

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

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

Özne, yüklem, bağlaç, önemli gördüğümüz çevirebildiğimiz cümle yapıları...

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

- A) Several studies suggest that if beta-carotene is not protected by antioxidants like vitamin E, it may cause damage in the body.
- B) As shown by several studies beta-carotene may cause damage in the body without the protection of another antioxidant like vitamin E
- C) As for some studies on beta-carotene, they suggest that it may cause damage in the body until it is protected by another antioxidant such as vitamin E
- D) According to several studies, beta-carotene may cause damage in the body if it is not prevented by another antioxidant, such as vitamin E
- E) As some studies suggest, unless beta-carotene is protected by another antioxidant, such as vitamin E, it may cause damage in the body.

Özne, yüklem, bildiđimiz ifadeler...

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

- A) Caused by a virus spread from person to person through the air, smallpox was once one of the most feared diseases, and there was no treatment for it.
- B) Smallpox, caused by a virus spread from person to person through the air was once one of the most feared diseases because there was no treatment for it
- C) Smallpox, which was once one of the most feared diseases and had no treatment, was caused by a virus spread from person to person through the air.
- D) Smallpox, which was once one of the most feared diseases, was caused by a virus spread from person to person through the air, and there was no treatment for it.
- E) Caused by a virus spread from person to person through the air, small pox had no treatment even though it was once one of the most feared diseases.

54. **Anorexia nervosa (AN)** affects **females more commonly than males** – **90%** of those affected are **female**. Typically, **the disorder begins when** an adolescent or young woman of normal or slightly overweight stature decides to **diet**. As weight falls, the intensity and obsession with dieting increases. Affected individuals may also increase physical exertion or exercise as weight decreases to lose more pounds. **Weight loss and avoidance of food** is equated in these patients with a sense of **accomplishment and success**. ---- Eventually, the affected person becomes increasingly focused on losing weight and devotes most efforts to dieting and exercise.
- A) The current thinking about AN is that it is caused by **multiple factors**.
  - B) **Weight gain is viewed as a sign of weakness and as failure**.
  - C) Physically, people with AN can exhibit **dry skin, hair loss, and loss of energy**.
  - D) **Developmental causes** can include fear of adulthood transition and peer pressure.
  - E) Parents of AN-affected individuals are often described as **passive, moody, and ineffective**.

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

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

56. For decades, experts **have refused to accept** the idea that **gut bacteria affect our mental health**. ---- **Yet** mounting evidence suggests that intestinal microbes profoundly **shape our thinking and behaviour**. Human trials are now underway to investigate how these microbes boost our overall well-being. If the results prove to hold out new bacteria-based therapies could expand a mental health treatment landscape that has been mostly stagnant for decades.
- A) **Indeed**, doctors have speculated about this particular **linkage** since ancient times.
- B) It has, in fact, been **referred to by many medical specialists as a nonsense theory**.
- C) **Over a century ago, doctors** argued melancholia arose from an overgrowth of intestinal microbes.
- D) As an aside, Hippocrates was credited with **saying "all disease begins in the gut"**.
- E) Data from genome sequencing of gut bacteria revealed that **microbes have many functions**.

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

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

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

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

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

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

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

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

We have a lot in common: Ortak çok şeyimiz var. ORTAK...

We have many hobbies in common.

PAST ---- Now

---- (AMA) Now

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

- A) Symptoms of post-traumatic stress disorder include flashbacks, persistent frightening thoughts and memories.
- B) There are various lifestyle strategies and supplements that can be helpful in reducing anxiety and improving well-being.
- C) The heart pumps stronger, breathing is increased, digestion slows down so that the body can reserve resources.
- D) Obsessions are persistent thoughts that are intrusive and inappropriate and cause anxiety or distress.
- E) Professional counselling can help a person develop tools and coping skills to deal with stress and anxiety.

OBSESSIVE COMPULSIVE DISORDER

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

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

KONUYU BUL... KONUYLA İLERLE... GÖNDERİMLER GENELDE DOĞRU, SEÇİLMEZ YANI...

Affect: etkilemek:

Pose: oluşturmak

Dilemma: ikilem

Abdominal: mide

Mimic: kopyalamak, taklit etmek

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

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

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

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

At work: iş üstünde olmak, hayatta olmak...

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

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

Neden 1 olamaz... THE CAUSES ifadesi öncesindeki bir şeyi açıklıyor.

Onunla buluştum... Kim o...

O yılda biliyorsunuz çok şey olmuştu.... O süreççç...

Tanımda 1. Ve 2. Cümle dışında uzak dur...

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

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

YOU-YOU

WE-WE

US-WE

CÜMLE TAMAMLAMA...

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

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

A NEW STUDY... THE RESEARCHERS...

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

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

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



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67. It is understood from the passage that donor lungs

-----.

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

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

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

inEnglish

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

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

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

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

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

Neden adaletsizlik dedim – çünkü 2023 sosyal ve fen sınavları paragraflarında kelime sorulmadı...

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

71. Which does the passage mainly discuss / what is the main point discussed by the author? **could be inferred from the passage?**

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

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

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

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

Take for granted. People take the availability of water for granted...

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

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

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

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

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There are many simple ways to be nicer to people, and we like to believe that all that kindness and consideration will be appreciated. However, being nice may not do us any favours down the line. According to a study published in a scientific journal, people who are nice - defined as sensitive to unfairness or inequity - are more likely to show symptoms of depression than people who tend to be selfish and egocentric. Researchers looked at whether the pattern of thinking that is considered 'pro-social' (meaning self-sacrificing and willing to promote equity) was linked with longer term clinical symptoms of depression. They started by giving nearly 350 people a personality test to determine whether they were more 'pro-social' or 'individualistic' (selfish and primarily concerned with maximising their own resources). Then, they measured people's desire to share financial resources with those less fortunate. Lastly, they used MRI to see which areas of the brain were activated during 1 specific situations. What they found was that the brain images were quite different between the two types of people, and that nicer people are more vulnerable to depression because they experience extreme empathy, guilt and stress.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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