

2024 Şubat YÖKDİL

Sağlık Bilimleri

1

Medical professionals accept the duties of relieving pain and not inflicting unnecessary conscious pain as serious professional ----.

- A) obligations
- B) alterations
- C) observations
- D) recoveries
- E) measurements

2

Because arrowroot has not been studied extensively in people or animals, its effectiveness is based mainly on its ---- as a folk remedy.

- A) contradiction
- B) reputation
- C) separation
- D) adequacy
- E) diversity

3

Water is ---- because it forms a major constituent of every tissue and every cell and is the medium for nearly all functions and chemical transformations.

- A) indispensable
- B) ceaseless
- C) deterrent
- D) disposable
- E) bizarre

4

Organised into a number of structural and functional divisions, the nervous system operates so ---- that most of the time its myriad activities take place virtually unnoticed.

- A) accidentally
- B) artificially
- C) smoothly
- D) promisingly
- E) deliberately

5

According to a 2011 study by researchers at the University of Illinois, short breaks from a task can ---- our ability to focus on that task and make us more productive.

- A) surpass
- B) boost
- C) appreciate
- D) recognise
- E) assess

6

The basis for increased consumption of precooked foods ---- the changing attitude towards meals and meal preparation.

- A) makes out
- B) takes on
- C) lies in
- D) goes through
- E) brings about

7

Researchers ---- the possibility that certain chemicals or other toxins in the environment ---- a role in causing or triggering Alzheimer's disease.

- A) are studying / must have
- B) have been studying / may have
- C) will have studied / could have
- D) were studying / will have
- E) study / should have

8

While dentistry ---- a quiet revolution with the emergence of holistic dentists, their complementary methods ---- under criticism.

- A) has been undergoing / remain
- B) undergoes / would remain
- C) is undergoing / had remained
- D) had undergone / would have remained
- E) was undergoing / have remained

9

Although no specific treatment has been identified ---- chronic fatigue syndrome, there have been anecdotal reports of success ---- small numbers of patients using a range of treatments such as antidepressants.

- A) for / with
- B) at / in
- C) through / off
- D) around / from
- E) on / among

10

Early data suggests that bone marrow transplant is most effective when performed ---- an early stage of the disease when abnormalities are first seen ---- MRI.

- A) at / through
- B) on / behind
- C) about / over
- D) from / to
- E) under / from

11

In literature, there is very little data --- the differences of the occurrence of acromegaly --- various ethnic and racial lines.

- A) on / among
- B) in / beyond
- C) to / from
- D) at / over
- E) by / through

12

Unlike traditional vaccines, cancer vaccines do not prevent cancer; ---, they are designed to treat people who already have the disease.

- A) instead
- B) otherwise
- C) for instance
- D) additionally
- E) as a result

13

--- any stage of the digestive process is kept from doing its job properly, the food cannot proceed to complete digestion.

- A) Until
- B) So that
- C) Although
- D) Whenever
- E) Since

14

Depression is notoriously difficult to diagnose because its symptoms are not readily apparent to the medical professional ---- the patient first recognises and admits them.

- A) unless
- B) as if
- C) whether
- D) once
- E) in case

15

In cognitive behaviour therapy, you learn to replace negative thoughts and reactions with more positive ones --- you view and cope with life's events in a more effective manner.

- A) whether
- B) now that
- C) so that
- D) whereas
- E) since

16

Seasonal affective disorder is a form of depression that typically occurs during the winter months and goes away during the spring and summer, and sufferers are treated with light therapy ---- enough daylight is available.

- A) so that
- B) while
- C) whether
- D) until
- E) since

17

Reward Deficiency Syndrome is related to a number of mental health disorders ---- standing alone as a separate and distinct mental illness.

- A) rather than
- B) along with
- C) in terms of
- D) with regard to
- E) due to

18

--- all the unpleasant aspects of a paranoid lifestyle, it is still not sufficient to drive many people with paranoid personality disorder to seek therapy.

- A) Similar to
- B) In terms of
- C) Unlike
- D) Regardless of
- E) Despite

19

Biological therapy is sometimes used to treat cervical cancer, --- alone --- in combination with chemotherapy.

- A) either / or
- B) neither / nor
- C) so / that
- D) the more / the more
- E) such / that

20

Secretory *IgA* is the major antibody released by mucosal surfaces such as the mouth and the intestinal tract, --- it binds --- potentially dangerous microorganisms and prevents their sticking to tissue and initiating infections.

- A) whom
- B) that
- C) where
- D) what
- E) which

Early cultures and medical systems had their unique variations on preventing illness and infection. There is some evidence of guidelines (21)—— sanitation and public health practices in ancient Macedonia, and the ruins of ancient Rome's intricate aqueducts and sewage canals that remain today. (22)——, for the most part the premise of public health is relatively modern, emerging after a flurry of scientific discoveries in the 19th century that revealed the pathogenesis of infection and disease. Key to these discoveries were the observations of physicians like Ignaz Philipp Semmelweis, who was the first to make the connection that doctors (23)—— the infection of childbirth fever from one patient to another through blood on their hands and clothing. Also, the experiments of scientists (24)—— Joseph Lister, Louis Pasteur, and Robert Koch, and their discoveries proved the existence of microbes and the value of antiseptics in fighting infection. Their work further (25)—— to the development of antibiotics and vaccines.

21

- A) along
- B) among
- C) through
- D) from
- E) for

22

- A) But
- B) Thus
- C) Accordingly
- D) Meanwhile
- E) Consequently

23

- A) estimated
- B) obstructed
- C) carried
- D) contacted
- E) infiltrated

24

- A) thanks to
- B) according to
- C) as to
- D) such as
- E) prior to

25

- A) had led
- B) would lead
- C) is leading
- D) led
- E) leads

Individuals with cerebral palsy (CP) may have varying difficulties with movement, muscle tone, and posture. (26)--- the disease is a result of injury to the brain, mental retardation often occurs. This has significant impacts (27)--- a child's ability to function in daily life and to learn in the academic environment. For example, pupils with CP may face many challenges in school (28)--- language and articulation difficulties resulting from limited muscle movement around the mouth and throat. Impairments in muscle movement, posture, and balance (29)--- the use of assistive devices such as wheelchairs, scooters, or braces. Communication devices such as communication boards and computerised talkers can help children with CP to 'talk' with others in the hopes of gaining the social, emotional, and academic benefits that often (30)--- communication.

26

- A) Although
- B) Because
- C) In case
- D) As if
- E) Unless

27

- A) to
- B) over
- C) on
- D) via
- E) at

28

- A) except for
- B) prior to
- C) irrespective of
- D) despite
- E) due to

29

- A) would have required
- B) have to require
- C) must have required
- D) was able to require
- E) may require

30

- A) compromise
- B) disturb
- C) accompany
- D) allocate
- E) convey

31

---; therefore, most bones are linked at moveable joints to make the skeletal system flexible.

- A) Bones act as anchor points for muscles and are pulled by them to produce body movements
- B) Bones provide support for the soft organs of the body against gravity while large bones of the lower limbs hold up the body
- C) The skeleton as a whole is bilaterally symmetrical, that is, left and right are mirror images
- D) Bones serve as storage reservoirs for certain minerals whose deposit and withdrawal is mainly controlled by hormones
- E) After birth, bones continue to lengthen at growth areas between the shaft and each end

32

If infants are fed an unbalanced diet of starchy foods that are low in essential proteins, ---.

- A) surplus protein drains calcium from the body, perhaps actively contributing to osteoporosis
- B) their mental development and functioning may be severely altered following major protein deficiency
- C) the immune system of infants shields them from infections
- D) altering the unique three-dimensional structure of a protein usually causes a loss in biological function
- E) infants' digestive system gradually develops to digest dairy products

33

Even though pain can be a potent symptom, pointing to a significant injury or disease process within the body, ---.

- A) patients should consult their doctors when they cannot endure chronic pain
- B) recurrent pain after a surgical operation can be alleviated with drug therapy
- C) it can also be explained as a sensory survival mechanism
- D) the symptoms of some internal diseases usually include chest pain
- E) it is an unpleasant feeling associated with many health conditions

34

--- as it is during this time infants construct all the cognitive substructures that will serve to their later intellectual development.

- A) Babies born at twenty-eight weeks can survive, although often with chronic health problems
- B) Each period of a child's development only partially explains the periods that will follow
- C) Cognitive development involves such processes as remembering, problem-solving and decision-making
- D) Mental development during the first eighteen months of life is particularly important
- E) Every child goes through the same developmental stages, but when they enter a new stage may vary

35

While much importance has been put on chemicals and environmental pollutants as carcinogens (agents that cause cancer), ----.

- A) it actually turns out that the predominant factors in determining cancer are associated with lifestyle
- B) the knowledge gained in cancer biology over the past 20 years has allowed for the discovery of new drugs to treat cancer
- C) it is estimated that with dietary improvements there could be a 50% reduction in colon and rectal cancers
- D) pomegranate juice, which is rich in tannins, has recently been studied as a potential cancer prevention agent
- E) one out of every three people in the US falls victim to cancer at some point in their lives

36

Although the causes of addiction remain the subject of ongoing debate and research, ----.

- A) the cost of addiction to society is immense in terms of loss of productivity
- B) many experts agree that addiction is a condition caused by persistent changes in brain structure and function
- C) addiction is a progressive syndrome, which means that it increases in severity over time unless it is treated
- D) the treatment of severe pain in terminally ill patients requires drugs that can lead to addiction
- E) individual or group psychotherapy is often helpful only after substance use has been significantly reduced

37

----, a general accurate definition, encompassing all possible causes and mechanisms of the disease, is still not available.

- A) Given that asthma is generally caused by inhaling an allergen that sets off the chain of biochemical and tissue changes
- B) Because the muscle tissue in the walls of bronchi go into spasm in an asthma attack and the cells lining the airways swell
- C) Although an attack of asthma may easily be described since it involves acutely occurring shortness of breath and wheezing
- D) While the changes in the lungs of asthmatic persons make the airways hyper-reactive to many different types of stimuli
- E) Since asthmatic children often need medication at school to control acute symptoms or to prevent exercise-induced attacks

38

Older individuals have lower rates of depression than younger adults ----.

- A) given that the most prevalent mental health disorder among older individuals is dementia
- B) if they have a gradual loss of cognitive function and become less capable of performing some daily tasks
- C) because common risk factors for depression in old age are social isolation, loneliness, and disability
- D) although the ideal treatment for them may require an interdisciplinary approach and include psychotherapy
- E) as they have lived through challenging events and thus they have greater resilience

39

Many insurance policies cover neuromuscular physical therapy treatments ----.

- A) when treatment costs vary depending upon a number of patient-related factors
- B) provided that a physician's referral is obtained prior to the start of treatment
- C) so that the prognosis of the condition being treated is known by the physician
- D) given that diagnostic tests often fail to help a physician identify the severity of the condition
- E) although the length of the treatment can be decided upon by a committee of physicians

40

Extremes of movement, such as rapid swinging or spinning, can temporarily disrupt the vestibular system in the ear, causing dizziness and nausea ----.

- A) as more serious dysfunctions and disorders of the vestibular system can result in complete loss of balance
- B) while some people experience the symptoms even with a light movement, such as riding in a car, boat, or airplane, known as motion sickness
- C) even if sudden movements cause shifts in pressure of the fluid in the ear, which focuses and aligns the sound waves into patterns
- D) although the inner ear is responsible for managing the body's balance and motion in relation to gravity
- E) so that the brain instantaneously receives messages from sensory nerve cells responding with neuromuscular signals

41

Some immunisations may cause mild side effects, or more rarely, serious adverse reactions; ----.

- A) otherwise, an immunisation schedule should be followed to protect children against disease and infection
- B) instead, there are serious chronic diseases that are frequently diagnosed in childhood and cannot be vaccinated against
- C) however, the benefits of immunisation greatly outweigh the incidence of health problems arising from them
- D) therefore, children having difficulty in areas of cognitive development may be suffering from mental illness
- E) on the contrary, children's health problems may be triggered by genetic or environmental factors

42

Because of a decrease in the sense of taste, older people usually increase their intake of salt, which can play a part in high blood pressure.

- A) Tat alma duyusundaki azalmayla beraber yaşlı insanların tuz tüketimi genellikle artar ve bu yüksek tansiyonda rol oynayabilir.
- B) Yaşlı insanlar genellikle tat alma duyuları azaldığı için tuz tüketimini artırır ki bu yüksek tansiyonda rol oynayabilir.
- C) Yaşlı insanların tuz tüketimlerini genellikle artırmalarının nedeni tat alma duyularının azalmasıdır ve bu yüksek tansiyonda rol oynayabilir.
- D) Tat alma duyularındaki azalma nedeniyle yaşlı insanların tükettiği tuz miktarı genellikle artar ki bu yüksek tansiyonda rol oynayabilir.
- E) Tat alma duyusundaki azalma nedeniyle yaşlı insanlar genellikle tuz tüketimini artırır ki bu yüksek tansiyonda rol oynayabilir.

43

While Western medicine describes health as mainly physical processes composed of chemical reactions, the Chinese use concepts like yin and yang to describe health and the body.

- A) Batı tıbbi, sağlığı çoğunlukla kimyasal tepkimelerden oluşan fiziksel süreçler olarak tanımlarken, Çinliler sağlık ve bedeni tanımlamak için yin ve yang gibi kavramları kullanırlar.
- B) Çinliler yin ve yang gibi kavramları sağlık ve bedeni tanımlamada kullanırlar, ancak Batı tıbbi, sağlıkla ilgili kimyasal tepkimeleri çoğunlukla fiziksel süreçler olarak tanımlar.
- C) Batı tıbbi, sağlığı çoğunlukla kimyasal tepkimelerden oluşan fiziksel süreçler olarak tanımlasa da Çinliler sağlık ve bedeni, yin ve yang gibi kavramları kullanarak tanımlarlar.
- D) Batı tıbbi, sağlığı çoğunlukla kimyasal tepkimelerden oluşan fiziksel süreçler olarak tanımlar, ancak Çinliler hem sağlığı hem de bedeni tanımlamak için yin ve yang gibi kavramları kullanırlar.
- E) Sağlık, Batı tıbbi tarafından çoğunlukla kimyasal tepkimelerden oluşan fiziksel süreçler olarak tanımlanırken, Çinliler sağlık ve bedeni tanımlamak için yin ve yang gibi kavramları kullanırlar.

44

Because there is no specific biological marker to diagnose chronic fatigue syndrome, doctors must rely on the patient's history and severity of symptoms to make a diagnosis.

- A) Kronik yorgunluk sendromunun teşhisi için belirli bir biyolojik göstergenin olmaması, doktorları tanı koymak için hastanın öyküsüne ve belirtilerin şiddetine güvenmek zorunda bırakır.
- B) Kronik yorgunluk sendromunu teşhis etmek için belirli bir biyolojik gösterge olmadığından doktorlar tanı koymak için hastanın öyküsüne ve belirtilerin şiddetine güvenmek zorundadır.
- C) Doktorların kronik yorgunluk sendromunu teşhis etmek için hastanın öyküsüne ve belirtilerin şiddetine güvenmek zorunda olmasının sebebi, tanı koymak için belirli bir biyolojik göstergenin bulunmamasıdır.
- D) Kronik yorgunluk sendromunu teşhis etmek için kullanılacak belirli bir biyolojik gösterge yoktur, bu nedenle doktorlar tanı koymak için hastanın öyküsüne ve belirtilerin şiddetine güvenmek zorundadır.
- E) Doktorlar, kronik yorgunluk sendromu tanısı koyarken hastanın öyküsüne ve belirtilerin şiddetine güvenmek zorundadır çünkü teşhis için belirli bir biyolojik gösterge yoktur.

45

Malnutrition affects about 600 to 800 million people in the world, most of whom live in Africa and Asia, where food shortages occur more frequently and the food supply is tenuous.

- A) Yetersiz beslenme, dünyada çoğunluğu Afrika ve Asya'da yaşayan yaklaşık 600 ila 800 milyon arası insanı, yiyecek kıtlığının daha sık meydana geldiği ve gıda arzının yetersiz olduğu yerlerde yaşadıklarından etkilemektedir.
- B) Dünyada yiyecek kıtlığının daha sık meydana geldiği ve gıda arzının yetersiz olduğu Afrika ve Asya'da yaşayan yaklaşık 600 ila 800 milyon arası insan çoğunlukla yetersiz beslenmeden etkilenmektedir.
- C) Yetersiz beslenme, dünyada çoğunluğu yiyecek kıtlığının daha sık meydana geldiği ve gıda arzının yetersiz olduğu Afrika ve Asya'da yaşayan yaklaşık 600 ila 800 milyon arası insanı etkilemektedir.
- D) Dünyada çoğunluğu yiyecek kıtlığının daha sık meydana geldiği ve gıda arzının yetersiz olduğu Afrika ve Asya'da yaşayan yaklaşık 600 ila 800 milyon arası insan, yetersiz beslenmeden etkilenmektedir.
- E) Yetersiz beslenme, dünyada yiyecek kıtlığının daha sık meydana geldiği ve gıda arzının yetersiz olduğu Afrika ve Asya'da yaşayan yaklaşık 600 ila 800 milyon arası insanın çoğunluğunu etkiler.

46

Although the effectiveness of complementary therapies such as acupuncture in alleviating cancer pain has not been clinically proven, many cancer patients find it safe and beneficial.

- A) Akupunktur gibi tamamlayıcı tedavilerin kanser ağrıları üzerinde hafifletici bir etkisi olduğu klinik olarak kanıtlanmamıştır ancak pek çok kanser hastası bunu güvenilir ve faydalı bulmaktadır.
- B) Kanser ağrılarını hafifletmede akupunktur gibi tamamlayıcı tedavilerin etkisi klinik olarak kanıtlanmamış olsa da pek çok kanser hastası bunu güvenilir ve faydalı bulmaktadır.
- C) Pek çok kanser hastası güvenilir ve faydalı bulsa bile akupunktur gibi tamamlayıcı tedavilerin kanser ağrılarını hafifletmedeki etkisi klinik olarak kanıtlanmamıştır.
- D) Kanser ağrılarını hafifletmede akupunktur gibi tamamlayıcı tedavilerin etkisi klinik olarak kanıtlanmamış olmasına rağmen bu tedaviler pek çok kanser hastası tarafından güvenilir ve faydalı bulunmaktadır.
- E) Akupunktur gibi tamamlayıcı tedaviler, kanser ağrılarını hafifletmede etkili olsa da bu klinik olarak kanıtlanmamıştır ama pek çok kanser hastası bunu güvenilir ve faydalı bulmaktadır.

47

As the advances in medicine have increased with important discoveries and effective treatments, many health problems that were considered serious few years ago can now be handled with ease.

- A) Önemli keşifler ve etkili tedavilerle birlikte tıp alanındaki gelişmelerin artmasıyla, birkaç yıl önce ciddi olarak nitelendirilen pek çok sağlık sorunuyla günümüzde kolaylıkla başa çıkılabilmektedir.
- B) Birkaç yıl önce ciddi olduğu düşünülen pek çok sağlık sorununun günümüzde kolaylıkla çözülebilmesinin sebebi, önemli keşifler ve etkili tedavilerle birlikte tıp alanındaki gelişmelerin artmasıdır.
- C) Önemli keşifler ve etkili tedavilerle birlikte tıp alanındaki gelişmeler arttıkça birkaç yıl önce ciddi olduğu düşünülen pek çok sağlık sorunuyla günümüzde kolaylıkla başa çıkılabilmektedir.
- D) Önemli keşifler ve etkili tedavilerle birlikte tıp alanındaki gelişmeler arttığından, birkaç yıl önce ciddi olduğu düşünülen pek çok sağlık sorunuyla günümüzde başa çıkılabilmesi kolaylaşmıştır.
- E) Tıp alanındaki gelişmeler ile önemli keşiflerin ve etkili tedavilerin artması sayesinde birkaç yıl önce ciddi olduğu düşünülen pek çok sağlık sorunu günümüzde kolaylıkla çözülebilmektedir.

48

Diş sağlığı sorunları, ağızda azalan tükürük ve diyabet gibi birçok nedenden ötürü artan yaşla birlikte daha yaygın hale gelir.

- A) With increasing age, dental health problems become more common due to varied reasons including diminished saliva along with diabetes.
- B) Numerous reasons such as diminished saliva in the mouth and diabetes cause dental health problems to become more prevalent with increasing age.
- C) Dental health problems become more prevalent with increasing age, for numerous reasons, such as diminished saliva in the mouth and diabetes.
- D) Dental health problems based on increasing age tend to become more prevalent for some reasons such as diminished saliva in the mouth and diabetes.
- E) Dental health problems, which increase with age, stem from reasons such as diminished saliva in the mouth and diabetes.

49

Kronik kabızlığı olan insanların mikrobiyomunu inceleyen ve kişiselleştirilmiş diyetler öneren bir yapay zekâ programı, hastalığın belirtilerini mevcut tedavilerden daha etkili bir şekilde hafifletebilir.

- A) People with chronic constipation are recommended personalised diets by an artificial intelligence programme, which analyses their microbiome and can relieve the symptoms of the condition more effectively than existing treatments.
- B) An artificial intelligence programme that analyses the microbiome of people with chronic constipation and recommends personalised diets may relieve the symptoms of the condition more effectively than existing treatments.
- C) An artificial intelligence programme analyses the microbiome of people with chronic constipation and recommends personalised diets; thus, it may relieve the symptoms of the condition more effectively than existing treatments.
- D) An artificial intelligence programme can relieve the symptoms of chronic constipation more effectively than existing treatments because it analyses the microbiome of people suffering from the condition and recommends personalised diets.
- E) The microbiome of people with chronic constipation is analysed by an artificial intelligence programme, which recommends personalised diets to relieve the symptoms of the condition more effectively than existing microbiome treatments.

50

Kalp krizinin en yaygın sebebi, genellikle kanın kalbe akışını engelleyen kan pıhtısından dolayı koroner atardamarın tıkanmasıdır.

- A) The most common cause of heart attack is a blockage of the coronary arteries, usually due to a blood clot, that disrupts the flow of blood to the heart.
- B) The most common heart attacks are usually caused by a blockage of the coronary arteries and a blood clot that disrupts the flow of blood to the heart.
- C) A blockage of the coronary arteries, usually with a blood clot, that may disrupt the flow of blood to the heart is one of the most common causes of heart attack.
- D) A blood clot that usually disrupts the flow of blood to the heart causes a blockage of the coronary arteries, which is considered to be the most common cause of heart attack.
- E) Heart attack usually occurs when the coronary arteries are blocked with a blood clot and that is the most common cause of disruption of the flow of blood to the heart.

51

Bazı takviye gıdalar, doktor kontrolünde olmadıkça özellikle anabolik steroidler gibi başka vücut geliştirme maddeleri ile birlikte alınmamalıdır.

- A)** Some dietary supplements should not be taken without the direction of a physician, particularly if used together with other bodybuilding substances, such as anabolic steroids.
- B)** Some dietary supplements should not be taken in conjunction with other bodybuilding substances, particularly anabolic steroids, unless under the direction of a physician.
- C)** Some dietary supplements, such as anabolic steroids, should not be taken, without other bodybuilding substances, unless specifically directed by a physician.
- D)** Some of the dietary supplements that should not be taken are particularly anabolic steroids if other bodybuilding substances are used even under the direction of a physician.
- E)** Some dietary supplements including anabolic steroids in particular should not be taken unless other bodybuilding substances are given under the direction of a physician.

52

Hücresel biyomoleküllerin yapısı ve işlevindeki yaşa bağlı değişimler, fizyolojik sonuçlar doğurur ve çeşitli hastalıkların gelişimine yönelik yatkınlığın artışına doğrudan sebep olabilir.

- A)** The age-related alterations in the structure and function of cellular biomolecules have physiological consequences and may directly lead to an increase in susceptibility to the development of a number of diseases.
- B)** Physiological consequences of the age-related alterations in the structure and function of cellular biomolecules directly increase susceptibility to the development of a number of diseases.
- C)** The direct cause of susceptibility to the development of several age-related diseases is the increasing alterations in the structure and function of cellular biomolecules and their physiological consequences.
- D)** The increased susceptibility to the development of a number of diseases is directly caused by the physiological consequences of the age-related alterations in the structure and function of cellular biomolecules.
- E)** Alterations in the structure and function of cellular biomolecules due to age have physiological consequences, which directly lead to an increase in susceptibility to the development of a number of diseases.

53

Eve veya çocuk bakılan bir ortama yeni bir oyuncak getirildiğinde boğulma tehlikesinden kaçınmak için bütün ambalaj ürünleri ivedi bir şekilde atılmalıdır.

- A)** When you buy a new toy or bring it to a child-care setting, discard all wrapping material promptly to avoid choking hazard.
- B)** When a new toy, wrapped with hazardous material, is brought into the home or a child-care setting, it should be immediately discarded to avoid choking.
- C)** Wrapping material of a new toy should be promptly discarded as soon as it is brought into the home or a child-care setting to prevent choking hazard.
- D)** When a new toy is brought into the home or a child-care setting, all wrapping material should be immediately discarded to avoid choking hazard.
- E)** When a new toy that is likely to cause choking hazard is brought into the home or a child-care setting, all wrapping material of it should be discarded immediately.

54

The symptoms and signs of arthritis and related conditions include pain, stiffness, swelling, muscle weakness, and limitation of movement of the joints. These are some of the most common health complaints among older people. Together, these symptoms and signs greatly affect the population in terms of morbidity, disability, and cost. --- With the ageing population, however, the impact of arthritis is becoming increasingly apparent. Arthritis is one of the leading causes of pain, physical disability, and health-care utilisation in Canada. By the year 2026, over 6 million Canadian adults are expected to suffer from arthritis and related conditions.

- A)** Diagnosis and management of arthritis can be particularly challenging in the elderly.
- B)** Fortunately, there are a few diagnostic tests to detect an incidence of arthritis.
- C)** Traditionally, the burden of arthritis in the population has been underestimated.
- D)** Orthopaedists usually suggest physical exercise every day in order to delay the onset of the condition.
- E)** The symptoms are considered by many older people to be a normal part of ageing.

55

Many factors may contribute to the fact that some people have higher cholesterol levels than others. A diet high in certain types of fats is one factor. Medical problems such as poorly controlled diabetes, an underactive thyroid gland, liver disease or kidney failure may cause high cholesterol levels. --- This allows cholesterol to build up in the blood. Treatment for high cholesterol levels usually begins with changes in daily habits. By losing weight, exercising more and reducing the amount of fat in the diet, many people can bring their cholesterol levels down to acceptable levels. However, some may need to use cholesterol-reducing drugs to reduce their risk of health problems.

- A) To complicate matters, not all cholesterol contributes to heart and blood vessel problems.
- B) People who are taking other certain medications may have problems if they take cholesterol-reducing drugs.
- C) And some people have inherited disorders that prevent their bodies from properly using and eliminating fats.
- D) People over 60 years of age may be unusually sensitive to the effects of some cholesterol-reducing drugs.
- E) Cholesterol plays an important role in the structure of cells and in the production of hormones.

56

Asthma displays several differences between genders. The gender differences in asthma begin in childhood in which the prevalence of asthma is higher in boys. This has been attributed to boys having smaller airways in proportion to lung volumes than girls. --- Lung growth is dysynaptic in girls and their lungs stop growing in the late teens. The lungs of boys, on the other hand, demonstrate isotropic growth and their lungs continue to grow until the age of 20. These differences may be the result of pubertal changes.

- A) Triggers of airway hyperresponsiveness include respiratory infections in both genders, occupational irritants, or specific environmental allergens.
- B) The difference in asthma prevalence between genders reverses sometime during adolescence, when the asthma rate in females actually increases.
- C) In the last decade, the death rate from asthma has increased significantly, with the increase in women being more than twice that observed in men.
- D) Two aspects of asthma unique to women are premenstrual asthma and asthma during pregnancy.
- E) Reasons for these gender differences are not entirely known but are thought to be multifactorial, including biological, social, and psychological factors.

57

Autism is a neurodevelopmental disorder marked by mild to severe delays in communication and social skills. There is a broad range of symptoms and degree of severity with autism, hence the medical name autism spectrum disorders. --- However, some children learn to cope with their unique needs while others need a lifetime of support. In addition to problems with communication and general social interactions, children with autism are often disengaged from the world around them.

- A) Signs and symptoms usually appear before age three and continue to remain present throughout life.
- B) The actual cause of autism appears to be due to the existence of abnormalities in several regions of the brain.
- C) Another possible factor involved in autism is the use of vaccines, particularly those containing thimerosal.
- D) There are a variety of specialists that can help children with learning and communication disabilities.
- E) Proper nutritional support is essential, and supplements can also be provided to assist the individual.

58

Bacteria in food are a common source of food poisoning. Most bacteria in food are harmless, but a small number cause various forms of food poisoning. Sometimes the results are very mild, resulting in only a slight upset stomach, while more serious cases result in fever, diarrhoea, and dehydration. As most foodborne poisonings go unreported, it is difficult to estimate the exact number of poisoning each year. --- Some bacteria can be present on food when it is purchased; for example, raw meat can be contaminated during slaughter, or seafood can be contaminated during harvest. Other foods such as vegetables can be contaminated during growth, harvest, processing, storing, and shipping.

- A) Food that is left at room temperature is especially vulnerable to bacteria that cause food poisoning.
- B) Cooking at high temperatures can completely destroy bacteria in red meat and poultry.
- C) Causes of food poisoning are multiple and vary from one food to the other.
- D) Keeping raw food together with cooked food can lead to foodborne bacteria as well.
- E) Certain foods like mushrooms are known to cause food poisoning more than others.

59

Reduced alertness on the job during night shift impairs performance, productivity and work quality. In addition, it increases the chances of error, safety problems, and on-the-job accidents. ---- The near meltdown that occurred in 1979 at the Three Mile Island nuclear power plant occurred at 4:00 am and involved a work crew that had just changed to the night shift. Other accidents attributed to shift work include the Exxon Valdez oil spill and the Chernobyl nuclear disaster.

- A)** Notably, shift work is associated with increased use of stimulants such as caffeine to stay awake.
- B)** In fact, a number of serious industrial accidents have been related to fatigue and sleepiness during the night shift.
- C)** Although the night shift might be a requirement, it can be very damaging to both the individual and company concerned.
- D)** Studies have shown that 75 percent of night workers feel drowsy at work and that over half admit to falling asleep on the job.
- E)** Nuclear power plant accidents are amongst the highest resulting from shift workers having less job satisfaction.

60

(I) There is no treatment that can replace the lack of melanin that causes the symptoms of albinism. **(II)** People with albinism may experience some problems because of a lack of understanding on the part of others. **(III)** Doctors can only treat, not cure, the eye problems that often come with the lack of skin colour. **(IV)** Glasses are usually needed and can be tinted to ease pain from too much sunlight. **(V)** There is no cure for involuntary eye movements (nystagmus), and treatments for focusing problems (surgery or contact lenses) are not effective in all cases.

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

61

(I) Human beings, like other organisms, show enormous variation in their appearance: we look different, have different personalities, and behave as individuals. **(II)** The inheritance of facial characters can often be traced back over several generations of ancestors. **(III)** All of us, however, have certain features, or characters, that we share with one or both of our parents. **(IV)** These characters have been transmitted from our parents to ourselves, and they are present from birth. **(V)** The process by which characters are transmitted from parents to their offspring is called heredity.

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

62

(I) The psychoanalyst Sigmund Freud suggested that dreams provide clues about the 'unconscious mind', arguing that they give us a way to fulfil hidden desires. **(II)** Many scientists now reject this theory because his ideas were based on only a small number of people, and it is also difficult, if not impossible, to test some of his ideas. **(III)** A more popular idea is that dreaming helps us to process and deal with the emotions that we have experienced during the day. **(IV)** There are links between excessive sleep and medical problems including cardiovascular disease, obesity and diabetes. **(V)** However, it might be that dreams serve no specific function, but are simply the by-product of our brain's ceaseless activity while we sleep.

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

63

(I) Amniocentesis is a prenatal diagnostic test in which amniotic fluid is extracted via a long thin needle inserted through the maternal abdomen into the uterus and the amniotic sac. **(II)** The procedure is usually performed between the fifteenth and eighteenth week of gestation and results can be obtained nine to fourteen days later. **(III)** Some major medical centres now use a procedure called Fluorescence in Situ Hybridisation to obtain results within twenty-four hours. **(IV)** It is recommended for women over age thirty-five and those having risk factors for genetic abnormalities. **(V)** That is why, genetic screening methods cannot be applied after the baby's gender is revealed.

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

64

(I) Viruses can live for a surprisingly long time outside of the body, depending on conditions such as moisture and temperature. **(II)** They tend to live longer on water-resistant surfaces, such as stainless steel and plastics. **(III)** A cold virus can sometimes survive on indoor surfaces for several days, although its ability to cause infection drops dramatically over time. **(IV)** On the other hand, flu viruses can survive in the air for several hours, especially at lower temperatures, and on hard surfaces they can survive and remain infectious for 24 hours. **(V)** The norovirus is known for causing sickness outbreaks on cruise ships and in schools and hospitals.

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

65

(I) Generalised anxiety disorder may result from a combination of causes. **(II)** Some people are genetically pre-disposed to developing it. **(III)** When properly treated, most patients with generalised anxiety disorder experience improvement in their symptoms. **(IV)** Psychological traumas that occur during childhood, such as prolonged separation from parents, may make people more vulnerable as well. **(V)** Stressful life events can also trigger or contribute to the anxiety.

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

As refractive errors are very common in eyes, throughout history, practitioners of the eye health have tried various and sometimes hazardous methods for improving or restoring vision. The earliest documentation of corrective lenses for this purpose dates to the 16th-century China. European traders who travelled to China noted the elderly holding quartz crystal lenses to see objects close to them. Eyeglasses set in frames and worn on the face began to appear in Europe in the 17th and 18th centuries. By the late 19th century, inventors were experimenting with glass lenses placed directly on the eye. These attempts produced large, heavy, and ultimately unfeasible lenses that covered the entire surface of the eye. The contact lens finally became a reality in the 1950s with the advent of high-tech plastics that were lightweight, optically clear, and did not react with body fluids. Subsequent advances over the next 30 years brought about lenses made of surgical plastics that allow oxygen to reach the cornea, much improving comfort and safety. By the 1990s, daily wear disposable contact lenses became the standard of contact lens correction.

66

It is understood from the passage that corrective lenses ---.

- A) were brought to China in the 16th century by European traders
- B) were all made out of quartz crystal until the 1950s
- C) were not in wearable form in 16th-century China
- D) were invented by the practitioners of the eye health who had problems with vision
- E) were particularly used to see the objects far away in the 16th century

67

Which could be inferred from the passage?

- A) Eyeglasses in frames were initially produced for aesthetic purposes in Europe.
- B) Quartz crystal lenses were used both in China and Europe in the 16th century.
- C) The concerns over the safety and comfort of contact lenses arose dramatically in the 1990s.
- D) The utilisation of high-tech plastics has increased the use of contact lenses by the elderly.
- E) The change in the material of lenses has opened a new era for them in their practicality.

68

What is the passage mainly about?

- A) The way in which corrective lenses evolved over time
- B) How and when corrective lenses began to appear
- C) The properties of healthy and comfortable contact lenses
- D) The negative effects of using corrective lenses
- E) How the surgical plastics changed the future of corrective lenses

Medium chain triglycerides, MCTs, are a type of saturated fatty acid which are linked to so many great health and wellbeing benefits, from boosting brain performance to activating metabolism to burning fat. Beyond the physical, MCTs have also been shown to improve energy levels and boost mood. Most dietary fats are long-chain fatty acids which have to go through a lengthy process to be digested, absorbed and metabolised. Due to their smaller size, however, MCTs travel directly to the liver, bypassing adipose tissues for quicker absorption and utilisation, since there is less work for the body to do. This means that the body can use these fats efficiently as a fuel rather than storing them. MCTs are oxidised by the liver to be used as an energy source and therefore they act more like glucose than fats in terms of benefits. Luckily, MCTs are found naturally in many foods including butter, milk and cheese but they are found most abundantly in coconut oil. So far today, MCTs have never been labelled as unhealthy or dangerous for human health, hopefully in future it will not prove to be so, too.

69

Which of the following is true about MCTs?

- A) They bring about physical and psychological improvements.
- B) They are best known for improving energy levels in the body.
- C) People need to take them in its supplementary form on a regular basis.
- D) People with MCT-rich diet should limit the consumption of other types of fat.
- E) Because of their fatty nature, they lower body's metabolic rate.

70

According to the passage, unlike some other fats, MCTs ----.

- A) require less effort to be digested
- B) are first transported to the adipose tissues
- C) initiate the oxidation of food stuffs
- D) can be both in fat and glucose form
- E) can create adverse effects in excessive amounts

71

What does the passage mainly focus on?

- A) The absorption process of MCTs in the body
- B) An assessment of the efficiency of MCTs
- C) The optimal level of MCT consumption
- D) Introduction to MCTs and their benefits
- E) The future of MCTs and their place in the diet

Human malaria is caused by different species of a parasite belonging to genus *plasmodium*. Many animals can get malaria, but human malaria does not spread to animals. In turn, animal malaria does not spread to humans. A person gets malaria when bitten by a female mosquito seeking a blood meal that is infected with the malaria parasite. The parasites enter the blood stream and travel to the liver, where they multiply. When they re-emerge into the blood, symptoms appear. The parasites reproduce very rapidly, clogging blood vessels and rupturing blood cells, without providing the patient with early indications. Malaria cannot be casually transmitted directly from one person to another. Instead, a mosquito bites an infected person and then passes the infection on to the next human it bites. It is also possible to spread malaria via contaminated needles or in blood transfusions. This is why all blood donors are carefully screened with questionnaires for possible exposure to malaria. It is possible to contract malaria in non-endemic areas, although such cases are rare. Nevertheless, at least 89 cases of so-called airport malaria, in which travellers contract malaria while passing through crowded airport terminals, have been identified since 1969.

72

The author clearly states that malaria ----.

- A) is hardly transmitted among animals, yet it can pass from one human to another
- B) is easy to contract in crowded areas due to lack of social distance
- C) does not pose a threat to humans during blood transfusions
- D) occurs when parasites are passed on to the human body by specific agents
- E) is only infectious in endemic areas where certain mosquitos are amply found

73

Which of the following can be inferred from the passage about malaria?

- A) Physicians can diagnose malaria upon the examination of the liver in the human body.
- B) Symptoms of malaria are not apparent until the infection spreads throughout the body in the bloodstream.
- C) Transmission of malaria among people is impossible without mosquitos carrying infected blood.
- D) Malaria is rather dangerous as countless cases of this disease have been seen among people travelling by air.
- E) One of the most common sources of infection in malaria is infected medical equipment.

74

What can be the best title for this passage?

- A) How to Avoid Malaria
- B) Malaria: Prevention and Cure
- C) Conventional Treatments for Malaria
- D) Malaria: Causes and Symptoms
- E) Diagnosis of a Deadly Disease

Concussion is a trauma-induced change in mental status, with confusion and amnesia, and with or without loss of consciousness. A concussion occurs when the head hits or is hit by an object, or when the brain is jarred against the skull, with sufficient force to cause temporary loss of function in the higher centres of the brain. The injured person may remain conscious or lose consciousness briefly, and is disoriented for some minutes after the blow. According to the Centres for Disease Control and Prevention, approximately 300,000 people have mild to moderate sports-related brain injuries each year, most of them young men between 16 and 25. While concussion usually resolves on its own without lasting effect, it can set the stage for a much more serious condition. 'Second impact syndrome' occurs when a person with a concussion, even a very mild one, suffers a second blow before fully recovering from the first. The brain swelling and increased intracranial pressure that can result is potentially fatal. More than 20 such cases have been reported since the syndrome was first described in 1984.

75

It is clearly stated in the passage that concussions

----.

- A)** mostly result in the loss of consciousness for an extended period of time
- B)** can be experienced due to a blow on the head causing a trauma
- C)** could be mistaken with other brain-related disorders that affect the higher centres of brain
- D)** cause irreversible damage to the brain unless immediate medical attention is provided
- E)** have been reported to happen often because of sports-related injuries

76

According to the passage, it can be said that ----.

- A)** the prevalence and effects of concussions vary across different age groups
- B)** the Centres for Disease Control and Prevention aim to alleviate damages caused by concussions
- C)** prolonged unconsciousness after concussions alters the brain's normal functioning
- D)** people develop disorientation that may be permanent following a concussion
- E)** young male adults constitute the age group that is more likely to have concussions in sports

77

Which of the following can be inferred about second impact syndrome?

- A)** The number of cases diagnosed with it far exceeds the disorders related with concussions.
- B)** Second impact syndrome is generally experienced due to sports-related brain injuries.
- C)** Blows following each other can increase the risk of second impact syndrome.
- D)** It can occur even after the symptoms of concussion have cleared.
- E)** The symptoms of it may last longer than those of concussion due to brain swelling.

The term 'aromatherapy' was first coined in 1928 by Gattefossé, a French chemist working in his family's perfumery business. He became fascinated with the therapeutic possibilities of the oils after discovering by accident that lavender was able to rapidly heal a severe burn on his hand and help prevent scarring. He also found that many of the essential oils were more effective in their totality than their synthetic substitutes or their isolated active ingredients. As early as 1904 Cuthbert Hall had shown that the antiseptic power of eucalyptus oil in its natural form was stronger than its isolated main active constituent, 'eucalyptol' or 'cineol'. Another French doctor and scientist, Dr Jean Valnet, used essential oils as part of his programme by which he was able to successfully treat specific medical and psychiatric disorders, the results of which were published in 1964 as *Aromatherapie*. The work of Valnet was studied by Madame Marguerite Maury who applied his research to her beauty therapy, in which she aimed to revitalise her clients by creating a strictly personal aromatic complex which she adapted to the subject's temperament and particular health problems. Hence, going far beyond any simple aesthetic objective, perfumed essences when correctly selected, represent many medicinal agents.

78

It is stated in the passage that Gattefossé discovered that ----.

- A) a technique renders aromatherapy more useful than conventional medicine for certain skin conditions such as burns
- B) essential oils interrelate with the human body in pharmacological, physiological and psychological levels
- C) each essential oil has an individual combination of constituents which interacts with the body's chemistry
- D) in their unresolved forms, a number of essential oils were more powerful in terms of healing power than their artificial counterparts
- E) while using essential oils, different therapeutic approaches have to be properly integrated in order to avoid adverse effects

79

Which of the following is true about Dr Jean Valnet?

- A) Although he viewed aromatherapy as an alternative treatment for psychological disorders, some others were critical about its efficacy.
- B) His work gave inspiration to the development of personalised treatments concerning particular health problems.
- C) He believed that extracting the essential oil is the most effective way in which a plant can be prepared as a remedy.
- D) He claimed that isolated active ingredients in the plants are not useful unless they are mixed with certain external oils.
- E) In *Aromatherapie*, he discusses the superiority of personal aromatic complexes compared to traditional techniques.

80

What can be concluded about aromatherapy?

- A) The treatment cannot be effective if there are no personalised remedies.
- B) Medicinal properties of certain essential oils can outweigh others.
- C) It can be preferred by those who are reluctant to use prescribed medicine.
- D) Present-day doctors view aromatherapy as a supplementary form of treatment.
- E) It has been proven to be useful for a variety of health conditions from physical to psychiatric.

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ANSWER KEY

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