

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

1. Antidepressants are a diverse group of drugs that demonstrate a capacity to produce ---- in the symptoms of clinical depression.

- A)improvement
- B)justification
- C)expansion
- D)sufficiency
- E)acquisition

2. The increasing ---- of obesity and different types of diabetes is a major health issue facing society today.

- A) priority
- B) incidence
- C) acceptance
- D) regulation
- E) accuracy

3. Despite family history, diabetes is preventable and even ---- if individuals are willing to make the right change in their diet by cutting back on carbohydrate and sugar.

- A) achievable
- B) sustainable
- C) reversible
- D) available
- E) credible

4. Of all the studies ever done, the only factor that has ---- been associated with increases in allergy is exposure to tobacco smoke.

- A) consistently
- B) plentifully
- C) accidentally
- D) suddenly
- E) harshly

5. Ginger has a long history of use for relieving stomach problems, and clinical studies have ---- its benefits for preventing the symptoms of motion sickness and in the treatment of nausea.

- A) launched
- B) adopted
- C) altered
- D) exhausted
- E) validated

6. Although celiac disease can be managed by following a gluten-free diet for life, those who do not ---- it are at greater risk of developing certain health problems.

- A) hand over
- B) call off
- C) interfere with
- D) break down
- E) adhere to

7. Cataract extraction and lens replacement ---- sight for more than ninety per cent of people who otherwise ---- vision to cataracts.

- A) would have restored / were going to lose
- B) have to restore / used to lose
- C) shook have restored / might lose
- D) must restore / may have lost
- E) can restore / would lose

8. Scientists ---- genetically modified hens whose eggs carry proteins that the human immune system ---- to fight disease — the same proteins used to make types of drugs, including cancer medication.

- A) will produce / used
- B) have produced / uses
- C) had been producing / was using
- D) had produced / is using
- E) produced / had used

9. Fluoride supplements are available by prescription and are recommended only ---- children living in areas ---- low water fluoride concentrations; rarely needed by adults.

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

10. Today, most reformers accept the principle that ---- the promotion of education of people with disabilities, critical insights ---- the makeup of a civilized society are discovered.

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

11. A recent study carried out ---- twins has revealed that 47 per cent of the differences ---- sensitivity comes from our genes, with the rest coming from environmental factors during childhood.

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

12. Hyaluronic acid occurs naturally in the body and helps draw moisture to the skin, ---- hyaluronic acid supplements are especially helpful if you are prone to dehydration.

- A) whereas
- B) instead
- C) after
- D) so
- E) but

13. Doctors can usually diagnose conjunctivitis easily from its appearance ---- the symptoms include red, swollen conjunctiva and sclera, itchy or scratchy sensation, thick, yellowish discharge that crusts, and photophobia.

- A) even if
- B) until
- C) unless
- D) so that
- E) as

14. The causes of Attention Deficit Hyperactivity Disorder (ADHD) are not known; ----, it appears that heredity plays a major role in the development of the disorder.

- A) similarly
- B) for instance
- C) however
- D) therefore
- E) accordingly

15. Doctors are encouraging their patients to spend time in the countryside as recent studies suggest that people have improved mood and wellness ---- they spend more time in an oxygen-rich environment.

- A) until
- B) when
- C) before
- D) unless
- E) even though

16. ---- most snakes are not venomous, any snake bite should immediately be examined at a hospital.

- A) By the time
- B) If
- C) Since
- D) Although
- E) As long as

17. Eating chocolate at least once a week could help to reduce the risk of heart disease by as much as 8 percent -- -- the nutrients in the chocolate, such as flavonoids, reducing inflammation and increasing good cholesterol.

- A) prior to
- B) other than
- C) similar to
- D) thanks to
- E) in spite of

18. Achondroplasia is a common form of dwarfism ---- a mutation that causes an individual to have short stature with short arms and legs, a large head, and distinctive facial features.

- A) on behalf of
- B) instead of
- C) in favour of
- D) despite
- E) due to

19. Many childbirth experts believe that ---- a mother knows about the birth process ---- fear and apprehension she will feel giving birth.

- A) whether / or
- B) the more / the more
- C) either / or
- D) not only / but also
- E) such / that

20. Zinc, ---- is largely found in oysters and red meat, can obviously be in short supply in a vegan or vegetarian diet.

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

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

The glycemic index or GI is a ranking of carbohydrates based on how quickly they are broken down and affect blood sugar. Also called blood glucose, blood sugar is the fuel used by the cells in the body (21)---- energy. Carbohydrates that are rapidly digested and broken down quickly into blood glucose are ranked as high GI. These include refined starches such as white bread and highly processed foods. Carbohydrates that are more slowly digested and broken down into blood glucose have a low GI. Low-GI foods, such as bulghur and quinoa, have a less dramatic impact on blood sugar and help keep levels more balanced. Eating high-GI foods can lead to blood sugar imbalances, possibly (22)---- in fatigue, increased appetite, and food cravings, particularly for sweets. (23)----, numerous studies have linked diets that include large amounts of high-GI foods to obesity, insulin resistance, type 2 diabetes, high cholesterol, and increased risk of cardiovascular disease. On the other hand, research indicates that a low-glycemic diet can (24)---- better blood sugar control. Research has also shown that the consumption of low-GI foods can reduce the risk of obesity and cardiovascular disease in patients with type 2 diabetes (25)---- contributing to blood glucose regulation.

21.

- A) for
- B) from
- C) by
- D) with
- E) through

22.

- A) to have resulted
- B) to result
- C) resulted
- D) resulting
- E) having resulted

23.

- A) At first
- B) Furthermore
- C) However
- D) On the contrary
- E) Otherwise

24.

- A) receive
- B) promote
- C) surpass
- D) alleviate
- E) penetrate

25.

- A) regardless of
- B) in contrast with
- C) such as
- D) with the exception of
- E) as well as

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

Many individuals exhibit some avoidant behaviours at one point or another in their lives. (26)---- avoidant personality disorder, a person may suffer from some distinctive social phobias, mood and anxiety disorders, or personality disorders at the same time. Therefore, the diagnosis (27)---- by the fact that avoidant personality disorder may be either the cause or result of other mood and anxiety disorders. (28)----, individuals who suffer from major depressive disorder may begin to escape from social situations and experience feelings of worthlessness, symptoms that are also prominent features of avoidant personality disorder. On the other hand, the insecurity and isolation that are symptoms of avoidant personality disorder can (29)---- feelings of depression. Also, the characteristics of avoidant personality disorder may resemble those found (30)---- both schizoid and schizotypal personality disorders.

26.

- A) In addition to
- B) With the aim of
- C) For the sake of
- D) In pursuit of
- E) By means of

27.

- A) used to be complicated
- B) can be complicated
- C) had been complicated
- D) would have been complicated
- E) might have been complicated

28.

- A) Nevertheless
- B) Otherwise
- C) Yet
- D) In contrast
- E) For example

29.

- A) detect
- B) attain
- C) trigger
- D) examine
- E) ruin

30.

- A) by
- B) from
- C) in
- D) toward
- E) off

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

31. Although acne may occur at any age and in both men and women, ----.

- A) it is a chronic inflammation of the sebaceous glands embedded in the skin
- B) it is most frequently associated with the maturation of young adult males
- C) anxiety, depression, and low self-esteem are common among those with acne
- D) many factors combine to cause acne, such as hormonal changes and dietary habits
- E) it primarily affects the face, neck, and upper arms

32. Because skin tests can cause serious reactions in people with severe food allergies, ----.

- A) milk, egg, peanuts, and shellfish are among the most common food allergens
- B) your body may lack the necessary chemicals to digest a particular food, which is considered an intolerance
- C) the allergist is likely to have the necessary emergency medications on hand to properly treat you
- D) these tests are very expensive and have no real bearing on the ultimate diagnosis of food allergy
- E) tests for specific allergies include skin prick tests, intradermal injections, or blood tests

33. In ophthalmology, the first goal is to differentiate between conditions that are minor and those that are serious and sight-threatening; ----.

- A) accordingly, doctors should wash their hands before and after inspecting the eye
- B) as a result, seasonal allergies may contribute to dryness and irritation of the eye
- C) thus, the primary cause of persistent red eye is a bacterial infection
- D) as a consequence, redness or inflammation of the eye are very common
- E) therefore, it is important to take an eye history and perform a simple eye examination

34. While allergy to specific allergens is not inherited, ----.

- A) the symptoms may begin within five minutes after exposure to the allergen
- B) types of allergies can often be diagnosed by a careful medical history
- C) whole body or systemic reactions may occur from any type of allergen
- D) there is a likelihood of developing some type of allergy, at least for many people
- E) some people may have comparably severe allergic rhinitis but no food allergies

35. Unless the human rights and needs of persons with mental disabilities are taken into account, ----.

- A) extensive efforts in development will definitely be attainable by persons with mental health conditions
- B) global cooperation will ensure the mentally disabled are supported in efforts to develop their full potential
- C) the elimination of world poverty and human rights violations is very unlikely to be achieved
- D) targeting the mentally disabled within development programmes will undoubtedly reduce poverty rates
- E) respect for human rights will enable people to live up to their potential and contribute to society

36. Because most people with thyroid cancer have no known risk factor, ----.

- A) ultrasound may also be used to screen for the disease in people at risk
- B) exposure to ionizing radiation and reduced iodine intake are among the most common causes
- C) it is not always possible to completely prevent this disease
- D) the aggressiveness of each type of thyroid cancer is different
- E) hormone therapy uses hormones after surgery to stop its growth

37. Sporotrichosis is an infection caused by the microscopic fungus *Sporothrix schenckii*, which enters the body through cuts in the skin, ----.

- A) although it causes bumps on the skin that are painless and do not often lead the sufferer to see a doctor
- B) but the best way to avoid sporotrichosis is to wear gloves and long sleeves while gardening
- C) so people who handle plants with sharp thorns or needles, like roses or pines, are more likely to get sporotrichosis
- D) as it is possible to confirm the presence of advanced sporotrichosis through a blood test or a biopsy
- E) instead, fungicidal herbs, such as tea tree oil and citrus seed extract, may also be applied directly to the infected skin

38. Cholesterol-reducing drugs will not cure problems that cause high cholesterol; ----.

- A) however, too much cholesterol can lead to heart diseases
- B) rather, they will only help control cholesterol levels
- C) moreover, the dosage depends on the type of drug being used
- D) therefore, high cholesterol is closely linked to coronary artery disease
- E) similarly, people over 60 are sensitive to certain drugs' side effects

39. People must receive blood of the same blood type; ----.

- A) otherwise, a serious, even fatal transfusion reaction can occur
- B) however, a child inherits genes from each parent that determine his or her blood type
- C) nonetheless, blood typing tests are based on some chemical combinations
- D) for example, blood transfusions may be necessary for severe, symptomatic anemia
- E) therefore, there are eight different blood types in all

40. Many people associate tetanus with rusty nails and other dirty objects, ----.

- A) but any wound can be a cause for this fatal disease
- B) while it causes convulsive muscle spasms and rigidity
- C) although it is prevalent in nations without effective immunization programs
- D) as early diagnosis and treatment is crucial to recover from it
- E) so it begins when the bacterium *Clostridium tetani* enters the body

41. Vitamin D is different from all the other nutrients in the body in that the body can synthesize it with the help of sunlight; ----.

- A) as a result, vitamin D deficiency can also be associated with organ disease such as chronic renal failure or liver disease
- B) however, most of the world's population relies on naval exposure to sunlight to maintain adequate vitamin D nutrition
- C) for example, diseases affecting either the liver or the kidneys can interfere with the activation of vitamin D
- D) on the contrary, vitamin D has numerous functions and may be valuable in treating a number of disorders
- E) therefore, people need no vitamin D supplements as long as they spend enough time in the sun

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

42. Hunching restricts the functioning of your body as a whole, which can lead to aches and leave you more susceptible to injuries.

- A) Kambur durmak, vücudunuzun bir bütün olarak işleyişinizi kısıtlar ki bu da ağrılara yol açabilir ve sizi yaralanmalara karşı daha hassas bir hale getirebilir.
- B) Kambur durmak, vücudunuzun bir bütün olarak işleyişini kısıtlamakla kalmayıp aynı zamanda ağrılara neden olabilir ve sizi yaralanmalara karşı daha hassas bir hale getirebilir,
- C) Kambur durmak, vücudunuzun bir bütün olarak işleyişini kısıtladığından ağrılara yol açarak sizi yaralanmalara karşı daha hassas bir hale getirebilir.
- D) Kambur durmak, vücudunuzun bir bütün olarak işleyişini kısıtlayarak ağrılara sebep olmanın yanı sıra sizi yaralanmalara karşı daha hassas bir hale getirebilir.
- E) Kambur durmak, vücudunuzun bir bütün olarak kısıtlar ve bu durum ağrılara yol açıp sizi yaralanmalara karşı, daha hassas bir hale getirebilir.

43. Because social values and technological advances change over time, new ethical challenges emerge whenever new technologies arise with consequences for public health.

- A) Zaman içerisinde toplumsal değerler ve teknolojik gelişmeler değişir ve bundan dolayı halk sağlığı üzerinde sonuçları olan yeni teknolojilerin ortaya çıkması, yeni etik güçlükler doğurur.
- B) Toplumsal değerlerin ve teknolojik gelişmelerin zamanla değişmesinden dolayı, yeni teknolojilerin ortaya çıkması ve halk sağlığı üzerinde sonuçlar doğurması, yeni etik güçlükler yol açar.
- C) Toplumsal değerler ve teknolojik gelişmeler zaman içinde değiştiği için, ne zaman halk sağlığı üzerinde sonuçları olan yeni teknolojiler ortaya çıksa, yeni etik güçlükler oluşur.
- D) Halk sağlığı üzerinde sonuçlar doğuran yeni teknolojiler ortaya çıktığı zaman yeni etik zorluklar oluşur, çünkü toplumsal değerler ve teknolojik gelişmeler zaman içerisinde değişir.
- E) Zaman içerisinde değişen toplumsal değerler ve teknolojik gelişmeler yüzünden, halk sağlığı üzerinde sonuçlar doğuran yeni teknolojiler, yeni etik zorlukları da beraberinde getirir.

44. Most drugs used for the treatment of bacterial infections can be categorised according to their principal mechanism of action.

- A) Çoğu ilaç başlıca etki mekanizmalarına göre sınıflandırılıp bakteriyel enfeksiyonların tedavisinde kullanılır.
- B) Bakteriyel enfeksiyonların tedavisinde kullanılan çoğu ilaç başlıca etki mekanizmalarına göre sınıflandırılabilir.
- C) Başlıca etki mekanizmalarına göre sınıflandırılan çoğu ilaç bakteriyel enfeksiyonların tedavisinde kullanılır.
- D) Bakteriyel enfeksiyonları tedavi ederken çoğu ilacı başlıca etki mekanizmalarına göre sınıflandırmak gerekir.
- E) Çoğu ilaç başlıca etki mekanizmalarına göre sınıflandırıldıktan sonra bakteriyel enfeksiyonları tedavi etmek için kullanılabilir.

45. Cognitive science, which studies mental processes such as reasoning, memory, and perception, has an interdisciplinary approach that includes fields such as psychology, linguistics, and neurology.

- A) Bilişsel bilim; muhakeme, hafıza ve algı gibi zihinsel süreçleri araştırır ve bu bilimin psikoloji, dil bilimi ve nöroloji gibi alanları içeren disiplinler arası bir yaklaşımı vardır.
- B) Muhakeme, hafıza ve algı gibi zihinsel süreçleri inceleyen bilişsel bilim; psikoloji, dil bilimi ve nöroloji gibi alanları içeren disiplinler arası bir yaklaşıma sahiptir.
- C) Psikoloji, dil bilimi ve nöroloji gibi alanları içeren bilişsel bilim, disiplinler arası bir yaklaşım ile muhakeme, hafıza ve algı gibi zihinsel süreçleri inceler.
- D) Muhakeme, hafıza ve algı gibi zihinsel süreçleri araştıran bilişsel bilim, disiplinler arası bir yaklaşıma sahiptir ve psikoloji, dil bilimi ve nöroloji gibi alanları içerir.
- E) Psikoloji, dil bilimi ve nöroloji gibi alanları içeren ve disiplinler arası bir yaklaşıma sahip olan bilişsel bilim muhakeme, hafıza ve algı gibi zihinsel süreçleri inceler.

46. During digestion, your brain takes into account the nutrients in foods, your digestive hormones, and your level of activity while deciding when calories taken are to be used.

- A) Sindirim esnasında, beyninin yiyeceklerdeki besinleri, sindirim hormonlarınızı ve aktivite seviyenizi hesaba katarak alınan kalorilerin ne zaman kullanılacağına karar verir.
- B) Sindirim esnasında, beyninin alınan kalorilerin ne zaman kullanılacağına karar verirken yiyeceklerdeki besinleri, sindirim hormonlarınızı ve aktivite seviyenizi hesaba katar.
- C) Beyninin alınan kalorilerin ne zaman kullanılacağına, yiyeceklerdeki besinleri, sindirim hormonlarınızı ve aktivite seviyenizi hesaba katarak sindirim esnasında karar verir.
- D) Beyniniz, sindirim sırasında, alınan kalorilerin ne zaman kullanılacağına karar verebilmek için yiyeceklerdeki besinleri, sindirim hormonlarınızı ve aktivite seviyenizi hesaba katar.
- E) Sindirim esnasında, yiyeceklerdeki besinleri, sindirim hormonlarınızı ve aktivite seviyenizi hesaba katan beyniniz, alınan kalorilerin ne zaman kullanılacağına karar verir.

47. If the brain perceives an alarming or annoying sound, that leads to an increase in stress hormones that help us avoid possible dangers.

- A) Beyin, uyarıcı ya da rahatsız edici bir ses algıladığında bu durum, stres hormonlarında bir artışa yol açarak olası tehlikelerden kaçınmamızı sağlar.
- B) Beyin, uyarıcı ya da rahatsız edici bir ses algırsa, stres hormonlarındaki artış, olası tehlikelerden kaçınmamızı sağlar.
- C) Eğer beyin uyarıcı ya da rahatsız edici bir ses algırsa bu durum, olası tehlikelerden kaçınmamızı sağlar ve stres hormonlarında bir artışa sebep olur.
- D) Eğer beyin uyarıcı ya da rahatsız edici bir ses algırsa bu durum, olası tehlikelerden kaçınmamızı sağlayan stres hormonlarında bir artışa neden olur.
- E) Beynin uyarısı ya da rahatsız edici bir ses algılaması, olası tehlikelerden kaçınmamızı sağlayan stres hormonlarında bir artışa yol açar.

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

48. Ağrı hafifletmeye ek olarak aspirin, beynin vücut ısını düzenleyen bölgesine etki ederek ateşi de düşürür.

- A) In addition to relieving pain, aspirin also lowers fever by acting on the part of the brain that regulates body temperature.
- B) Besides relieving pain, aspirin acts on the part of the brain that regulates body temperature, which helps it lower fever.
- C) Along with relieving pain, aspirin also acts on the part of the brain that regulates body temperature and lowers fever.
- D) Aspirin not only relieves pain, but it also acts on the part of the brain regulating body temperature to lower fever.
- E) Aspirin relieves pain, and additionally, it lowers fever by acting on the part of the brain that regulates body temperature.

49. Sigara içmeyi çeşitli hastalıklarla ilişkilendiren yaygın kamu tanıtımlarına rağmen milyonlarca insanın sigara içmeye devam etmesi şaşırtıcıdır, çünkü sigara içenlerin kendileri de alışkanlıklarının zararlı etkilerinin farkındadır.

- A) The fact that millions of people continue to smoke despite widespread publicity linking cigarette smoking to various diseases is puzzling although smokers themselves are aware of the harmful effects of their habits.
- B) Smokers themselves are aware of the harmful effects of their habits, so it is puzzling that millions of people continue to smoke despite widespread publicity linking cigarette smoking to various diseases.
- C) It is puzzling that millions of people continue to smoke because smokers themselves have become aware of the harmful effects of their habits thanks to widespread publicity linking cigarette smoking to various diseases.
- D) As smokers themselves have become aware of the harmful effects of their habits with the help of widespread publicity linking cigarette smoking to various diseases, it is puzzling that millions of people continue to smoke.
- E) It is puzzling that millions of people continue to smoke despite widespread publicity linking cigarette smoking to various diseases, because smokers themselves are aware of the harmful effects of their habits.

50. İlk yardım setine erişimi olan yetişkinlerin ilk yardım kılavuzunun içeriğini ve tüm ilaçların ve ekipmanın doğru kullanımını çok iyi bilmeleri gerekmektedir.

- A) Adult should know well the content of the first-aid manual and the correct use at all medications and equipment if they have access to the first-aid.
- B) Adults with access to the first-aid kit should know well the content of the first-aid manual and the correct use of all medications and equipment
- C) It is necessary for adults with access to the first-aid kit to know well the content of the first-aid manual and how to correctly use all medications and equipment.
- D) Adults having access to the first-aid kit need to know well not only the content of the first-aid manual but also the correct use of all medications and equipment.
- E) The content of the first-aid manual and the use of all medications and equipment in the kit should be known well by adults who have access to the first-aid kit.

51. Antidepresan ilaçlar uzun bir süre bunaltıcı duygulara neden olan ve kişinin doğru şekilde düşünme yeteneğini engelleyen ağır depresyonu tedavi etmek için kullanılır.

- A) Antidepressant drugs are used to treat severe depression that causes overwhelming feelings for a long period and hinders a person's ability to think properly.
- B) Severe depression causing overwhelming feelings for a long period and hindering a person's ability to think properly needs to be treated with antidepressant drugs.
- C) Severe depression causes overwhelming feelings for a long period and hinders a person's ability to think properly, so antidepressants must be used to treat it.
- D) Antidepressant drugs are used in the treatment of severe depression that gives way to overwhelming feelings for a long period and hinders a person's ability to think properly.
- E) Severe depression, which causes overwhelming feelings for a long period and hinders a person's ability to think properly, is treated with antidepressant drugs.

52. Vücuttaki en bol mineral olan kalsiyum, kemikler ve dişlerin oluşumu ve korunması için elzemdir, ancak fazla sodyum ve kafein alımı kalsiyum kayıplarına yol açabilir.

- A) Although calcium, which is vital for the formation and maintenance of the bones and teeth, is the most abundant mineral in the body, high intake of sodium and caffeine may lead to calcium losses.
- B) Calcium is the most abundant mineral in the body because it is essential for the formation and maintenance of the bones and teeth, and yet, high intake of sodium and caffeine can cause calcium losses.
- C) Calcium, the most abundant mineral in the body, is essential for the formation and maintenance of the bones and teeth, but high intake of sodium and caffeine can lead to calcium losses.
- D) Calcium is the most abundant mineral in the body, and is essential for the formation and maintenance of the bones and teeth, however, excessive intake of sodium and caffeine results in calcium losses.
- E) Calcium, which is essential for the formation and maintenance of the bones and teeth, is the most abundant mineral in the body, but excessive intake of sodium and caffeine may lead to calcium losses.

53. Araştırmalar, direnç antrenmanı yaptıktan hemen sonra protein içeceği tüketerek vücudunuzun iyileşme yeteneğini oldukça arttırabileceğinizi göstermektedir.

- A) Research reveals that you can increase your body's recuperate to a great extent if you consume a protein shake soon after performing resistance exercise.
- B) As revealed by research, consuming a protein shake immediately after you perform resistance exercise helps you to increase your body's ability to recuperate to a great extent.
- C) Research shows that by consuming a protein shake immediately after performing resistance exercise, you can greatly increase your body's ability to recuperate.
- D) According to research, soon after you perform resistance exercise, you can dramatically increase your body's ability to recuperate by consuming a protein shake.
- E) Research shows that the body's ability to recuperate can be greatly increased if a protein shake is consumed soon after performing resistance exercise.

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

54. There is no cure for cold sores caused by herpes virus infections. ---- There is evidence that some may also prevent future outbreaks. They work by interfering with the replication of the viruses, and are most effective when taken as early in the infection process as possible. For the best results, drug treatment should begin during the prodromal stage (when pain or tingling is felt on the lips) before blisters are visible.

- A) During an outbreak of cold sores, salty foods that irritate the sores should be avoided.
- B) Cold sores are fluid-filled blisters that usually appears at the edge of the lips.
- C) However, there are antiviral drugs available that have some effect on lessening the symptoms.
- D) While anyone can be infected by herpes virus, not everyone will show symptoms.
- E) Some of the drugs used to treat cold sores can be given intravenously or orally.

55. If you find it hard to remember alarm codes, hotel rooms, birthdays, or PINs, do not worry: it is normal, because numbers are hard. They are abstract, confusing, often arbitrary, and you have got to get them exactly right. They are essential to so many aspects of everyday life, but they are not easily memorable. ---- The first step might be to make numbers easy to say aloud, activating your memory's auditory loop. Do what many companies do when choosing their telephone numbers and chunk digits into groups; use rhythm and make the most of patterns.

- A) However, there are things you can do to boost your chances but first, you have to practice holding numbers in your short-term memory.
- B) For example, 2471231066 is easier hold in your short-term memory if you chunk it as 247-123-1066.
- C) Short-term memory capacity varies from individual to individual, so if you have greater capacity than others, you will memorise things faster.
- D) Psychological studies have become remarkably successful in enhancing short-term memory thanks to various therapies.
- E) From dates to barcodes numbers are everywhere, but you do not have to remember them by heart, and you can simply try taking notes.

56. Phlebography is an invasive diagnostic test that provides a constant image of leg veins on a fluoroscope screen. Phlebography identifies the location and extent of blood clots, and enables the condition of the deep leg veins to be assessed. It is especially useful when there is a strong suspicion of deep vein thrombosis (DVT), after non-invasive tests have failed to identify the disease. Phlebography is the most accurate test for detecting DVT. ---- Accuracy is crucial since DVT can lead to a pulmonary embolism, a potentially fatal condition.

- A) It is nearly 100% correct and specific in making this diagnosis.
- B) Phlebography is not used often, however, because it is painful.
- C) Phlebography takes 30-45 minutes, and can be done in a physician's office.
- D) In some cases, a local anaesthetic is injected to numb the skin at the site of the insertion.
- E) DVT usually involves the deep veins of the legs or arms, but it can occur in other sites of the body.

57. Vaccines that are intended to prevent infectious diseases are normally made from the organisms or close relatives of the organisms that cause the disease. ---- These include heating, treating with inactivating agents, exposing to ultraviolet light or gamma radiation, and using denaturing agents. A further option when using an inactive vaccine is to use a part or subunit of the pathogenic agent. Here the bacterium or virus is disrupted and one or several of its component parts are used in the vaccine to which is added an adjuvant.

- A) Although vaccinations seldom have unintended consequences, they may sometimes cause complications.
- B) In the former case, before the organism is used as a vaccine, it is or inactivated by a variety of techniques.
- C) Both types of vaccines benefit from stabilizers, but the vaccines are more likely to survive at room temperature.
- D) The actual materials of the killed or live organisms are either the proteins or complex carbohydrates.
- E) Despite the ethical issues, vaccines remain one of the most effective tools for controlling diseases.

58. Catatonia, which is a state usually associated with schizophrenia, is characterized by motor immobility. ---- Catatonic patients exhibit a disabling alteration of motor function and behavior. This dysregulation of body and mind is thought to be related to abnormalities in certain chemical messengers in the brain. These include the neurotransmitters glutamate, gamma-aminobutyric acid, and dopamine.

- A) It is a strange problem in which people seem withdrawn from the world and appear stiff, staring blankly and silently.
- B) However, it was first described by doctors in psychiatric sanatoriums in the late 1800s.
- C) An exhaustive group of tests ranging from blood tests to MRI of the brain may not even provide evidence of the presence of the condition.
- D) Medical care can entail supplying food and water through tubes into the veins and stomach.
- E) Those with catatonia due to illnesses such as depression or post-traumatic stress disorder will respond to a class of medicines called *benzodiazepines*.

59. The thyroid gland, in the lower part of the neck, normally produces a hormone called thyroxine. This hormone controls the rate of metabolism — all the physical and chemical processes that occur in cells to allow growth and maintain body functions. When the thyroid gland does not produce enough thyroxine, body processes slow down. ---- They may also have trouble staying warm and may have other symptoms, such as dry skin, dry hair, and a puffy face. By making up for the lack of natural thyroxine and bringing the rate of metabolism back to normal, artificially made thyroid hormone improves these symptoms.

- A) Anyone who has had unusual reactions to thyroid hormones in the past should let his or her physician know before taking the drugs again.
- B) Thyroxine is the principal hormone secreted by the thyroid gland that increases the use of all food types for energy production.
- C) The goal of thyroid hormone replacement therapy is to support normal growth and development.
- D) Thyroid hormones may also be used to treat goiter and certain types of thyroid cancer.
- E) People with underactive thyroid glands feel unusually tired and may gain weight even though they eat less.

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

60. (I) Researchers have noted that once an adjustment disorder is diagnosed, psychotherapy, medication, or both can prevent the development of a more serious mental disorder. **(II)** Effective treatment is critical, as adjustment disorder is associated with an increased risk of suicide attempts, substance abuse, and various unexplained physical complaints. **(III)** Patients with chronic stressors may require ongoing treatment for continued symptom management. **(IV)** Clinicians do not agree on the role of medications in treating adjustment disorder. **(V)** While patients may not become symptom-free, treatment can halt the progression toward a more serious mental disorder by enhancing the patient's ability to cope.

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

61. (I) Restless leg syndrome (RLS) is a neurological or nervous system disorder causing discomfort and abnormal sensations throughout the legs. **(II)** To counter mild symptoms, a doctor may recommend lifestyle changes and, for severe cases medication. **(III)** For some, the sensations may feel as though insects are creeping on or in their legs. **(IV)** People with RLS feel a strong urge to move, stretch, flex, or shake their limbs to ease the discomfort. **(V)** This restlessness may prevent them from sitting comfortably for extended periods of time.

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

62. (I) Healthy weight management comes with many advantages. **(II)** Among the proven benefits are a reduced risk of diabetes, less joint pain, lower chances of certain cancers, and an overall fitter cardiovascular system. **(III)** Some regimens, particularly the Mediterranean diet, seem especially well-suited to deliver these advantages, though, as with all diets, only to the degree that people can stick with them and avoid overeating. **(IV)** A small but rigorous study showed that restricting meals to a six-hour window led to better insulin sensitivity and blood pressure even without weight loss. **(V)** The only successful diets, whatever the goal, involve permanent changes in eating habits.

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

63. (I) Sleep has multiple benefits for our bodies and brains, a fact which also helps to explain why we sleep. **(II)** For example, sleep is important for the production of certain hormones, such as the growth hormone, which, among other things, stimulates the regeneration of damaged and dying cells. **(III)** Teenagers typically need around 8 to 10 hours of sleep while adults can function perfectly well on 6 hours of sleep. **(IV)** Sleep also allows us to restore, retune and finely balance certain physiological processes within our bodies. **(V)** An example of this is the 2013 finding by researchers at the University of Rochester, New York, that the toxins which build up in our brains during waking hours are flushed out of the brain during sleep.

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

64. (I) Antibiotics are used for treatment or prevention of bacterial infections, and in most cases, they are prescribed for a short period of time to treat a specific infection. **(II)** This period may range from 3 days to 10 days or more, but more serious infections may require longer periods of treatment, up to several months or longer. **(III)** All antibiotics cause risk of overgrowth by non-susceptible bacteria. **(IV)** In both cases, antibiotics should be used as prescribed. **(V)** Not completing a prescribed course of treatment increases the probability that drug-resistant strains of organisms will develop.

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

65. (I) The different types of jobs that laboratory technicians have and the skills required for these jobs can vary tremendously. **(II)** Almost all beginner laboratory technicians receive additional on-the-job training, and laboratory technicians should expect to continue updating their education as technology advances. **(III)** For example, a laboratory technician working on a research project might operate an electron microscope or make behavioural observations of animals. **(IV)** In a clinical laboratory, a laboratory technician may examine blood samples for cell counts, examine tissue samples for parasites or test fluids for chemical contaminants. **(V)** In another setting like industrial production environments, laboratory technicians may conduct product quality tests and monitor product quality control.

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

66. - 68. soruları aşağıdaki parçaya
görecevaplaysınız.

Cryotherapy is a technique that uses an extremely cold liquid or instrument to freeze and destroy abnormal skin cells that require removal. It can be employed to destroy a variety of benign skin growths, such as warts, pre-cancerous lesions, and malignant lesions. The goal of cryotherapy is to freeze and destroy targeted skin growths while preserving the surrounding skin from injury. Cryotherapy is not recommended for certain areas of the body because of the danger of destruction of tissue or unacceptable scarring. Lesions that are suspected or known to be malignant melanoma should not be treated with cryotherapy but should instead be removed surgically. Similarly, carcinomas that have reappeared at the site of a previously treated tumor should also be removed surgically. If it remains unclear whether a growth is benign or malignant, a sample of tissue should be removed for analysis by a pathologist before any attempts to destroy the lesion with cryotherapy. Care should be taken in people with diabetes or certain circulation problems when cryotherapy is considered for growths located on their lower legs, ankles, and feet. In these patients, healing is poor and the risk of infection can be higher than for other patients.

66. When practising cryotherapy, it is aimed to ----.

- A) remove the malignant cells surgically as they will affect the surrounding cells
- B) clean off malignant skin growths in any part of the body
- C) destroy tumors completely if there is an existing circulation problem
- D) treat malignant melanomas when surgical operation is not possible
- E) get rid of the abnormal skin cells without harming the surrounding skin

67. It is understood from the passage that certain types of lesions and carcinomas ----.

- A) cannot be destroyed with cryotherapy
- B) are expected to heal quickly after cryotherapy
- C) may continue to grow despite the application of cryotherapy
- D) are frozen before the surgical operation
- E) can be the outcome of cryotherapy

68. Which could be understood from the passage?

- A) Modern techniques of cryotherapy have been made widely available to dermatologists.
- B) Infection due to cryotherapy is more likely on the lower legs and feet although healing is very quick.
- C) There is some risk of scarring, infection, and destruction of tissue if cryotherapy is administered too early.
- D) Cryotherapy must be carefully applied to the certain parts of the body in some patients.
- E) People with malignant melanomas and carcinomas are at higher risk of infection after cryotherapy.

69. - 71. soruları aşağıdaki parçaya
görecevaplaysınız.

An Alzheimer's diagnosis typically comes once symptoms like memory loss or cognitive and behavioural changes have already started to appear. But new research by Duke University suggests that doctors may one day have a non-invasive way to detect it earlier, opening up the opportunity for better treatment options. Using eye scans to compare the eyes of Alzheimer's patients to those of healthy people, researchers discovered that people with the disease had less dense retinal blood vessels and other retinal changes. The eyes are an extension of the brain — the small blood vessels in the retina and those in the brain share the same anatomical and physiological properties, so changes going on in the brain are also likely happening in the retina. The finding is a valuable development as it is likely to make early diagnosis of the disease possible for potential patients. The ability to diagnose Alzheimer's earlier would mean candidates could be identified for clinical trials studying new medications and existing treatment options could be started sooner.

69. It is pointed out in the passage that conventional diagnosis of Alzheimer's ----.

- A) is based more on behavioural than cognitive changes in the patient
- B) takes visible symptoms into account to identify the disease
- C) enables doctors to slow down the memory loss to a great extent if the disease is in its early stages
- D) takes into consideration the number of blood vessels in the patient's brain
- E) helps patients to cope with cognitive and behavioral changes through effective early treatment options

70. According to the passage, new research ----.

- A) has compared the retinas of Alzheimer's patients with those of patients suffering from cognitive changes
- B) has yielded inconclusive results, which makes further research essential
- C) has shown for the first time that the eyes are actually an extension of the brain
- D) suggests a link between the blood vessels in the brain and those in the retina in terms of Alzheimer's symptoms
- E) has established that retinal blood vessels in Alzheimer's patients are denser than those in the brain

71. Which could be inferred from the passage?

- A) Early diagnosis of Alzheimer's will stop the progression of it before complete memory loss is experienced.
- B) Any change that takes place in the brain will always have an impact on the retina.
- C) The changes in the retina occur long after the symptoms of memory loss appear.
- D) Candidates for clinical trials studying new medications are chosen among those who have already undergone existing treatment methods.
- E) Diagnosing Alzheimer's earlier can help doctors better address the symptoms of the disease.

72. - 74. soruları aşağıdaki parçaya göre cevaplayınız.

Patients with fibromyalgia must endure chronic pain, and it is still not known exactly why. But Swedish and US scientists might find out how the disease is caused. Fibromyalgia is characterized by chronic pain in several parts of the body, concentration problems, fatigue, and headache. Around 2% of the adult population has the disease, and 90% of sufferers are women. New studies indicate that the disease is caused by an inflammatory reaction in the brain that involves the support cells of the nervous system: glial cells. Scientists studied the activity of two types of glial cells — microglial cells and astrocytes — in 31 patients, discovering that particularly microglial cells were extra active. Microglial cells play a central role for the brain's immune system, removing alien microorganisms, and more. In the case of fibromyalgia, it seems that microglial cells overreact, causing unnecessary inflammation. Apparently, this can make nerve paths that carry pain signals more sensitive, so patients receive more frequent and stronger pain signals from their own nerves. A physiological explanation could pave the way for new treatments and most of all eliminate the prevailing suspicion that the condition is purely psychosomatic, caused by mental problems.

72. According to the passage, which of the following is true about fibromyalgia?

- A) Its causes are well researched and documented.
- B) Concentration problems are its top symptom.
- C) Ninety per cent of the females studied had some variation of the disease.
- D) Fibromyalgia affects woman more often than men.
- E) It is more common in Sweden and the US.

73. According to the passage, microglial cells ----.

- A) were overactive in only 31 of the patients observed in recent studies
- B) are a vital part of the brain's immune system
- C) are only responsible for removing alien microorganisms
- D) are found more abundantly in women than men
- E) are less active than astrocytes in the case of fibromyalgia, causing patients to receive stronger pain signals

74. Which could be inferred from the passage?

- A) New treatments cannot still provide help for fibromyalgia sufferers, contrary to what most scientists think.
- B) The common perception is that fibromyalgia does not have a physiological cause.
- C) Fibromyalgia has been proved to be completely psychosomatic condition by a recent study.
- D) More research into glial cells is necessary to better understand them.
- E) Fibromyalgia is difficult to diagnose due to the variety of possible symptoms.

75. - 77. soruları aşağıdaki parçaya
görecevaplınız.

Anti-anxiety drugs are powerful central nervous system depressants that are often prescribed to reduce feelings of tension and anxiety, and/or to bring about sleep. An individual taking central nervous system depressants usually feels sleepy and uncoordinated during the first few days of treatment. As the body adjusts to the effects of the drug, these feelings begin to disappear. If the drug is used long term, the body develops tolerance, and increasing doses are needed to obtain the desired effect of general calming. Abuse of anti-anxiety medication can develop with prolonged use, as tolerance grows relatively quickly. It is possible to become addicted to anti-anxiety drugs even when they are medically prescribed. A second cause of anti-anxiety drug abuse is the use of these drugs combined with other drugs, such as prescription pain medicines, some cold and allergy medications. Withdrawal from anti-anxiety medications can be dangerous if not done under medical supervision. The safest method of withdrawal involves a gradual reduction of dosage. Abrupt withdrawal from these medications can lead to symptoms including increases in heart rate, blood pressure or body temperature, sweating, hand tremor, insomnia, anxiety, nausea, and restlessness.

75. It is stated in the passage that anti-anxiety drug abuse ----.

- A) is not likely if the use of the drug is medically prescribed
- B) is the main reason for an early withdrawal from the medication
- C) usually occurs even if patients use the drug for a short period of time
- D) is a result of either addiction to the drug or its use in combination with other drugs
- E) makes it necessary to stop all medications at the same time

76. According to the passage, anti-anxiety drugs ----.

- A) maintain their calming effect on a person even after abrupt withdrawal, without causing any disturbances
- B) negatively affect a person for the first few days until the body adapts to its effects
- C) are more commonly prescribed to those who have sleep disorders
- D) become addictive if high doses are taken from the beginning
- E) pose extreme danger to the central nervous system once the body develops tolerance

77. Which of the following can be inferred about withdrawal from anti-anxiety drugs?

- A) Withdrawal is not dangerous when the drug is used with other drugs.
- B) Patients are recommended to reduce the dosage of the drug slowly rather than immediate withdrawal to avoid certain health problems.
- C) Withdrawal should be done immediately when the patient has reached significant levels of tolerance.
- D) After ending the medication, it is highly unlikely for a patient to suffer from anxiety or insomnia again.
- E) Individuals can safely undergo unsupervised withdrawals as long as there is no misuse of the drug.

78. - 80. soruları aşağıdaki parçaya
görecevaplaysınız.

Anatomical age is the numerical assessment of a child's physical growth in relation to the statistical average based on the child's chronological age. Using statistical data, scientists have developed tables to illustrate the growth patterns of children. These tables describe the population of all children of a certain age, with ranges for weight, height, and other physical characteristics. For most children, anatomical age is the same as chronological age. However, when a child's physical growth falls outside the range of his/her chronological age, the child's age is determined by his/her growth. For example, if a six-year-old's height and weight fall within the range for five-year-olds, his/her anatomical age will be given as five, not six years. However, prolonged malnutrition can cloud actual age assessments. In such cases, radiographs, or X-rays, of a child's bones are taken and read by osteologists and radiologist. Standardized growth charts and radiographs can assess normal skeletal growth and determine whether there are problems concerning growth that is too fast or too slow. Because bone growth is affected by calcium-regulating hormones, sex steroids, and thyroid hormones, disturbances in the endocrine system, which controls hormones, can be detected.

78. It is clearly stated in the passage that the anatomical age of a child ----.

- A) can give parents an indication of their children's future growth and can help them prevent any possible conditions
- B) has been assessed when parents have serious concerns about their children's growth or physical characteristics
- C) is determined by situating a child's physical characteristics in a table showing the average growth patterns of children
- D) is used as an indicator of average weight, height, and other physical characteristics of children aged up to six
- E) has helped doctors foresee numerous deficiencies that children develop before they turn five or six

79. It is pointed out in the passage that in cases of prolonged malnutrition, ----.

- A) the anatomical age of a child mainly falls within the range of the previous two years
- B) a child's anatomical age is the same as his/her chronological age
- C) referring to tables that show statistical averages of children might be misleading
- D) even radiographs and X-rays of a child's bones may not help to make actual age assessments
- E) doctors may discuss findings about the anatomical age of children with their parents

80. It can be understood from the passage that anatomical age assessment ----.

- A) is a standard procedure in identifying problems in the endocrine system
- B) might guide doctors in diagnosis of hormone deficiencies in children
- C) is mainly used by doctors in addressing specific disturbances caused by prolonged malnutrition
- D) was originally developed to improve bone growth in children suffering from prolonged malnutrition
- E) cannot be done for children over six because growth charts have been specifically designed for the younger ones.

13 MART 2022 YÖKDİL SAĞLIK BİLİMLERİ SINAVI

13 Mart 2022 Sağlık Yökdil Cevap Anahtarı									
1. A	2. B	3. C	4. A	5. E	6. E	7. E	8. B	9. D	10. A
11. B	12. D	13. E	14. C	15. B	16. D	17. E	18. E	19. B	20. C
21. A	22. D	23. B	24. B	25. E	26. A	27. B	28. E	29. C	30. C
31. B	32. C	33. E	34. D	35. C	36. C	37. C	38. B	39. A	40. A
41. E	42. A	43. C	44. B	45. B	46. B	47. D	48. A	49. E	50. B
51. A	52. C	53. C	54. C	55. A	56. A	57. B	58. A	59. E	60. D
61. B	62. D	63. C	64. C	65. B	66. E	67. A	68. D	69. B	70. D
71. E	72. D	73. B	74. B	75. D	76. B	77. B	78. C	79. C	80. B