

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

1. Over the last 20 years, the --- of food allergy appears to have risen sharply all over the world.

- A) implementation
- B) convenience
- C) prevalence
- D) validity
- E) requirement

2. Apathy, the feeling of not being interested in something, can be a --- of dementia many years before symptoms start, so do not ignore it in family and friends and tell them when they seem apathetic.

- A) constraint
- B) precaution
- C) predictor
- D) violation
- E) failure

3. As the types and causes of wounds are highly---, health care professionals have several different ways of classifying them.

- A) avoidable
- B) compulsory
- C) preliminary
- D) diverse
- E) appropriate

4. As of 2002, some researchers think that Alzheimer's disease may be more ---- described as a group of diseases rather than a single disease.

- A) peculiarly
- B) notoriously
- C) severely
- D) accurately
- E) temporarily

5. The B-vitamins, vitamin C, magnesium, iron, and zinc are necessary for the brain and nervous system, and children with ADHD may be deficient in such nutrients, which can ---- proper brain function and affect behaviour seriously.

- A) fulfil
- B) elaborate
- C) sustain
- D) operate
- E) disrupt

6. Diseases related to stress, which is linked to the six leading causes of death, ---- between 75 percent and 90 percent of all visits to the doctor.

- A) account for
- B) turn over
- C) make out
- D) take up
- E) go through

7. --- a sedentary lifestyle can make you think the prospect of getting active is intimidating, so you should see a certified personal trainer for guidance on proper exercise techniques and help in designing a workout --- to your needs.

- A) To lead / to be tailored
- B) Having led / tailoring
- C) Led/ being tailored
- D) Leading / tailored
- E) To be leading / having been tailored

8. A study at the University of Glasgow involving almost 265,000 participants ---- that going to work by bike ---- your chance of dying from cardiovascular disease.

- A) had found / is reducing
- B) has found / reduces
- C) found / will reduce
- D) finds / reduced
- E) would find / has reduced

9. Efficient breathing ---- speech lessens the tension of the muscles ---- the throat that control the vocal cords and flow of air.

- A) by / from
- B) during / in
- C) with / on
- D) over / for
- E) about / against

10. The use of artificial intelligence --- the analysis of microscopic images is nothing new ---- the cancer field, which has been applying machine learning approaches for more than a decade.

- A) for / to
- B) against / at
- C) through / by
- D) within / over
- E) on / into

11. Many mass public health campaigns designed to educate young people ---- the dangers of tobacco use have been launched ---- the globe, some of which have been demonstrated to be effective.

- A) on / across
- B) with / to
- C) by / for
- D) at / through
- E) from / in

12. People with eye issues such as bacterial infections no longer need to deal with eye drops or injections; ----, they can use smart contact lenses which can release medications over days or weeks.

- A) conversely
- B) instead
- C) otherwise
- D) similarly
- E) even so

13. ---- medical problems including thyroid disease, Parkinson's disease, head trauma and brain infections can cause psychological symptoms, a thorough medical history must be taken.

- A) Although
- B) Because
- C) As soon as
- D) By the time
- E) Unless

14. --- most individuals with autism have deficits, there are affected individual that display unusual talents in areas such as maths, music, and art.

- A) In case
- B) While
- C) Since
- D) Given that
- E) So long as

15. Chewing gum bases provide no nutritive value, ---- added sugar may contribute to the calorie intake (four to six calories per stick).

- A) because
- B) just as
- C) although
- D) as long as
- E) if

16. The human body is the most well-researched area in science; ----, experts have only just discovered how its powers of self-healing work.

- A) however
- B) in addition
- C) in brief
- D) in other words
- E) likewise

17. ---- the intricate structure and the overriding importance of the hand, any hand infection must be treated promptly and competently.

- A) Along with
- B) Due to
- C) Regardless of
- D) In comparison with
- E) Instead of

18. ---- the belief that avocados should be omitted from calorie-controlled diets, a 2023 study by nutrition scientists found that they can play a useful role.

- A) Owing to
- B) Contrary to
- C) In terms of
- D) Similar to
- E) By means of

19. ---- you are intolerant to dairy ---- simply do not like the taste of cow's milk, you might be looking for a nutritious alternative, so Australia's pea milk could be the best option for you.

- A) No sooner / than
- B) Such / that
- C) Whether / or
- D) The more / the more
- E) As / as

20. Dehydration affects the ability to think, concentrate and solve problems, and as the body loses water, the blood thickens, ---- slows delivery of oxygen and nutrients to cells and may cause dizziness.

- A) what
- B) which
- C) how
- D) where
- E) when

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

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

21.

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

22.

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

23.

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

24.

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

25.

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

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

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

26.

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

27.

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

28.

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

29.

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

30.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

- A) very rarely, aloe vera may cause a rash in sensitive people
- B) recent clinical studies indicate burn recovery is sped up by aloe, possibly by improving collagen formation
- C) it is a succulent plant with long pointed leaves that produces a juice with medicinal properties
- D) there is limited data whether aloe may help heal ulcers and gastrointestinal inflammation
- E) patients with burns, obviously, have the longest period of increased energy needs

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

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

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

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

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

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

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

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

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

42. Neurologists once thought that the brain inevitably atrophied with age, but they now recognise that neurons retain the potential to establish new connections throughout the entire life span.

- A) Nörologlar bir zamanlar beynin yaş aldıkça kaçınılmaz olarak zayıfladığını düşünüyorlardı, ancak şimdi nöronların hayat boyu yeni bağlantılar kurma potansiyelini koruduğunu kabul ediyorlar.
- B) Bir zamanlar beynin yaşlandıkça kaçınılmaz olarak zayıfladığını düşünen nörologlar, şimdi nöronların hayat boyu yeni bağlantılar kurma potansiyelini koruduğunu kabul ediyorlar.
- C) Nörologlar artık nöronların hayat boyu yeni bağlantılar kurma potansiyelini koruduğunu kabul etseler de bir zamanlar beynin yaşlanmayla birlikte kaçınılmaz olarak zayıfladığını düşünüyorlardı.
- D) Nörologlar tarafından bir zamanlar beynin yaşlandıkça kaçınılmaz olarak zayıfladığı düşünülse de şimdi nöronların hayat boyu yeni bağlantılar kurma potansiyelini koruduğu kabul ediliyor.
- E) Bir zamanlar beynin yaş aldıkça kaçınılmaz olarak zayıfladığını düşünen nörologların şimdi kabul ettikleri şey, nöronların hayat boyu yeni bağlantılar kurma potansiyelini koruduğudur.

43. If your blood pressure stays elevated even when you are at rest, it can damage the arteries and delicate organs like the brain, heart, and kidneys.

- A) Yüksek seyreden kan basıncınız atardamarlara ve beyin, kalp ve böbrekler gibi hassas organlara hareketsiz olduğunuzda bile zarar verebilir
- B) Kan basıncınız hareketsiz olduğunuzda bile yüksekse, atardamarlara ve beyin, kalp ve böbrekler gibi hassas organlara zarar verebilir.
- C) Kan basıncınızın yüksek olması atardamarlar ile beyin, kalp ve böbrekler gibi hassas organlara zarar verir ve bu hareketsiz olduğunuz zaman bile olabilir.
- D) Hareketsiz olmanıza rağmen kan basıncınız yine de yüksekse, atardamarlar ve beyin, kalp ve böbrekler gibi hassas organlar bundan zarar görebilir.
- E) Kan basıncınızın hareketsizken bile yüksek seyredebilir ve bu, atardamarlar ile beyin, kalp ve böbrekler gibi hassas organlara zarar verebilir.

44. 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.

- A) Fazla kilolu birçok kişinin aynı zamanda kolesterolü de yüksek olduğu için, sağlıklı beslenme ve düzenli egzersiz kolesterol seviyelerini kontrol etmede muhtemelen en faydalı ve doğal yöntemlerdir.
- B) Yüksek kolesterolü olan birçok kişi fazla kilolu olduğundan kolesterol seviyelerini kontrol altına almakta kullanılan muhtemelen en etkili doğal yöntemler sağlıklı beslenme ve egzersizdir.
- C) Sağlıklı beslenme ve düzenli egzersiz kolesterol seviyelerini kontrol etmek için muhtemelen en faydalı doğal yöntemlerdir, çünkü yüksek kolesterolü olan birçok kişi fazla kiloludur.
- D) Yüksek kolesterolü olan birçok kişi fazla kilolu olduğundan, sağlıklı beslenme ve düzenli egzersiz kolesterol seviyelerini kontrol etmek için muhtemelen en faydalı doğal yöntemlerdir.
- E) Fazla kilolu olan birçok kişinin yüksek kolesterolü de olduğu için kolesterol seviyelerini kontrol etmede muhtemelen en faydalı ve doğal yöntemler sağlıklı beslenme ve düzenli egzersizdir.

45. Collagen production diminishing as we age results in thinner and weaker nails, so it is very important to consume foods rich in Vitamin C to keep them strong and healthy.

- A) Yaşlandıkça azalan kolajen üretimi daha ince ve güçsüz tırnaklara neden olur; bu yüzden onları güçlü ve sağlıklı tutmak için C vitamini yönünden zengin besinler tüketmek çok önemlidir.
- B) Yaşlandığımızda kolajen üretimi azaldığı için tırnaklarımız daha ince ve güçsüz hale gelebilir; dolayısıyla C vitamini yönünden zengin besinler tüketmek onları güçlü ve sağlıklı tutmak için çok önemlidir.
- C) Yaşlandığımızda azalan kolajen üretimi tırnakları daha ince ve güçsüz hale getirdiği için C vitamini yönünden zengin besinler tüketerek tırnakları güçlü ve sağlıklı tutmak çok önemlidir.
- D) Yaşlandıkça azalan kolajen üretimi daha ince ve güçsüz tırnaklara sebep olur; bu yüzden C vitamini yönünden zengin besinler tüketerek tırnakları güçlü ve sağlıklı tutmak çok önemlidir.
- E) Yaşlandıkça azalan kolajen üretimi daha ince ve güçsüz tırnaklara neden olur; dolayısıyla onları güçlü ve sağlıklı tutan C vitamini yönünden zengin besinler tüketmek çok önemlidir.

46. Even though the herb called anemarrhena can effectively reduce the fever associated with tuberculosis, it is a poor substitute for conventional antibiotics, which can cure the disease and prevent death.

- A) Tüberküloz ile ilişkili ateşi etkili bir şekilde düşüren anemarena adlı bitki, hastalığı iyileştirebilen ve ölümü engelleyebilen geleneksel antibiyotiklerin yerini almak için zayıf bir alternatiftir.
- B) Anemarena adlı tüberküloz ile ilişkili ateşi etkili bir biçimde düşürebilse de hastalığı iyileştirebilen ve ölümü engelleyebilen geleneksel antibiyotiklerin yerini almak için zayıf bir alternatiftir.
- C) Anemarena adlı tüberküloz ile ilişkili ateşi etkili bir biçimde düşürebilmesine rağmen, hastalığı iyileştiren ve ölümü engelleyen geleneksel antibiyotiklerin yerini alamaz, çünkü onlara kıyasla zayıf bir alternatiftir.
- D) Hastalığı iyileştirebilen ve ölümü engelleyebilen geleneksel antibiyotiklerin yerini almak için zayıf bir alternatif olan anemarena adlı bitki, tüberküloz ile bağlantılı ateşi etkili bir şekilde düşürebilir.
- E) Anemarena adlı bitki, hastalığı iyileştirebilen ve ölümü engelleyebilen geleneksel antibiyotiklerin yerini almak için zayıf bir alternatif olmasına rağmen, tüberküloz ile bağlantılı ateşi etkili bir şekilde düşürebilir.

47. As many sunscreens contain nanoparticles, which make them less visible, some people think that these particles disrupt hormones, and thus they avoid using sunscreens.

- A) Çoğu güneş kremi, onları daha az görünür yapan nanoparçacıklar içerir ve bu da bazı insanların bu parçacıkların hormonlara zarar verdiğini düşünmesine ve güneş kremi kullanmaktan kaçınmasına yol açmaktadır.
- B) Bazı insanlar, çoğu güneş kreminin içindeki onları daha az görünür hale getiren nanoparçacıkların hormonlara zarar verdiğini düşündüğü için güneş kremi kullanmaktan kaçınmaktadır.
- C) Bazı insanlar, birçok güneş kreminin içinde onları daha az görünür yapan nanoparçacıklar olduğunu ve bu parçacıkların hormonlara zarar verdiğini düşünür ve bu yüzden güneş kremi kullanmaktan kaçınmaktadır.
- D) Birçok güneş kremi, onları daha az görünür yapan nanoparçacıklar içerdiği için bazı insanlar, bu parçacıkların hormonlara zarar verdiğini düşünmekte ve bu yüzden güneş kremi kullanmaktan kaçınmaktadır.
- E) Birçok güneş kreminin, onları daha az görünür yapan nanoparçacıklar içermesi nedeniyle bu parçacıkların hormonlara zarar verdiğini düşünen insanlar güneş kremi kullanmaktan kaçınmaktadır.

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

48. Bireyler uzun bir süre kirliliğe maruz kaldığında akciğer dokusu, esnekliğini kaybedecek bir şekilde zarar görür.

- A) In case individuals are exposed to pollution over a long period of time, the lung tissue might be damaged and even lose its elasticity.
- B) When individuals are exposed to pollution over a long period of time, the lung tissue is damaged in such a way that it loses its elasticity.
- C) Owing to the pollution individuals are exposed to over a long period of time, it is likely that the lung tissue is damaged in such a way that it loses its elasticity.
- D) If individuals are exposed to pollution over a long period of time, the lung tissue loses its elasticity as it has been damaged.
- E) When individuals are exposed to pollution over a long period of time, the lung tissue may lose its elasticity due to the damage.

49. Bilim insanları, beynin nasıl yaşlandığından tam olarak emin değiller ancak beyni nasıl onarabileceklerini ya da en azından tahribatı nasıl yavaşlatabileceklerini bulmaya çalışıyorlar.

- A) Although scientists are not sure exactly how the brain ages, they are trying to understand how they can repair it or at least slow down the destruction.
- B) Scientists are trying to figure out how they can repair the brain or at least slow down the destruction, but they are still not exactly sure how the brain ages.
- C) Scientists, who are not sure exactly how the brain ages, are trying to figure out how the brain can be repaired or at least how the destruction can be slowed down.
- D) Not sure exactly how the brain ages, scientists are at least trying to understand how they can repair the brain and slow down the destruction.
- E) Scientists are not sure exactly how the brain ages, but they are trying to figure out how they can repair the brain or at least slow down the destruction.

50. Duyma işlevine geçici ya da kalıcı olarak zarar verebilen gürültüye aşırı maruz kalma, duyma kaybının en önlenebilir sebebidir ama aynı zamanda bu hastalığın yaklaşık %60'ının da sorumlusudur.

- A) Excessive exposure to noise, which can temporarily or permanently damage hearing, is the most preventable cause of hearing loss, but it also accounts for almost 60 percent of the condition.
- B) Excessive exposure to noise accounting for almost 60 percent of the hearing loss, can temporarily or permanently damage hearing but it is also the most preventable cause of the condition.
- C) Although it accounts for almost 60 percent of the hearing loss, excessive exposure to noise, which can temporarily or permanently damage hearing, is the most preventable cause of the condition.
- D) Being exposed to excessive noise can temporarily or permanently damage hearing, and also, it accounts for almost 60 percent of hearing loss which would, otherwise, be preventable.
- E) Almost 60 percent of the hearing loss is caused by excessive exposure to noise, and this may occur temporarily or permanently, but it is also the most preventable cause of the condition.

51. Modern tıbbın soğuk algınlığına tedavi bulma konusunda yaşadığı zorluk, çok sayıda farklı tür virüsün bulunmasından kaynaklanmaktadır.

- A) As the number of viruses is dramatically high, modern medicine has had difficulty in finding a cure for the common cold.
- B) The difficulty modern medicine has had in finding a cure for the common cold is due to the fact that there are so many different types of viruses.
- C) Modern medicine has had difficulty in developing a cure for the common cold because there are so many different types of viruses.
- D) There are so many different types of viruses, and this is why modern medicine has had difficulty in finding a cure for the common cold.
- E) The extremely high number of viruses has caused modern medicine to have difficulty in developing a cure for the common cold.

52. Bazı arařtırmaların iřaret ettiđi gibi, beta-karoten E vitamini gibi bařka bir antioksidan tarafından korunmadıđı takdirde vücutta hasara yol açabilir.

A) Several studies suggest that if beta-carotene is not protected by antioxidants like vitamin E, it may cause damage in the body.

B) As shown by several studies beta-carotene may cause damage in the body without the protection of another antioxidant like vitamin E

C) As for some studies on beta-carotene, they suggest that it may cause damage in the body until it is protected by another antioxidant such as vitamin E

D) According to several studies, beta-carotene may cause damage in the body if it is not prevented by another antioxidant, such as vitamin E

E) As some studies suggest, unless beta-carotene is protected by another antioxidant, such as vitamin E, it may cause damage in the body.

53. Hava yoluyla insandan insana bulařan bir virüsten kaynaklanan çiçek hastalıđı bir zamanlar en çok korkulan hastalıklardan biriydi ve tedavisi yoktu.

A) Caused by a virus spread from person to person through the air, smallpox was once one of the most feared diseases, and there was no treatment for it.

B) Smallpox, caused by a virus spread from person to person through the air was once one of the most feared diseases because there was no treatment for it

C) Smallpox, which was once one of the most feared diseases and had no treatment, was caused by a virus spread from person to person through the air.

D) Smallpox, which was once one of the most feared diseases, was caused by a virus spread from person to person through the air, and there was no treatment for it.

E) Caused by a virus spread from person to person through the air, small pox had no treatment even though it was once one of the most feared diseases.

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

54. Anorexia nervosa (AN) affects females more commonly than males – 90% of those affected are female. Typically, the disorder begins when an adolescent or young woman of normal or slightly overweight stature decides to diet. As weight falls, the intensity and obsession with dieting increases. Affected individuals may also increase physical exertion or exercise as weight decreases to lose more pounds. Weight loss and avoidance of food is equated in these patients with a sense of accomplishment and success----. Eventually, the affected person becomes increasingly focused on losing weight and devotes most efforts to dieting and exercise.

- A) The current thinking about AN is that it is caused by multiple factors.
- B) Weight gain is viewed as a sign of weakness and as failure.
- C) Physically, people with AN can exhibit dry skin, hair loss, and loss of energy.
- D) Developmental causes can include fear of adulthood transition and peer pressure.
- E) Parents of AN-affected individuals are often described as passive, moody, and ineffective.

55. In traditional Chinese medicine, acupuncture treatment begins with a thorough physical examination. The practitioner then takes the patient's pulse at six locations and three depth levels on each wrist. These thirty-six pulse measurements will tell the practitioner where the *qi*-natural energy through the body- in the patient's body might be blocked or unbalanced. ---- Up to ten or twelve acupuncture needles will be inserted at strategic points along the relevant meridians.

- A) After collecting this information, the acupuncturist will identify the acupuncture points that should be stimulated to unblock the *qi* or restore harmony.
- B) Many patients feel nothing at all during this procedure, although others experience a prickling or mild aching sensation.
- C) Patients seeking acupuncture treatment should provide the practitioner with necessary information about their health conditions.
- D) Although the risk of infection in acupuncture is minimal, patients should make sure that the acupuncturist uses sterile disposable needles.
- E) The purpose of acupuncture in traditional Chinese medicine is the rebalancing of opposing energy forces in different parts of the body.

56. For decades, experts have refused to accept the idea that gut bacteria affect our mental health. ---- Yet mounting evidence suggests that intestinal microbes profoundly shape our thinking and behaviour. Human trials are now underway to investigate how these microbes boost our overall well-being. If the results prove to hold out new bacteria-based therapies could expand a mental health treatment landscape that has been mostly stagnant for decades.

- A) Indeed, doctors have speculated about this particular linkage since ancient times.
- B) It has, in fact, been referred to by many medical specialists as a nonsense theory.
- C) Over a century ago, doctors argued melancholia arose from an overgrowth of intestinal microbes.
- D) As an aside, Hippocrates was credited with saying 'all disease begins in the gut'.
- E) Data from genome sequencing of gut bacteria revealed that microbes have many functions.

57. Like most medicines, sleeping pills can be of value if they are used wisely. Occasional use of sleeping pills for a few nights or even weeks may be appropriate if sleep is disturbed by jet lag, a stressful event or a medical problem. In these situations, sleeping pills may help prevent short-term insomnia (sleeplessness) from evolving into chronic insomnia. ---- Others maintain that short- term use of sleeping pills may also be appropriate to break the cycle of anxiety and disturb sleep in severe, chronic insomnia.

- A) Unfortunately, some people begin by taking sleeping pills a few nights a week, but often end up taking them much more frequently.
- B) One can choose a weekend's night when there is little pressure or work obligations the following day to start decreasing the dose of a sleeping pill.
- C) Because the active ingredient found in cold medications produce sleepiness as a side effect, they are sometimes marketed as sleep-promotion agents.
- D) Sleep experts believe keeping a small supply of sleeping pills can be helpful for those who suffer from insomnia because the knowledge that it is available provides a sense of security.
- E) Those that rely on sleeping pills should decrease their use of the medication gradually, rather than abruptly which can backfire and increase anxiety and insomnia.

58. Fasting as an effective weight-loss strategy with a potential to improve health is not the first dietary approach to excite researchers. Before fasting, there was caloric restriction, or CR. The methods, in fact, have much in common since both drastically reduce energy intake and bring about similar health benefits.---- Now, many former CR researchers are exploring fasting, often setting the two against each other in the laboratory.

A) To better understand today's fascination with fasting, it is essential to get a broader view in respect of CR.

B) In addition, fasting is being studied as a supplemental treatment for brain injury, various cancers, and metabolic syndrome.

C) They are like siblings in a sense, especially since fasting studies eventually emerged from work on CR.

D) Although CR never caught on with the public like fasting has, it remains an important scientific dietary experiment.

E) Celebrities and social media influencers have played an important role in the rise of public interest in fasting.

59. Feelings of anxiety trigger the body to release stress hormones that prepare you to react to a threat. This is called the fight-or-flight response. ---- Hundreds of years ago, this response was experienced occasionally and was vital to our survival. Today, however, stress and anxiety can be persistent and debilitating, with far-reaching consequences on health, leading to high blood pressure and cholesterol, insomnia, mood swings, depression, and other health problems.

A) Symptoms of post-traumatic stress disorder include flashbacks, persistent frightening thoughts and memories.

B) There are various lifestyle strategies and supplements that can be helpful in reducing anxiety and improving well-being.

C) The heart pumps stronger, breathing is increased, digestion slows down so that the body can reserve resources.

D) Obsessions are persistent thoughts that are intrusive and inappropriate and cause anxiety or distress.

E) Professional counselling can help a person develop tools and coping skills to deal with stress and anxiety.

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

60. (I) Appendicitis, inflammation of the appendix is one of the most common surgical diseases affecting young people. (II) Although it can affect infants and the elderly, it generally manifests itself in young, otherwise healthy individuals. (III) It can pose a diagnostic dilemma since many other abdominal processes can mimic the findings. (IV) The appendix is believed to be a vestigial organ, without a functional purpose in humans. (V) However, recent medical advances have helped doctors to diagnose it more accurately.

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

61. (I) Acupuncture can be useful in preventing chronic bronchitis attacks and in resolving colds that lead to acute attacks. (II) When no secondary infection is present, acute bronchitis is treated in the same way as the common cold. (III) Home care includes drinking plenty of fluids, resting, not smoking, and taking medicine that has acetaminophen for fever and pain. (IV) Cough syrups, for example, are recommended to reduce coughing soothe irritation, and increase expectoration of mucus. (V) Aspirin, however, should not be given to children with acute bronchitis because of its association with seizures in children.

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

62. (I) Until recently, it was assumed that the appearance of drug-resistant bacteria was the result of a predictable phenomenon: the spontaneous mutation of a bacterium to drug resistance and the selective multiplication of the resistant strain in the presence of the drug. (II) Because drug-resistant strains of bacteria do not respond to standard treatments, illnesses last for longer periods of time. (III) In actuality, a more serious phenomenon is at work, which is called 'infectious drug resistance'. (IV) It is a process through which the determinants of resistance to a number of drugs are transferred together and at one stroke from a resistant bacterial strain to another bacterial strain that was previously drug-sensitive. (V) This phenomenon was discovered in Japan in 1959, and since then, it has been detected in many countries.

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

63. (I) There have been thousands of famines over the last several centuries. (II) The causes have included natural disasters such as droughts and floods; war, and population displacement; and economic failure. (III) Famine is defined as an extreme shortage of food or lack of access to food by a population, accompanied by an increase in death rates. (IV) In spite of the fact that worldwide food production has improved in the past several decades, an estimated 20 percent of people in developing countries lack access to enough food on a regular and predictable basis. (V) Indeed, the number of countries experiencing severe food shortages has almost tripled since 1990.

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

64. (I) Milk provides nearly all the essential nutrient groups since it contains proteins, carbohydrates, vitamins, minerals, fats, and water. (II) The most important element of milk - and cheese and yogurt - is calcium, which is vital for healthy teeth and bones. (III) If you can not eat dairy products you get calcium from other milks, such as almond, rice, oat, or soy, and other soy products, such as tofu. (IV) If you do not get enough calcium, your body will take it from your bones, which can cause rickets in children or osteoporosis in later life. (V) Some of these are fortified with calcium because they do not have as much as cow's milk.

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

65. (I) Eating while feeling stressed could mean extra weight gain, and it is not just that snack bar one eats as comfort food. (II) A new study has revealed, even with eating the same food, chronic stress actually leads to more weight gain. (III) Rather than stress itself, faulty coping mechanisms to deal with stress lead individuals to eat more, and thus they need to be addressed. (IV) The researchers found that stress led to a tenfold increase in insulin, which, in turn, not only caused an increase in cravings, but decreased the body's ability to burn energy. (V) The good news is that now scientists understand this pathway, and they are looking into ways they may be able to block this process.

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

66.-68.soruları aşağıdaki parçaya göre cevaplayınız.

Doctors performed the first successful lung transplantation in 1983 and now perform several hundred lung transplantations each year. A lung transplantation may involve one lung or both lungs. Less commonly a lung transplantation includes both lungs and the heart. Donor lungs come primarily from people who donate their organs upon death. Live lobular donation, in which a living donor undergoes surgery to have one lobe of the lungs removed for transplantation, is occasionally a viable option for people who can find a tissue match among two prospective donors, usually family members, willing and medically capable of donating a healthy lung lobe. Doctors most commonly consider living lobular donation as an option for children who have aggressive cystic fibrosis. Many circumstances influence whether an individual is an appropriate candidate for lung transplantation. Because donor lungs are in short supply, the criteria for transplantation are strict though vary somewhat among transplant centres. In general, lung transplantation recipients must be under age 65, in good health except for their pulmonary conditions, and demonstrate willingness and ability to comply with the post-transplantation care regimen. Transplantation criteria nearly always exclude patients who have cancer and immunodeficiency disorders.

66. It is clearly stated in the passage that lung transplantation-----.

- A) is generally carried out with the organs donated upon death
- B) is performed for children before they develop immunodeficiency disorders
- C) was very challenging and usually resulted in deaths before 1983
- D) has become more common due to the increase in donations
- E) is more successful when the donor is a family member

67. It is understood from the passage that donor lungs -----.

- A) should be taken from people who are under age 65
- B) are matched with recipients through strict transplantation procedures
- C) can be more successfully transplanted when the recipient is a child
- D) are mainly preferred to be taken from people who are alive
- E) are taken from candidates with consent from their family members

68. One can conclude from the passage that lung transplantation---.

- A) is more difficult when the recipient requires both lungs
- B) has strict criteria due to the shortage of donor lungs
- C) is never done when the recipient has immunodeficiency disorders
- D) has rigid procedures which are the same in all transplant centres
- E) is the only option for people with aggressive cystic fibrosis.

69-71. soruları aşağıdaki parçaya göre cevaplayınız.

It is no surprise that the always 'on-work' attitude that prevails in many cultures inevitably leads to burnout, but the solution for the weary may not always be in kicking back to relax. As counter-intuitive as it sounds, people often feel less tired at school or work when they find the time to squeeze in a daily training session. Hitting the gym in the morning, for example, can maintain one's energy levels throughout the day. And here is another surprise: according to psychologists at the University of New England in Australia, higher-intensity training is effective at helping one avoid burnout, which is the state of emotional, physical and mental exhaustion caused by excessive and prolonged stress. A combination of tough cardio and strength training is a viable prescription for the chronically overworked because each kind of training confers different benefits on one's emotional well-being. In their study, lifting weights scored highly for boosting feelings of personal accomplishment, while cardio was better at reducing indicators of emotional exhaustion. Both kinds of training were found to be equally beneficial for expelling stress.

69. It is clearly stated in the passage that ----.

- A) relaxing is an effective way to reduce stress if one is mentally and physically exhausted
- B) cardio activities are more effective at reducing stress than strength training
- C) people who practice cardio with weight lifting tend to be more successful
- D) cardio and strength training are more beneficial when done as two separate workouts
- E) a mixture of exercises is better than one type alone to reap the greatest benefit

70. The underlined word 'confers' in the passage is closest in meaning to----.

- A) affects
- B) conceals
- C) provides
- D) determines
- E) advances

71. Which could be inferred from the passage?

- A) To discuss how excessive and prolonged stress affects one's emotional well-being
- B) To introduce the higher-intensity training as a way to cope with burnout
- C) To draw attention to the always 'on-work' attitude that prevails in many cultures
- D) To explain why people experience burnout in excess levels
- E) To compare the research by psychologists at the University of New England with previous studies on burnout.

72.-74. Soruları aşağıdaki parçaya göre cevaplayınız.

The reason why cancers have been very difficult to treat is because once a cancer cell has formed, it often moves, unlike a normal cell. This process, called metastasis, means that surgery often cannot remove all the cancerous cells. If the cancer is detected early, it may be possible to excise the cancerous area - a process known in ancient and medieval times. This has always been possible if the cancer occurs in areas that can be excised, such as the breast or a limb. Nowadays, some 65 percent of cancers are treated with it, although this is sometimes not the sole method of treatment. For cancer in inner organs, surgery has been made possible by developments such as keyhole surgery and the use of the flexible fiberoptic endoscope, which has made it easier to spot the location of cancers. However, if the cancer is not detected early enough, surgery becomes more difficult, and if the cancer is well developed and has spread, surgery is ineffective. Treatment using radiation therapy, essentially radiation using high-energy particles or waves, may destroy cells that are too small to be seen and removed. Chemotherapy is also used, with powerful anticancer drugs entering the bloodstream with the aim of reaching places that cannot be reached by surgery or radiation therapy, or when the latter may prove fatal to a patient for other health reasons.

72. According to the passage reason why surgery for cancer treatment may fail is due to ----.

- A) the constant movement of the cancerous cells that makes removal process almost impossible
- B) the complex structure of the cancerous cells which has not been fully understood yet by the majority
- C) the fact that some doctors may take the early symptoms of cancer for granted, leaving the patient with only a few options
- D) the lack of flexible fiberoptic endoscopes that make it easier to spot the location of the cancer
- E) the number of cells that are detected as cancerous, which ensures the chemotherapy as the only option

73. It is clear in the passage that surgery ----.

- A) is used to treat more than half of the known cancer types
- B) is the only efficient way to remove the affected area from a limb
- C) can only be conducted after the patient has completed radiation therapy or chemotherapy
- D) can be highly effective in some cancer types even if they are detected at a later stage
- E) should be taken into account soon after chemotherapy sessions

74. It is understood from the passage that radiation therapy ----.

- A) may be deadly for some patients because of other health issues they have
- B) is dramatically less effective than using powerful anticancer drugs
- C) is not as harmful as chemotherapy, which is the final step of cancer treatment today
- D) has been efficiently used for some 65 percent of cancers
- E) was predicted years ago although it has begun to be widely used only recently.

75.-77. Soruları aşağıdaki parçaya göre cevaplayınız.

There are many simple ways to be nicer to people, and we like to believe that all that kindness and consideration will be appreciated. However, being nice may not do us any favours down the line. According to a study published in a scientific journal, people who are nice - defined as sensitive to unfairness or inequity - are more likely to show symptoms of depression than people who tend to be selfish and egocentric. Researchers looked at whether the pattern of thinking that is considered 'pro-social' (meaning self-sacrificing and willing to promote equity) was linked with longer term clinical symptoms of depression. They started by giving nearly 350 people a personality test to determine whether they were more 'pro-social' or 'individualistic' (selfish and primarily concerned with maximising their own resources). Then, they measured people's desire to share financial resources with those less fortunate. Lastly, they used MRI to see which areas of the brain were activated during specific situations. What they found was that the brain images were quite different between the two types of people, and that nicer people are more vulnerable to depression because they experience extreme empathy, guilt and stress.

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

- A) in MRI scans, the same areas of the brain were activated in pro-social and individualistic people
- B) individualistic people become sensitive to unfairness when they suffer from depression
- C) selfish people are more open to depression because they feel alone and stressed out
- D) nicer people are more likely to suffer from depression than egocentric ones
- E) pro-social people are better at coping with depression than individualistic ones

76. It can be understood from the passage that ----.

- A) selfish people feel guilty as a result of their misbehaviour
- B) egotism is very common in people who are sensitive to inequity
- C) people who are highly concerned with their profits feel more stressed out
- D) humans are likely to have concerns about expanding their resources
- E) extreme empathy, guilt and stress may lead to depression

77. Which could be the best title for this passage?

- A) Daily Sources of Stress in Selfish People
- B) Who Are More Prone to Depression?
- C) The Advantages of Being Pro-social
- D) Can Depression Change Egocentric People?
- E) Patterns of Thinking Shown by MRI Results

78.-80. Soruları aşağıdaki parçaya göre cevaplayınız.

Tea drinkers have been urged to avoid plastic teabags after tests found they release billions of particles of microplastic. A team in Canada has found that steeping a plastic teabag at a brewing temperature of 95°C releases around 11.6 billion microplastics - tiny bits of plastic between 100 nanometres and 5 millimetres in size. That is several orders of magnitude higher than the number found in other foods and drinks, such as bottled water. Nathalie Tufenkji at McGill University and her team bought four different teabags from shops and cafes in Montreal, cut them open and washed them, steeped them in 95°C water and analysed the water with electron microscopes and spectroscopy. A control of uncut teabags was used to prove that it was not the cutting that was causing the leaching of microplastics. While tiny bits of plastic are also increasingly found in drinking water, the World Health Organization says there is no evidence that this is a health risk for people. To test the possible effect of the particles released by plastic teabags, Tufenkji and her team exposed water fleas to the water from the washed bags. "The particles did not kill the water fleas, but did cause significant behavioural effects and developmental malformations," she says. However, she says that more research into teabags is needed to understand possible health impacts in humans.

78. According to the passage Tufenkji and her team have found that ----.

- A) the number of the microplastics released by plastic teabags is similar to the ones found in other foods and drinks
- B) the cutting of teabags is responsible for the seeping of microplastics into the water
- C) plastic teabags discharge too many microplastic particles even in drinking water at any temperature
- D) tea drinkers in Montreal have already been aware of the risks posed by plastic teabags
- E) plastic teabags release billions of microplastics when steeped in hot water

79. It is pointed out in the passage that the World Health Organization ----.

- A) points to the lack of evidence on whether plastic particles in drinking water poses a risk to human health
- B) proposes that plastic teabags are safe to use unless they are cut open
- C) warns people not to use plastic teabags if they want to avoid health risks posed by microplastics
- D) suggests that research on water fleas can help identify the health risks of plastic teabags for humans
- E) states that people can experience developmental malformations if they are highly exposed to microplastics released by plastic teabags

80. It can be inferred from the passage that----.

- A) the World Health Organization has focused more on the issue of microplastics in drinking water following the study by Tufenkji
- B) the consumption, of drinking water led to behavioural changes in fleas
- C) the exact damage of plastic teabags on human health is still unknown
- D) Tufenkji's team have decided to conduct further research on other foods and drinks in addition to plastic teabags
- E) plastic particles will only cause slight behavioural changes if consumed by humans

26 MART 2023 YÖKDİL SAĞLIK BİLİMLERİ SINAVI

| 26 Mart 2023 YÖKDİL Sağlık Cevap Anahtarı | | | | | | | | | |
|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1. C | 2. C | 3. D | 4. D | 5. E | 6. A | 7. D | 8. B | 9. B | 10. A |
| 11. A | 12. B | 13. B | 14. B | 15. C | 16. A | 17. B | 18. B | 19. C | 20. B |
| 21. A | 22. E | 23. C | 24. A | 25. D | 26. B | 27. E | 28. D | 29. E | 30. C |
| 31. A | 32. A | 33. B | 34. D | 35. D | 36. C | 37. B | 38. C | 39. A | 40. E |
| 41. A | 42. A | 43. B | 44. D | 45. A | 46. B | 47. D | 48. B | 49. E | 50. A |
| 51. B | 52. E | 53. A | 54. B | 55. A | 56. B | 57. D | 58. C | 59. C | 60. D |
| 61. A | 62. B | 63. C | 64. D | 65. C | 66. A | 67. B | 68. B | 69. E | 70. C |
| 71. B | 72. A | 73. A | 74. A | 75. D | 76. E | 77. B | 78. E | 79. A | 80. C |