of an allergen can make the immune system less reactive to some allergies.

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





**YÖKDİL SAĞLIK BİLİMLERİ**  
**MART 2020**

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

**54. Hives (also known as urticaria) are itchy, raised splotches on the surface of the skin. About 20 times itchier than a mosquito bite, hives make you want to tear off your clothes and then your skin. ---- In most cases, however, hives are the result of other conditions. For example, although vibratory urticaria is very rare, any vibration against the surface of the skin, even from clothing rubbing against it, can trigger a bout of hives in those prone to cholinergic urticaria.**

- A) If you do not eat something after contracting the illness, there is a remote chance that you will suffer less from a food allergy.
- B) Urticaria is a common disorder that may cause considerable distress s and last for years.
- C) When most people have their first encounter with hives, they assume they are caused by something they ate.
- D) Some patients cannot refrain themselves and resort to excessive scratching.
- E) Hives can occur in any part of the body—arms and legs are more commonly involved.

**55. Since a large number of people with high cholesterol are overweight, a healthy diet and regular exercise are probably the most beneficial natural ways to control cholesterol levels. ---- These include meat, shellfish, eggs and dairy products. Several specific diet options are beneficial for those who have high cholesterol. One is the vegetarian diet, as vegetarians typically get up to 100 per cent more fibre and up to 50 per cent less cholesterol from food than non-vegetarians.**

- A) The goal, in general, is to substantially reduce or eliminate foods high in animal fat.
- B) A wide variety of prescription medicines are available to treat cholesterol problems.
- C) Currently, there are few studies on the effectiveness of some existing anti-cholesterol drugs.
- D) This forms plaque in the heart's blood vessels, which may block the supply of blood to the heart.
- E) It is often diagnosed and treated by general practitioners.

**56. Because the psychological manifestations of attention deficit hyperactivity disorder (ADHD) are multifaceted, it is necessary to implement comprehensive treatment interventions. One intervention should be related to the proper arrangement of the surroundings for children with ADHD. Structuring the environment so that the child is not easily distracted can be a viable solution. In the home, this entails minimising distracting stimulation from radio or television, especially while the child is doing homework. -- In this way, the teacher can ensure that the child is on task, is not distracted by other students, or has no opportunity to be disruptive.**

- A) Informing parents and school personnel about the causes of ADHD can assist children, teachers and parents themselves.
- B) Coordinated effort should be made to promote a healthy lifestyle, including scheduled regulation of bedtime.
- C) Behaviour-modification strategies are effective for training the child to control impulses and they help both the child and their parents.
- D) In the classroom, on the other hand, consideration should be given to the child's seat location to enable the teacher to observe the child closely.
- E) Thus, family counselling and teacher education are integral components of treatment to help maximise the child's adaptation.

**57. Marie Curie, probably the world's best-known woman scientist, was a pioneer in the field of radiation and chemotherapy. She was the first woman awarded a Nobel Prize, in 1903, for her research on radioactivity. Sharing the prize were her husband, Pierre Curie, and Henry Becquerel, who had discovered radioactivity in uranium. She was also awarded a Nobel Prize in 1911 for the previous discovery of polonium and radium and for the isolation of pure radium. ---- Cancer treatment, for example, is among the practices where it is widely employed.**

- A) She won her second Nobel Prize, this time in the field of chemistry.
- B) The Curies spent four years in a laboratory to isolate polonium and radium.
- C) She went beyond the study of the element radium to discover a few of its medical uses.
- D) She became the first woman professor at Sorbonne University, where she conducted meticulous scientific studies.
- E) In the same year, Lord William Thomson Kelvin claimed radium was not an element after all.

**58. ---- However, allergy skin testing may be used for detection, although an allergic skin response does not always mean that the allergen being tested is causing the asthma. Also, the body's immune system produces antibody to fight off the allergen, and the amount of antibody can be measured by a blood test. This will show how sensitive the patient is to a particular allergen.**

- A) Nedocromil is an anti-inflammatory drug that is often used for asthma.
- B) Today, asthma is viewed as a chronic inflammatory disease of the airways.
- C) It is often difficult to determine what is triggering asthma attacks.
- D) More than half of affected children stop having asthma attacks after a certain age.
- E) Most patients with asthma respond well when the best drug is found.

**59. Everyone experiences occasional forgetfulness, most commonly with respect to recent information. Such forgetfulness may range from the names of newly introduced people to where the car keys are. Many researchers believe such forgetfulness represents an incompleteness in the brain's processes for establishing neuronal pathways. ---- That is, the more frequently a person encounters the same information, the more complete the neuronal connections among the various regions of the brain that store the information.**

- A) Therefore, amnesia is the inability to recall past information or to remember information relevant to the future.
- B) Only when information becomes repetitious does the brain create connections among neurons to accommodate it.
- C) Similarly, the quality of memory, particularly short-term memory, normally diminishes with the advanced age.
- D) Even if patients experience memory impairment, they are still able to remember the names of close family members.
- E) As researchers do not fully understand the mechanisms of memory, they cannot explain how forgetfulness occurs.

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

60. (I) It is possible that women simply pay more attention to what they eat and their health; so are more likely to notice if they have a reaction to allergens; but biological factors seem to be involved, too. (II) For example, men have higher levels of certain type of antibody thought to help block allergic reactions. (III) The most disturbing food for both men and women is shellfish, followed by certain fruits and vegetables. (IV) And hormones almost certainly play a role because the gender difference in allergies switches at adolescence. (V) Before puberty, boys are affected by allergies twice as much as girls.

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



**61. (I)** Lead poisoning occurs when a person swallows or inhales lead in any form. **(II)** The result can be damage to the brain, nerves, and many other parts of the body. **(III)** Acute lead poisoning, which is relatively rare, occurs when a large amount of into the body over a short period of time. **(IV)** Lead poisoning is also harmful to adults, in whom it can cause high blood pressure, digestive problems, nerve disorders, memory loss, and muscle and joint pain. **(V)** On the other hand, chronic lead poisoning occurs when small amounts of lead are taken in over a longer period.

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

**62. (I)** If you are the type to regularly tuck into a bag of chips, it is worth reconsidering the habit. **(II)** Too much sodium is not good for anyone, but for people who have hypertension, salt is especially dangerous. **(III)** Sodium is essential for contracting and relaxing muscles, transmitting nerve signals and maintaining adequate fluid levels. **(IV)** Too much of it leads to small spikes in blood pressure for people who do not already have hypertension and large spikes in people who do. **(V)** As a result, several cardiovascular problems, including heart attacks, strokes and coronary artery disease might come up.

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

63. **(I)** Evidence is growing that, instead of avoiding allergenic foods, it might be important for high-risk children, those with moderate or severe eczema, to encounter them early on. **(II)** Those that are introduced to peanuts between the ages of 4 months and 11 months are 81 per cent less likely to develop a peanut allergy by the time they are 5 **(III)** Similarly, infants who begin eating eggs at the age of 4 to 6 months are less likely to develop egg allergies. **(IV)** Being breastfed is essential to develop tolerance to allergens later in life. **(V)** Therefore, some guidelines in the US and Australia now recommend carefully introducing infants to potentially allergenic ingredients from the age of 4 to 6 months.

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

**64. (I)** Gluten-free diets have recently been gaining attention for their potential to manage gastrointestinal issues such as acid reflux or irritable bowel syndrome. **(II)** Probiotics—foods prepared with live, 'good' bacteria such as yoghurt, kimchi and kefir—have been shown to help with conditions like bowel syndrome, and they may also be beneficial for people with weakened immune systems. **(III)** But their long-term effects on overall health are not yet fully known. **(IV)** Fermented foods and drinks such as sauerkraut and kombucha are gaining in popularity as well **(V)** Their effects on health again are not clear, but consuming them will not do any harm and might improve microbial diversity in the gut.

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

**65. (I)** Cancer is a Progressive disease, and goes through several stages. **(II)** Many other diseases, besides cancer, could produce the same symptoms. **(III)** Each phase may produce a number of symptoms, some of which may occur due to a tumour that is growing within an organ or a gland. **(IV)** As the tumour grows, it may press on the nearby nerves, organs and blood vessels. **(V)** This causes pain and some pressure which may be the earliest warning signs of cancer.

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



**YÖKDİL SAĞLIK 2018 İLKBAHAR**  
**CEVAP ANAHTARI**

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

**YÖKDİL SAĞLIK 2018 YAZ**  
**CEVAP ANAHTARI**

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

**YÖKDİL SAĞLIK 2019 MART  
CEVAP ANAHTARI**

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

**YÖKDİL SAĞLIK 2019 KASIM  
CEVAP ANAHTARI**

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



**YÖKDİL 2020 MART SAĞLIK BİLİMLERİ  
CEVAP ANAHTARI**

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