

2024 Ağustos
YÖKDİL

Sağlık Bilimleri

1

Because allergies are caused by a genetic disposition combined with exposure, common allergic foods vary by geographical location and culture; populations that consume more fish, for example, have a higher ---- of fish allergies.

- A) extraction
- B) deficiency
- C) incidence
- D) relief
- E) exploitation

2

When you are sleep-deprived, your body goes into conservation mode and does not burn as many calories, and as stress disrupts sleep, you should make it a daily ---- to avoid stress.

- A) convention
- B) bargain
- C) priority
- D) attribute
- E) composition

3

The first year of life is an intense period of development, involving many complex neural and physical changes ---- to create the dynamic experience of vision.

- A) reasonable
- B) affordable
- C) essential
- D) injurious
- E) trivial

4

Autistic individuals are unable to cope with changes in routines or unexpected situations, and they may develop strict patterns of behaviour and become upset if they cannot be followed ----.

- A) inevitably
- B) reluctantly
- C) superficially
- D) precisely
- E) randomly

5

An inner ear prosthesis to ---- a degree of hearing ability for those who have profound hearing loss is known as a cochlear implant.

- A) defy
- B) determine
- C) spread
- D) facilitate
- E) apply

6

By hearing their mothers while in the womb, babies ---- the sound pattern of their native tongue.

- A) bring up
- B) pick up
- C) rule out
- D) call on
- E) take off

7

People suffering from skin disorders ---- skin traction because the application of traction ---- their condition.

- A) must not undergo / has aggravated
- B) cannot undergo / aggravated
- C) do not have to undergo / had aggravated
- D) may not undergo / has been aggravating
- E) should not undergo / will aggravate

8

A 2017 review of sodium studies ---- that most studies relied on white participants; however, few studies with Asian and black participants ---- that salt reductions have an even greater blood-pressure-lowering effect in these populations.

- A) has been finding / suggested
- B) was finding / had suggested
- C) had found / are suggesting
- D) found / suggest
- E) finds / were suggesting

9

Ginger has been used to help ---- nausea since ancient times as the chemicals in it keep food moving ---- the gut easily and at a good pace.

- A) for / against
- B) at / into
- C) with / through
- D) about / across
- E) over / towards

10

Considered to be a breakthrough --- scientific circles, a new class of drugs that mimics the hormone GLP-1 is helping people lose weight in part by changing how they think --- food.

- A) in / about
- B) from / at
- C) off / through
- D) over / to
- E) along / across

11

Beneficial bacteria, such as those found in yogurt, may optimise the functioning of the immune system, improving its ability to defend the body --- harmful bacteria and viruses while decreasing its tendency to overreact --- food allergens.

- A) for / on
- B) against / to
- C) about / at
- D) from / with
- E) into / through

12

Mothers of breastfeeding infants should report any medications they are taking --- these can pass from mother to child in breast milk.

- A) so that
- B) although
- C) since
- D) until
- E) if

13

--- chewing gum after meals will not do what professional teeth-whitening treatments do, it will help clean your mouth.

- A) Since
- B) Just as
- C) Even though
- D) When
- E) As if

14

Homeopathy relies on the principle that the same substances that cause disease can also cure it; ---, only the ultra-weakened forms of the substance are used as remedies.

- A) however
- B) instead
- C) conversely
- D) otherwise
- E) overall

15

Biochemically, sodium is a vital nutrient for the human body --- excesses of it can aggravate high blood pressure.

- A) since
- B) although
- C) provided that
- D) once
- E) as if

16

One of the important advantages of ultrasound is that it is a mechanical vibration and is therefore a non-ionising form of energy; ---, it is usable in many sensitive circumstances where X-rays might be damaging.

- A) otherwise
- B) however
- C) thus
- D) similarly
- E) even so

17

Unlike black tea, which is linked to reduced risk of heart disease thanks to its antioxidants, herbal teas are made from herbs, spices, and fruit --- the tea plant, so they offer different benefits.

- A) in terms of
- B) by means of
- C) rather than
- D) thanks to
- E) such as

18

Most modern theories of personality disorder propose that these disorders develop in response to biopsychosocial factors, although the theories differ --- the weight they ascribe to these component parts.

- A) in terms of
- B) at the expense of
- C) rather than
- D) in contrast with
- E) as well as

19

Since all stroke symptoms appear suddenly and it is not possible to determine --- it is a mini stroke --- a full stroke, medical treatment should be sought immediately.

- A) the more / the more
- B) whether / or
- C) neither / nor
- D) both / and
- E) as / as

20

Drinking unpasteurised milk puts you at 100 times greater risk of contracting bacteria like E. coli or listeria, --- can make you sick with diarrhoea, vomiting, and even kidney failure.

- A) what
- B) who
- C) when
- D) which
- E) why

The definition of adolescence is variable; differing sources include those aged as young as 10 to as old as 24 years. Adolescents (21)---- by the World Health Organization as those aged 10 to 19 years, youth 15 to 24 years, and young people 10 to 24 years. Over 1.2 billion in number, adolescents (22)---- 20% of the world's population. Although their absolute number continues to rise, their proportion of the world's population is expected to fall over the next 20 years (23)---- declining fertility rates. Over 85% of adolescents live in developing countries; in many sub-Saharan countries where the population is (24)---- the youngest in the world, the median age is between 15 and 16 years old. (25)----, the vast majority of population growth in young people is expected to take place in developing countries.

21

- A) were being defined
- B) are going to be defined
- C) would be defined
- D) had been defined
- E) are defined

22

- A) take on
- B) deal with
- C) make up
- D) put forward
- E) give away

23

- A) in spite of
- B) due to
- C) unlike
- D) on behalf of
- E) instead of

24

- A) among
- B) in
- C) under
- D) over
- E) for

25

- A) Otherwise
- B) For instance
- C) As a result
- D) Instead
- E) In contrast

A patient suspected of having cancer usually undergoes imaging and a biopsy. Samples of the tumour are excised, examined under a microscope, and analysed to (26)---- the genetic mutations responsible for the malignancy. This information helps to determine the type of cancer, how advanced it is, and how best (27)---- it. Yet, sometimes biopsies cannot be done, such as when a tumour is hard to reach. And because biopsies are invasive, they may cause infections and other complications. However, these problems might be solved (28)---- a tool known as a liquid biopsy, which finds signs of cancer in a simple blood sample. The technique typically focuses on circulating-tumour DNA, genetic material that routinely finds its way from cancer cells (29)---- the bloodstream. Repeated liquid biopsies could potentially detect disease progression or resistance to treatment long before it would trigger symptoms or appear on imaging. Tissue biopsies examine only selected bits of tumours, (30)---- they can miss cells that have become more dangerous than their neighbours. However, liquid biopsies can detect the full spectrum of mutations in a mass, indicating when more aggressive treatment is needed.

26

- A) utilise
- B) release
- C) convey
- D) pinpoint
- E) adopt

27

- A) to have treated
- B) to treat
- C) having treated
- D) treating
- E) being treated

28

- A) rather than
- B) similar to
- C) in contrast with
- D) except for
- E) thanks to

29

- A) at
- B) under
- C) into
- D) for
- E) over

30

- A) instead
- B) otherwise
- C) while
- D) so
- E) given that

31

While post surgical care is individualised, and physicians may place certain limitations on physical activity for specific patients, ----.

- A) walking as soon as the patient is able to walk is generally recommended
- B) heavy exercise can greatly impede the speed of recovery
- C) the patient should burn as few calories as possible for post-operative recovery
- D) certain risks of excessive exercise should not be underestimated
- E) dietary guidelines should be taken into consideration to regain strength

32

Although grains and cereals are excellent sources of protein, ----.

- A) the vast majority of people, even those who engage in rigorous endurance exercise, can easily meet their need for protein
- B) these proteins are the main structural elements of our skin, hair, nails, cell membranes, and muscles
- C) whole-grain foods are rich in vitamins, minerals, fibre, and other substances that optimise health
- D) proteins in the blood carry oxygen to all cells and remove carbon dioxide and other waste products
- E) they are called 'incomplete' proteins because these proteins often lack one or more essential amino acids

33

In order to bring long-term relief to the binge-eating disorder patient, ----.

- A) the identification of specific causes of binge-eating has also been difficult
- B) it is critical to address the underlying psychological causes behind binge-eating behaviours
- C) a binge-eating episode ends only when the person feels too full to continue eating
- D) in practice, the duration of a binge-eating episode may vary greatly from one event to the next
- E) binge-eating is a disorder treated under a separate diagnostic category

34

Although dialysis treatment is very effective in removing toxins and fluids from the body, ----.

- A) it is typically administered by a nurse or patient care technician in outpatient clinics known as dialysis centres
- B) there are several functions of the kidney it cannot mimic, such as the regulation of high blood pressure and red blood cell production
- C) specific treatment schedules depend on the type of dialyzer used and the patient's current physical condition
- D) access to in-home hemodialysis treatment may be provided by health care programmes initiated by governments
- E) blood pressure and temperature are taken, and the patient is assessed for physical changes since their last dialysis run

35

Because a sedentary lifestyle leads to insulin resistance for the majority of patients with diabetes, ----.

- A) patients who suffer from diabetes of any type can be treated with insulin
- B) the defining feature of diabetes is an abnormal elevation of the blood glucose level
- C) the disease causes serious consequences such as blindness in the long run
- D) it is likely that patients could overcome the relative or absolute insulin deficiency
- E) exercise is recommended to improve insulin sensitivity sufficient to make the diabetic state better

36

----; therefore, people suffering from it are advised to take a daily magnesium supplement.

- A) Migraine can be accompanied by sensitivity to light and sound, nausea, and vomiting
- B) It is unclear what causes migraine and what role magnesium intake plays in migraine attacks
- C) There are preventive strategies aiming to reduce migraine frequency including traditional remedies
- D) The amount of magnesium taken daily for migraine attacks should not be over 600 mgs
- E) Studies have shown that people with migraines have reduced magnesium levels in their blood

37

Researchers do not fully understand how hypertension develops ----.

- A) though they do know the contributing factors involved in its development
- B) in case several mechanisms within the body regulate blood pressure
- C) so blood pressure is among the vital signs to assess general health status
- D) since it poses a significant threat to cardiovascular health
- E) just as it exists when either systolic or diastolic pressure is elevated

38

Anti-ageing diets are regimes that reduce the number of calories consumed by 30-50% ----.

- A) even though this calorie restriction has been shown to increase the lifespan
- B) while they still contain the necessary amounts of nutrients which the body needs
- C) after more than 2,000 studies have been done on the increased longevity
- D) because the diet is believed to most benefit people who start in their mid-20s
- E) since guidelines on calorie reduction vary from diet to diet of up to a 50% reduction

39

Pursuing a healthy lifestyle may reduce the chance of developing dementia ----.

- A) given that this should encourage people having a family history of dementia not to be pessimistic
- B) whereas healthy living decreases the risk of dementia regardless of the genes passed on to people
- C) as though some people think they will probably develop dementia anyway because of their genetic make-up
- D) since there are restrictions concerning the genetic research based on people of European ancestry
- E) even if the inherited genes are more likely to make people prone to the condition

40

Children younger than two years of age are unable to grasp the concept of being diagnosed with a life-threatening disease; ----.

- A) as a result, the psychological impact of the diagnosis falls mainly on the child's caregivers
- B) likewise, infants and toddlers are most concerned with immediate events such as painful procedures
- C) otherwise, most parents struggle with the process of telling children that they are living with a life-threatening disease
- D) similarly, parents' concerns include the fear that the knowledge of diagnosis will traumatise the child
- E) that is, participation in support groups can help them to continue processing the information that they have been given

41

Psychological traumas refer to events that are outside the experience of everyday life, ----.

- A) but traumas in early life can lead to mood disorders and contribute to the development of personality disorders
- B) although the exact definition of a traumatic experience may vary from person to person, country to country, and century to century
- C) in case extreme trauma causes the brain to record impressions in a way that is different from ordinary formation of memories
- D) while in later life, such severe traumas experienced during war or natural disasters are likely to cause psychiatric difficulties
- E) as chronic and repetitive trauma might result in a chronic form of post-traumatic stress disorder as well

42

Although sunburn is not a serious health problem in the short term, skin cancer from overexposure to sun is a growing problem throughout the world.

- A) Güneş yanığı kısa vadede ciddi bir sağlık sorunu teşkil etmez ancak güneşe aşırı maruz kalmaktan kaynaklanan cilt kanseri sorunu dünyanın her yerinde artmaktadır.
- B) Güneş yanığı kısa vadede ciddi bir sağlık sorunu olmasa da güneşe aşırı maruz kalmaktan kaynaklanan cilt kanseri dünyanın her yerinde artan bir sorundur.
- C) Güneşe aşırı maruz kalmaktan kaynaklanan cilt kanseri, kısa vadede ciddi bir sağlık sorunu teşkil etmeyen güneş yanığının aksine dünyanın her yerinde artan bir sorundur.
- D) Güneş yanığı kısa vadede ciddi bir sağlık sorunu oluşturmasa bile güneşe aşırı maruz kalmak dünyanın her yerinde cilt kanseri ile birlikte artan bir sorundur.
- E) Güneşe aşırı maruz kalmaktan kaynaklanan cilt kanseri dünyanın her yerinde artan bir sorunken güneş yanığı kısa vadede ciddi bir sağlık sorunu oluşturmaz.

43

Although obstructive sleep apnea has probably been around for as long as there has been sleep, it has been treated as a clinical disorder and syndrome only in the last 25 years.

- A) Klinik bir rahatsızlık ve sendrom olarak sadece son 25 yıldır tedavi edilmekte olan obstrüktif uyku apnesi, muhtemelen uyku var olduğundan beri mevcuttur.
- B) Obstrüktif uyku apnesi, muhtemelen uyku var olduğundan beri mevcut olsa da sadece son 25 yıldır klinik bir rahatsızlık ve sendrom olarak tedavi edilmektedir.
- C) Muhtemelen uyku var olduğundan beri mevcut olan obstrüktif uyku apnesi, klinik bir rahatsızlık ve sendrom olarak sadece son 25 yıldır tedavi edilmektedir.
- D) Obstrüktif uyku apnesi, uyku ile birlikte var olmuştur ancak klinik bir rahatsızlık ve sendrom olarak muhtemelen sadece son 25 yıldır tedavi edilmektedir.
- E) Obstrüktif uyku apnesi, muhtemelen uyku var olduğundan beri mevcuttur fakat klinik bir rahatsızlık ve sendrom olarak tedavi edilebilmesi son 25 yılda olmuştur.

44

The impacts of worsening air quality due to climate change on respiratory conditions like asthma and allergies make these conditions harder to manage.

- A) Hava kalitesinin iklim değişikliği sebebi ile kötüleşmesinin solunum üzerindeki etkileri, astım ve alerji gibi rahatsızlıklarla başa çıkmayı daha da zorlaştırmaktadır.
- B) Hava kalitesinin kötüleşmesine sebep olan iklim değişikliğinin etkileri, astım ve alerji gibi solunum rahatsızlıklarıyla başa çıkılmasını daha da zorlaştırmaktadır.
- C) İklim değişikliği sebebiyle kötüleşen hava kalitesinin astım ve alerji gibi solunum rahatsızlıkları üzerindeki etkileri bu rahatsızlıklarla başa çıkmayı daha da zorlaştırmaktadır.
- D) Astım ve alerji gibi solunum rahatsızlıklarıyla başa çıkmak, iklim değişikliğinin neden olduğu kötüleşen hava kalitesinin etkisiyle daha da zorlaşmaktadır.
- E) Kötüleşen hava kalitesinin sebebi olan iklim değişikliğinin astım ve alerji gibi solunum rahatsızlıkları üzerindeki etkileri bu rahatsızlıklarla başa çıkılmasını daha da zorlaştırmaktadır.

45

If a patient's asthma is caused by an allergen that cannot be avoided, or if medications have not been effective in controlling symptoms, immunotherapy, also called allergy shots, may be considered as a treatment method.

- A) Bir hastanın astımının kaçınılmayan bir alerjiden kaynaklandığı ya da ilaçların belirtileri kontrol altında tutamadığı durumlarda tedavi yöntemi olarak bağışıklık terapisi, diğer adıyla alerji aşıları düşünülebilir.
- B) Astım kaçınılmayan bir alerjiden kaynaklanıyorsa ya da ilaçlar belirtileri kontrol altında tutmada etkisizse, bağışıklık terapisi denen alerji aşıları hasta için tedavi yöntemi olarak düşünülebilir.
- C) Bir hastanın astımı kaçınılmayan bir alerjiden kaynaklanıyorsa ya da belirtilerin kontrol altında tutulmasında ilaçlar etkili olmadıysa alerji aşıları da denilen bağışıklık terapisi, tedavi yöntemi olarak düşünülebilir.
- D) Astım kaçınılmayan bir alerjiden kaynaklanıyorsa ya da belirtiler ilaçlar ile kontrol altında tutulamıyorsa hasta bağışıklık terapisini, yani alerji aşılarını tedavi yöntemi olarak göz önünde bulundurabilir.
- E) Bir hastanın astımına sebep olan alerjiden kaçınılamıyorsa ya da ilaçlar belirtileri kontrol altında tutmada etkisiz kaldıysa bağışıklık terapisi denilen alerji aşıları tedavi yöntemi olarak düşünülebilir.

46

Research has revealed that stem cell transplant that has long been seen as one of the most promising new medical treatments could bring a greater risk of cancer than previously thought.

- A) Önceden düşünülen daha büyük bir kanser riski taşıdığı araştırmalarla yeni ortaya çıkarılan kök hücre nakli, uzun zamandır en çok umut vadeden tıbbi tedavilerden biri olarak görülüyordu.
- B) Araştırmalar, en çok umut vadeden yeni tıbbi tedavilerden biri olarak kök hücre naklini göstermektedir ancak daha büyük bir kanser riski doğurabileceği uzun zamandır düşünülmektedir.
- C) Uzun zamandır en çok umut vadeden yeni tıbbi tedavilerden biri olarak görülen kök hücre naklinin daha önce düşünülen daha büyük bir kanser riski doğurabileceği araştırmalar tarafından ortaya çıkarılmıştır.
- D) Kök hücre naklini uzun zamandır en çok umut vadeden yeni tıbbi tedavilerden biri olarak gören araştırmalar, daha önce düşünülen daha büyük bir kanser riski doğurabileceğini ortaya çıkarmıştır.
- E) Araştırmalar, uzun zamandır en çok umut vadeden yeni tıbbi tedavilerden biri olarak görülen kök hücre naklinin daha önce düşünülen daha büyük bir kanser riski doğurabileceğini ortaya çıkarmıştır.

47

Although there is no cure for Alzheimer's disease, a number of medical advances in recent years and the use of natural supplements can delay the progression of the disease and improve the quality of life.

- A) Son yıllarda birtakım tıbbi gelişmeler ve doğal takviyeler kullanılarak Alzheimer hastalığının ilerlemesi geciktirilebilir ve yaşam kalitesi iyileştirilebilir olsa da hastalığın tedavisi yoktur.
- B) Son yıllardaki birtakım tıbbi gelişmeler ve doğal takviyelerin kullanımı hastalığın ilerlemesini geciktirerek yaşam kalitesini iyileştirebilse bile Alzheimer hastalığının tedavisi yoktur.
- C) Herhangi bir tedavisi olmayan Alzheimer hastalığının ilerlemesi, son yıllardaki birtakım tıbbi gelişmeler ve doğal takviyelerin kullanımıyla geciktirilebilir ve yaşam kalitesi iyileştirilebilir.
- D) Alzheimer hastalığının tedavisi olmasa da son yıllardaki birtakım tıbbi gelişmeler ve doğal takviyelerin kullanımı hastalığın ilerlemesini geciktirebilir ve yaşam kalitesini iyileştirebilir.
- E) Alzheimer hastalığının tedavisi yoktur ancak son yıllardaki birtakım tıbbi gelişmeler ve doğal takviyelerle hem hastalığın ilerlemesi geciktirilebilir hem de yaşam kalitesi iyileştirilebilir.

48

Şizofrenide yaygın olan halüsinasyonlar, prefrontal korteksin, önemli bir hafıza bölgesi olan hipokampüsteki artan aktiviteyi durduramadığı hatalı bir beyin mekanizmasından kaynaklanıyor olabilir.

- A) Hallucinations common in schizophrenia may stem from a faulty brain mechanism as the prefrontal cortex, an important memory region, fails to suppress the increased activity in the hippocampus.
- B) Hallucinations common in schizophrenia may stem from a faulty brain mechanism in which the prefrontal cortex fails to suppress the increased activity in the hippocampus, an important memory region.
- C) Hallucinations common in schizophrenia may stem from a faulty brain mechanism because of the failure of the prefrontal cortex to suppress the increased activity in the hippocampus, which is an important memory region.
- D) Hallucinations common in schizophrenia, which may stem from a faulty brain mechanism, are due to the prefrontal cortex as it fails to suppress the increased activity in the hippocampus, an important memory region.
- E) Hallucinations may stem from a faulty brain mechanism that is common in schizophrenia, which causes the prefrontal cortex to fail to suppress the increased activity in the hippocampus, an important memory region.

49

Zerdeçal Hindistan ve Çin'de yıllardır kullanılmasına rağmen tedavi edici etkileri, antioksidan özelliklere sahip olan yiyeceklere ve ilaçlara yönelik ilginin artış gösterdiği son 10 yıla kadar araştırılmamıştır.

- A) Though turmeric has been used in India and China for years, there has been an increase in the research on its therapeutic effects over the past 10 years because foods and medicines that have antioxidant properties have drawn interest.
- B) While the therapeutic effects of turmeric alongside those of foods and medicines that have antioxidant properties have only been investigated in the past 10 years, it has been in use in India and China for many years.
- C) Despite turmeric having been in use in India and China for years, its curative effects were not researched until 10 years ago, but there is now an upsurge of interest in foods and medicines that have antioxidant properties.
- D) Even if India and China have used turmeric for years, its curative effects were not investigated until a decade ago when there was a major increase in the interest in foods and medicines having antioxidant properties.
- E) Although turmeric has been used in India and China for years, its therapeutic effects were not researched until a decade ago when there was an upsurge of interest in foods and medicines that have antioxidant properties.

50

Genel sağlık için önemli olsa da egzersizin skolyozun gelişimini engellediği veya yavaşlattığı kanıtlanmamıştır ancak hareket çeşitliliğini korumaya yardımcı olarak skolyozdan kaynaklanan ağrıyı hafifletebilir.

- A) While exercise, important for maintaining general health, has not been shown to prevent or slow the progression of scoliosis, it can relieve pain from scoliosis as it helps to maintain a range of motion.
- B) Whereas exercise may help to maintain a range of motion by relieving pain from scoliosis and is important for general health, it has not been shown to prevent or slow the progression of scoliosis.
- C) Although important for general health, exercise has not been shown to prevent or slow the progression of scoliosis but it may relieve pain from scoliosis by helping to maintain a range of motion.
- D) Even though exercise may help to relieve pain from scoliosis by maintaining a range of motion and is important for general health, it has not been shown to prevent or slow the progression of scoliosis.
- E) Though it is important for general health, exercise has not been shown to prevent or slow the progression of scoliosis, but it helps maintain a range of motion to relieve pain from scoliosis.

51

Araştırmacılar, 20. yüzyılın sonlarındaki ortalama insan ömründeki artışın 1900'lere kadar gerçekleşmiş olan herhangi bir artıştan daha yüksek olduğuna inanmaktadır.

- A) The increase in life expectancy that occurred in the late 20th century was believed by researchers to be higher than any increase until the 1900s.
- B) It is believed by researchers that increase in life expectancy until the 1900s is higher than any increase taking place in the late 20th century.
- C) That any increase in life expectancy during the late 20th century was higher than the ones taking place until the 1900s is believed by researchers.
- D) Researchers believe that the increase in life expectancy in the late 20th century was higher than any increase that had occurred until the 1900s.
- E) Researchers believe that life expectancy which increased in the late 20th century was higher than any increase that had occurred until the 1900s.

52

Bağırsaklar da bazı sindirim enzimlerini sağlıyor olsa da pankreas, özellikle yağlar ve proteinler olmak üzere her türlü besinin sindirimi için ana enzim kaynağıdır.

- A) Despite the fact that the intestines are also the providers of certain digestive enzymes, it is the pancreas that is the major source of enzymes for digesting all types of foods, notably fats and proteins.
- B) While the intestines also contribute to the production of some digestive enzymes, the pancreas primarily supplies enzymes for the digestion of all types of foods, including fats and proteins.
- C) Although the intestines also provide some digestive enzymes, the pancreas is the major source of enzymes for the digestion of all types of foods, especially fats and proteins.
- D) The intestines also produce certain enzymes for digestion, but the pancreas is the main provider of enzymes needed to digest all types of foods, particularly fats and proteins.
- E) Even though the intestines also provide some digestive enzymes, it is the pancreas that primarily produces the enzymes required for digesting all food types, especially fats and proteins.

53

Sindirim sistemi, ruh hâli ve enerji seviyelerinden kanser ve kronik hastalık riskine kadar her şeyi etkileyen şaşırtıcı biçimde karmaşık bir sistemdir.

- A) From mood and energy levels to the risk of cancer and chronic disease, everything is affected by the digestive system, which is remarkably complex.
- B) The digestive system, which is a remarkably complex system, affects everything including mood and energy levels and the risk of cancer and chronic disease.
- C) The digestive system is a remarkably complex system affecting everything from mood and energy levels to the risk of cancer and chronic disease.
- D) The digestive system is a remarkably complex system as it affects everything such as mood and energy levels and the risk of cancer and chronic disease.
- E) The ability to affect everything from mood and energy levels to the risk of cancer and chronic disease makes the digestive system a remarkably complex system.

54

The measles virus has the ability to trigger a sustained weakening of the immune system. This happens because it targets certain immune cells in the body, including memory B cells. These cells produce antibodies against previously encountered bacteria and viruses. When infected with measles, the virus takes over some of these cells, and the other cells in the immune system start killing measles-infected memory B cells. ---- Indeed, more deaths occur from secondary infections that happen after the initial measles illness than as a direct result of the measles virus itself.

- A) In three years' time, a person's immune system returns to its former strength after measles.
- B) This gets rid of the infection, but losing our memory B cells has a terrible effect on our ability to fight off other illnesses.
- C) Memory B cells normally start multiplying so quickly that they wipe out the disease before people notice any symptoms.
- D) The incubation period is usually about ten days, during which patients show symptoms such as fever.
- E) This immunosuppressive effect of measles has gained the attention of the scientific community.

55

Eight glasses of water a day is often recommended. In reality though, our bloodstream can only handle being diluted by about half a glass at any one time. Any additional water will go immediately to the kidneys to be filtered out to maintain the osmotic balance of the blood. This means more work for the kidneys to filter water that has not even had the chance to filter through the lymph system and clean the body's tissues. ---- After a while, even your kidneys will start to adapt and function more efficiently after about three days on such a schedule.

- A) Prolonged dehydration may have detrimental effects on the human body.
- B) Water intake is crucial in circulatory issues, particularly in cases of diabetes and glaucoma.
- C) The human body is made up of about 70 percent water ensuring protection from inflammation and degeneration.
- D) It is important for the body that it receive alkaline water to neutralise its acidity for maintaining health.
- E) Because this process takes about thirty minutes, we should, in fact, drink water every half an hour.

56

A rudimentary nervous system is among the first structures to form as a new life begins. ---- Its physical and functional development is about 60 percent complete by birth, 80 percent complete by age three, and finally reaches completion at the end of adolescence. Though the full complement of neurons is in place by early childhood, the brain continues to establish new pathways for neuron communication for most of life.

- A) The central nervous system begins to form about two weeks after conception, arising from a cluster of specialised cells called the ectoderm.
- B) Intense learning takes place in infants when the brain acquires the foundations of language, sensory interpretation, and motor skills.
- C) The energy flowing through the system is presumed to be influenced by the supporting structures that encase and protect it – the skull and vertebral column.
- D) The brain remains capable of carrying out its functions across the lifespan unless injury or disease interrupts it.
- E) Throughout childhood, brain neurons continue to expand the connections they make with each other, laying down hundreds of thousands of pathways.

57

Genes, nerve cells, and hormones can reveal what is true or false about hair. ---- However, a recent research demonstrates that stress can also play an important role. In stressful situations, the nervous system liberates the neurotransmitter noradrenaline, which over-activates some hair follicle stem cells. These cells produce the melanin pigment that provides the hair with its colour, but noradrenaline makes them change and migrate, so that the hair loses its melanin supply. Without the pigment, the hair becomes grey or white. However, new research indicates that in some cases the hair can return to its original colour if the stress ceases.

- A) It has been discovered that one single hair can supply extremely valuable information about a person's overall health.
- B) Scientists can even use X-rays of a hair to reveal evidence of breast cancer because the cancer influences hair growth.
- C) Scientists used to think that the cause of sudden grey hair growth was solely genetic.
- D) The biggest hair research advances made in recent years have not been able to slow down excessive grey hair growth.
- E) Grey hair in the forties is regarded as normal but it can cause psychological situations like the rejection of getting old.

58

Deep Vein Thrombosis (DVT) is the formation of a blood clot in one of the interior veins of the leg. DVT is sometimes called coach class syndrome, as a common cause is sitting in the same position for extended periods of time. ---- The slowed blood flow in the veins creates opportunity for platelets to come in contact with each other and begin to stick together. These preclot particles can become trapped behind a valve in the vein, where they attract more platelets and other blood cells until a full clot forms.

- A) Sitting compresses the veins and makes it harder for blood to run through them back to the heart.
- B) The extra fluid seeps into the surrounding tissues, causing swelling and pain.
- C) The risk with such clots is that they can cause permanent damage due to loss of blood circulation in the limb.
- D) Frequent stretching, standing, and walking are the most effective means for preventing DVT.
- E) Doctors often prescribe anticoagulant medications to prevent further clots from forming.

59

A variety of drugs and plant products are used to curb appetite. In the past, Phenylpropanolamine (PPA) was used as an ingredient in many over-the-counter weight loss products, but following adverse reports of links to haemorrhagic stroke with these products, Yale University scientists discovered that PPA does increase the risk of haemorrhagic stroke in women. ---- As a result, it is being removed from all drug products and all drug companies have been requested to discontinue marketing products containing PPA.

- A) Thus, many companies resisted reformulating their products to exclude the ingredient of PPA.
- B) Consequently, the US Food and Drug Administration recommended that consumers not use any products containing PPA, and ruled it unsafe for non-prescription use.
- C) Yet, these bulking agents are often included in protein powders used in weight loss protocols to help satisfy hunger.
- D) Nonetheless, these drugs alone are not effective for large-scale weight loss because they do not lead to permanent changes or alter eating patterns.
- E) When drugs are withdrawn, weight that is lost usually returns unless permanent behaviour changes have been made.

60

(I) A new drug that slows the progression of Alzheimer's has been developed. (II) Called *donanemab*, it has been reported to slow the pace of Alzheimer's by about a third. (III) Before the drug can see wide scale use, there is a need to reduce the drug's side effect of brain swelling. (IV) It works by clearing amyloid beta – a sticky substance that forms a plaque in the brains of people with Alzheimer's disease. (V) Those given the drug were able to live normal lives for longer, continuing activities like driving, pursuing hobbies, or discussing current events.

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

61

(I) Islamic medicine refers to the range of health-promoting beliefs common to and actions taken in Muslim societies, whether by Muslims or others.

(II) As with other traditional medical systems, Muslim medicine was composed of several subsystems, each involving a unique etiology and practice and each enjoying a different legitimacy. (III) These were not independent of each other and none enjoyed complete hegemony. (IV) Certain individuals are believed to possess extraordinary healing powers, so that visiting them or their graves is believed to be medically beneficial. (V) In the Muslim context, this means that humoralism, folklore, and prophetic medicines were all present in the medical therapeutic scene.

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

62

(I) Children with Attention Deficit Hyperactivity Disorder, ADHD, struggle to complete tasks that require sustained attention. (II) Poor interpersonal interactions, resentment, and antagonism often characterise these children's relationships with their parents and siblings.

(III) Because of this difficulty, the child often dislikes these types of activities and develops means by which to avoid them. (IV) The child is prone to making careless mistakes in schoolwork or activities, often as a result of not checking the accuracy of his work. (V) Schoolwork for these children is often messy and lacks attention to detail.

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

63

(I) Cancer being in remission usually means that, after some treatment, there are no signs of cancer in the body. (II) Cancer cells might still be there, but they might be too few to find, too few to cause any symptoms, or in an inactive state and not growing. (III) Surgical removal of metastatic cancer tissue may result in prolonged remission. (IV) Remission can be complete, meaning there is no sign of cancer. (V) Or it can be partial, meaning cancer has decreased or stopped growing.

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

64

(I) A ground-breaking new study encompassing a vast sample of 20,000 individuals from 106 countries has unveiled a compelling correlation between body temperature and depression. (II) The findings reveal that individuals experiencing depression tend to exhibit higher body temperatures, prompting speculation about the potential efficacy of treatments aimed at reducing body temperature to alleviate depressive symptoms.

(III) Researchers note that there has been some initial success with using saunas to lower depression. (IV) In extreme cases, depressive patients seek medical care when their body temperature reaches a potentially life-threatening level. (V) Though this might seem counter-intuitive, scientists suggest that heating the body more might, in fact, kick-off the body's response to self-regulate and, therefore, cool down, potentially relieving symptoms of depression.

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

65

(I) Stress impacts many systems within the body, so the symptoms of it are varied as well. (II) While it is true that chronic stress can be detrimental to your health, stress in and of itself is a natural physiological reaction to perceived threats. (III) Changes in the length, timing, or severity of your menstrual cycle can occur when you are under constant stress. (IV) Mental distress can also cause muscles to tense up, which can lead to aches and pains over time if you do not find ways to loosen up. (V) Headache, digestive issues, insomnia or other sleep issues, and brain fog are also common signs that you may be chronically stressed.

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

Alzheimer's is one of the most destructive diseases of old age which destroys nerve cells in the brain. As a result of this destruction, the brain stops working correctly and the memory is affected. Most people who have Alzheimer's disease are more than 60 years old; some people, however, get it before that age. The symptoms of Alzheimer's disease begin mildly and then become more severe over time. At first, people with Alzheimer's seem forgetful but gradually, they lose their entire memory. People with Alzheimer's also have a hard time speaking and understanding other people. They may not even recognise close friends and family, such as their own children. Eventually, they lose control of body and mind, which seems to be one of the worst scenarios for a person. Scientists are not sure what causes the death of nerve cells in the brains of people with Alzheimer's disease but there is a general opinion that the cause might be a genetic defect. Because the cause is unknown, there is no way to prevent or cure Alzheimer's disease but some medications help to slow the disease in some patients and help them experience the disease in a less severe way.

66

Which of the following is not mentioned about Alzheimer's disease?

- A) Alzheimer's disease is generally experienced by people who are more than 60 years old.
- B) People who have Alzheimer's have a hard time recalling things.
- C) It is more difficult to detect the symptoms of Alzheimer's in younger people.
- D) People with Alzheimer's disease have difficulty in recognising even their beloved ones.
- E) The nerve cells in the brain are critically affected by Alzheimer's disease.

67

According to the author, what is the greatest concern of an Alzheimer's patient?

- A) The loss of physical and mental control
- B) The loss of memory
- C) The difficulty of diagnosing the symptoms
- D) The inability to understand others
- E) The complications resulting from its treatment

68

According to scientists, Alzheimer's disease ----.

- A) can be prevented by engaging in mental activities
- B) might be traced to a defect in the patient's genetic make-up
- C) could soon be cured using genetic manipulations
- D) is becoming more prevalent among people over 60
- E) can be alleviated using various techniques without medication

In most nations, premature births – at or before 37 weeks – have risen in the past 20 years. Leaving the womb too early can result in complications, behavioural and linguistic setbacks, and often leads to an extended stay in a hospital's neonatal intensive care unit (NICU). Like others, University Hospital in Geneva, Switzerland, integrates music into the care plans for some premature babies. But unlike other NICU music programmes, this novel project features three specific songs, which babies listen to through special headphones. The songs are part of an ongoing study that aims to understand how music affects a preterm newborn's brain and how well it can recognise melody, tempo, and pitch – skills likely related to language processing. Developed by neonatologist Petra Huppi, the project involves scanning babies' brains via MRI as they listen and comparing the scans to those of babies who were not exposed to the music. The songs were composed to help the infants fall asleep, wake up, or interact. Further research will assess the full benefit of this therapy, but early findings are promising. MRI scans reveal improved brain connectivity, and the songs appear to support the daily rhythm of sleeping and waking – key to thriving in a noisy NICU and the world beyond.

69

The study being conducted at University Hospital in Geneva is ----.

- A) the same as those carried out at other hospitals
- B) still in progress with current successful results
- C) for understanding the complications in preterm and full-term newborns
- D) more complicated than other local studies
- E) likely to require an extended stay for premature babies

70

It can be inferred that the researcher ----.

- A) is looking for ways to diversify the music included in the study
- B) scans the brains of only preterm babies who are not exposed to music
- C) might make a correlation between the recognition of musical patterns and language learning
- D) intends to extend the research to full-term babies with impaired hearing
- E) is solely interested in behavioural patterns such as sleeping, waking, and interacting

71

What can be concluded from the passage about the results of the study?

- A) Music used in the study needs to be reconsidered in order to achieve more reliable results.
- B) Exposing preterm babies to constant rhythmic music disrupts the daily routines like sleeping and waking.
- C) It might be the environment where the premature baby is cared for which causes complications.
- D) Language delays are among the most significant setbacks for premature babies.
- E) Thanks to music, improved brain connectivity helps resolve the potential setbacks in preterm babies.

The Japanese have grown and eaten *wakame*, a brown seaweed, for centuries, but it has only recently been introduced to the palates of Europeans. Commonly, it is used in salads and snacks and extensively consumed in the form of miso soup, which for obvious reasons deserves to be a staple outside the sushi bar. According to a recent research study, it contains fucoxanthin, a carotenoid that can support weight loss by speeding up the metabolism and stimulating the body's ability to burn fat. It is also a source of hesperetin, which is a flavonoid that stimulates the formation of muscle tissue and provides a boost to bone health with ageing. When the effect of wakame on mice over a period of eight weeks was observed, it was apparent that it had a powerful range of benefits. The distance the animals could run improved by about 15%, as did the size and health of their muscles. In addition, the gains recorded by the researchers were largely in the category of 'fast-twitch' muscle fibres. These fibres are the ones involved in short, powerful movements. Clearly, dried wakame is an amazing health food that may improve muscle health and can be served in an appetising way with pink shrimp and crunchy cucumber.

72

It is clear from the passage that wakame ----.

- A) can only be eaten when included as an ingredient in certain dishes
- B) is the main dish of many Asian countries such as Japan
- C) has been used in Japanese and European cuisines for a long time
- D) includes substances that have several health benefits
- E) has little impact on health without the intake of other dietary supplements

73

Which of the following is true according to the passage?

- A) Tests conducted on animals and humans after consuming wakame are far from promising.
- B) Due to its nutritional benefits, wakame is cultivated around different parts of the world.
- C) Wakame can be used to stimulate one's appetite to a great extent.
- D) With the consumption of wakame, it is possible to have improved muscle function.
- E) Dried wakame has a higher nutritional value than the fresh one.

74

What is the main purpose of the author in writing this passage?

- A) To compare research done on mice and humans eating wakame for eight weeks
- B) To give information about miso soup, which has recently become as popular as sushi
- C) To encourage the consumption of wakame as a healthy alternative
- D) To draw attention to a study on the effects of wakame on mice
- E) To highlight the fat-burning effect of wakame for those who try to lose weight

A potential brain transplant patient should be kept in an artificial coma for up to four weeks. If all goes to plan, patients will be walking within a year. But many doctors have their doubts. Some doctors believe trying to keep someone healthy in a coma for four weeks is not going to happen. Previous experiments have failed: In 1970, doctors grafted the head of a monkey onto the body of another ape. It died after nine days because its head was rejected by its new body. Others, however, assert that surgery has moved on a lot since then. One serious issue, though, is overcoming the donor body's immune system. After the transplant, the patient will be given immuno-suppressant drugs. The system we have for preventing immune rejection and the principles behind it are well established. But the biggest hurdle will be reconstructing the millions of central nerve fibres that are not usually capable of regenerating. Damaged fibres rarely rejoin. To counteract this, scientists plan to inject the spinal cord with a chemical fluid called polyethylene glycol that may help nervous tissue fuse together more quickly.

75

According to the passage, regarding brain transplants, there is a general uncertainty among doctors about ----.

- A) maintaining an unconscious patient's health for about a month
- B) causing the cell structure of the transplanted organ to change
- C) the inadequacy of current surgical practices in terms of carrying out such a transplant
- D) risking a patient's life by injecting certain chemicals into the spinal cord
- E) whether they will be allowed to carry out the procedure on human subjects

76

It can be inferred from the passage that immuno-suppressant drugs ----.

- A) are likely to pose certain risks when combined with polyethylene glycol
- B) damage the transplanted organ in the patient's body
- C) enable nerve cells to regenerate after a transplant
- D) ease the recipient's acceptance of a donated organ
- E) lead to faster fibre regeneration when used with other chemicals

77

Which could be the best title for this passage?

- A) Why Brain Transplants are Challenging
- B) Possible Implications of Surgery for a Patient in a Coma
- C) Overcoming the Effects of Immuno-suppressant Drugs
- D) Rejoining Damaged Fibres in a Transplant Surgery
- E) Risks Involved in a Transplant Surgery on Primates

Diagnosis of allergic diseases encompasses several aspects. The large variety of clinical forms of allergic reactions and the multitude of allergens possibly involved frequently require prolonged observation and in-depth investigation of the individual's life habits. Diagnostic procedures primarily consist of skin tests, in which a small amount of allergen is applied on or injected into the skin. If the individual is sensitised, a local immediate reaction ensues, taking the form of a mark, or swelling and redness occurs after several hours. The blood may also be analysed for IgE and IgG antibodies. Since the discovery of the responsible allergens markedly influences therapy and allows prediction of the allergy's outcome, it is important to achieve as precise a diagnosis as possible. The tests described above indicate whether the individual is sensitised to a given allergen, but not whether the allergen is in fact still causing the disease. Since in most cases the hypersensitive state persists for many years, it may well happen that sensitisation is detected for an allergen to which the individual is no longer exposed and which therefore no longer causes symptoms.

78

According to the passage, diagnosing allergic reactions ----.

- A) necessitates careful examination of the properties of the allergen
- B) usually involves the use of skin tests which are carried out in environments where allergens are not present
- C) is critical not only in the treatment of the allergy itself but in finding out other underlying diseases
- D) ultimately aims to provide information about whether a particular agent really causes the allergic disease
- E) is much more successful when blood samples are examined for antibodies

79

What is the reason for the absence of symptoms to an allergen known to cause the disease?

- A) Hidden properties of some allergens
- B) The individual's hypersensitivity to the allergen
- C) The inability to diagnose the allergen as the cause of the disease
- D) Improper predictive methods that enable diagnosis
- E) Lack of contact with the potential allergen

80

Which could be the best title for this passage?

- A) Eliminating Allergens in the Human Body
- B) Types of Allergy Tests for Different Diseases
- C) Commonly Observed Symptoms of Allergies
- D) The Basics of Diagnosing Allergic Diseases
- E) A Comparison of Allergen Tests

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ANSWER KEY

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