

2025 Temmuz
YÖKDİL

Sağlık Bilimleri

1

Reconstructive surgery, which includes procedures that repair congenital birth defects or disfigurements caused by accidents, is based upon the --- of key principles of anatomy, physiology, and pathology.

- A) cessation
- B) exploitation
- C) deterioration
- D) reduction
- E) fluctuation

2

Each person has about 100,000 hairs on their scalp, and although it is normal to lose between 25 and 75 hairs per day, any --- of the hair growth cycle may cause abnormal hair loss.

- A) construction
- B) exclusion
- C) disruption
- D) validation
- E) utilisation

3

Although pain connects us to the outside world and modulates our interactions with it, it becomes a problem when its causes are ---, leaving us wondering why such a feeling is experienced.

- A) obscure
- B) plausible
- C) fundamental
- D) adequate
- E) compulsory

4

Evidence shows that it is unlikely to prevent upper respiratory infections, but beginning a supplement --- when symptoms occur can significantly shorten the duration of the illness.

- A) eminently
- B) excessively
- C) severely
- D) promptly
- E) concisely

5

Although it is impossible to remove all the chemicals in your home, if you have good ventilation and air your house daily, the impact of those chemicals can be ---.

- A) retained
- B) examined
- C) mitigated
- D) induced
- E) substituted

6

Some drugs can stop the absorption of nutrients such as vitamins B6, C, and D, zinc, and potassium, and so they --- the ability of cells to use them.

- A) call for
- B) make up
- C) pass on
- D) interfere with
- E) stem from

7

Prior to the advent of the X-ray and radioactive isotopes, many cancers --- undetected because imaging techniques --- yet.

- A) had grown / have not been developed
- B) were growing / might not be developed
- C) grew / had not been developed
- D) would have grown / were not developed
- E) may have grown / would not be developed

8

Although fertility --- in the United States, it has not reached the crisis levels --- in other parts of the world.

- A) has been declining / experienced
- B) declined / having been experienced
- C) had declined / to be experienced
- D) declines / to experience
- E) is declining / having experienced

9

Therapeutic dyad is a medical term for the relationship --- the therapist and the patient, and it is --- the context of the therapeutic dyad that positive changes in the patient's outlook and behaviours can take place.

- A) in / for
- B) about / from
- C) between / within
- D) through / onto
- E) over / towards

10

Recommended for patients for whom other weight loss options have failed, malabsorption refers to food passing directly --- the digestive tract --- the nutrients being absorbed by the body.

- A) over / from
- B) beyond / into
- C) through / without
- D) across / on
- E) at / for

11

Radiologists can successfully differentiate --- the types of tumours --- the body by viewing the details of their makeup.

- A) for / over
- B) among / across
- C) with / off
- D) at / along
- E) about / towards

12

--- lung cancer is globally the leading cause of death from cancer, health experts believe it is also the most preventable type due to smoking's role in its development.

- A) Even though
- B) Since
- C) If
- D) As long as
- E) Unless

13

Stuttering usually begins between the ages of two and five years; ---, there are instances when individuals begin to show stuttering-type behaviours in late childhood or as adults.

- A) however
- B) in other words
- C) similarly
- D) for example
- E) accordingly

14

--- dieting alone leads to a loss of lean tissue, a combination of moderate exercise and dietary restriction conserves muscle mass.

- A) Until
- B) Whether
- C) While
- D) Only when
- E) Now that

15

Photoreceptors are specialised cells lining the innermost layer of the eye that convert light into electrical messages --- the brain can perceive the environment.

- A) even if
- B) because
- C) so that
- D) although
- E) once

16

--- there is no genetic testing available for Marshall-Smith syndrome, all individuals are diagnosed through a careful physical examination and study of their medical history.

- A) Before
- B) Because
- C) Once
- D) Just as
- E) Whether

17

--- relying on a single treatment method, plague doctors employed a variety of methods to protect themselves and their patients from the contagion of the plague.

- A) By means of
- B) Instead of
- C) In terms of
- D) As a result of
- E) Due to

18

Global rates of obesity and related diseases have increased in the 21st century to epidemic proportions ---- the efforts of the health services, doctors and nutritionists.

- A) in line with
- B) with respect to
- C) because of
- D) unlike
- E) in spite of

19

---- prescription medications ---- herbal products have the ability to fully restore cognitive functions lost to permanent brain damage caused by Alzheimer's disease or traumatic brain injury.

- A) As / as
- B) Such / that
- C) Whether / or
- D) Neither / nor
- E) The more / the more

20

Hemoglobin is a protein ---- main function is to transport oxygen from the lungs to tissues and carbon dioxide from tissues to the lungs.

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

Shingles, known medically as herpes zoster, is a viral infection that causes a painful rash and blisters. Shingles is caused by the varicella-zoster virus, the same virus that causes chickenpox. After you get chickenpox, the virus remains (21)---- in your nerves, and years later it may reactivate as shingles. About one in 10 healthy adults who (22)---- chickenpox before eventually develop shingles. With shingles the virus travels (23)---- a nerve pathway to your skin, causing rash and blistering and pain. It typically affects the torso, but it can also affect an area around the eyes, face, or cheeks. (24)---- it can be painful, in most cases shingles clears up in a few weeks. (25)---- its relatively short life span in some, about one in five people develop a complication from damaged nerve fibres called postherpetic neuralgia, which causes skin pain and sensitivity that can last for several months.

21

- A) substantial
- B) vulnerable
- C) dormant
- D) rapid
- E) appropriate

22

- A) could have
- B) would have
- C) have had
- D) had had
- E) may have

23

- A) at
- B) above
- C) behind
- D) along
- E) under

24

- A) Before
- B) Unless
- C) As soon as
- D) Since
- E) Even if

25

- A) Owing to
- B) As for
- C) Despite
- D) Prior to
- E) In fear of

Stress in the broadest sense is a word we associate with experiences in our daily lives, how we interpret them, and how we respond to them. We tend to regard stress as debilitating (26)--- its close association with tough situations. Everyday annoyances and social pressures can cause the body to activate the stress response constantly, which is a chain reaction (27)--- the increase of cortisol (the stress hormone), epinephrine (also known as adrenaline), and some other chemicals. Therefore, the body and brain cannot reset hormones and inflammatory chemicals (28)--- normal levels, and it damages the immune system. However, stress can provide benefits as it may help us determine which new experiences are rewarding or dangerous and eventually leads us to find alternative ways to (29)--- our resilience and psychological well-being. (30)---, it teaches us how to respond to similar situations in the future. To sum up, the key with stress is to sustain a healthy balance – get enough of it at the right moments, but not too much overall.

26

- A) except for
- B) rather than
- C) in comparison to
- D) due to
- E) for the purpose of

27

- A) to be triggered
- B) having triggered
- C) triggered
- D) triggering
- E) being triggered

28

- A) from
- B) over
- C) to
- D) upon
- E) through

29

- A) alleviate
- B) transmit
- C) receive
- D) deplete
- E) enhance

30

- A) In addition
- B) Firstly
- C) On the contrary
- D) Still
- E) Otherwise

31

Even though fresh vegetables are available year round thanks to large refrigerated warehouses and fast transportation systems, ---.

- A) vegetables provide materials besides vitamins and minerals that are important for long-term health
- B) the consumption of fresh vegetables in the US has steadily increased from 115 pounds per person to 190 pounds
- C) vegetables consist of essential nutrients, many of which are being studied meticulously
- D) vegetables that are processed with various preservation methods remain an important part of the American diet
- E) most popular vegetables in the US are celery, lettuce, and cucumbers

32

--- because male anorexics have been frequently misdiagnosed or overlooked by doctors who were scientifically conditioned to recognise the disorder in women.

- A) Medical professionals have realised that eating disorders affect members of all ages, races, classes, and genders
- B) Increased attention to men's health in recent years has shown that they are reluctant to improve their diet or seek medical treatment
- C) It is difficult to accurately measure the prevalence or increase of eating disorders such as anorexia in men
- D) Men seem to share with women a susceptibility to the eating pathologies that plague consumer culture
- E) Research into eating disorders reveals that advertising and entertainment media increasingly objectify men's bodies

33

Because much sleep disturbance is related to mental stimulation happening during the in-bed mobile phone use, ---.

- A) studies show that people who are given a book to read on screen rather than on paper enjoy it more in bed before sleeping
- B) smartphones are also being used for activities that can help us, such as monitoring sleep for a better sleep quality
- C) insufficient sleep has been linked to increased risk for many health problems, including depression
- D) avoiding screens in the hour before sleep is highly recommended
- E) most people tend to look at their phones at night, which results in sleep deprivation

34

While eczema, characterised by red, inflamed skin, is often the result of an allergic reaction to certain substances, ---.

- A)** it is best to consult a professional practitioner as eczema is difficult to self-treat by just relying on herbs
- B)** it can also be inherited through genes or it may simply appear for an unknown reason
- C)** it is suggested to cover the affected area with a non-irritating material such as cotton to avoid scratching
- D)** the most frequent areas of involvement are the inner surface of the elbows and the back surface of the knees
- E)** reducing contact with allergens to decrease the body's oversensitivity is of great importance

35

---; therefore, a better understanding of how neuron transmission speeds vary throughout a person's life may improve our knowledge of certain conditions such as schizophrenia.

- A)** The speed at which our neurons communicate with each other changes as we age and may increase in some regions of the brain
- B)** Neuron speeds during transmission from the brain's frontal to parietal regions can be assessed by implanting electrodes into various parts of the brain
- C)** After early childhood, synapse numbers start to fall, leaving the brain with only the most important synapses
- D)** Scientists still question the efficacy of myelin sheath which is responsible for improving impulse transmission speed
- E)** The reason why neurological changes do not occur in some regions of the human brain is still being researched by neurologists

36

Since there is very little data on the efficacy and safety of prenatal therapy, ---.

- A)** studies have suggested that a multivitamin including folic acid may reduce birth defects
- B)** a careful examination of the genitals and blood tests can help the diagnosis of the conditions
- C)** it starts in the first trimester when foetal adrenal production of androgens begins
- D)** it should only be offered to patients who clearly understand the risks and benefits
- E)** recent developments in prenatal therapy options have reduced infant mortality rates

37

Most of the time snoring is just an annoyance for the people nearby who are trying to get some sleep themselves; ---.

- A)** however, sometimes it is an indication of something that is far more serious – a breathing disorder called sleep apnea
- B)** as a result, people who sleep alone, or with partners who are very sound sleepers, may not even know that they snore
- C)** therefore, the main problem is not the sound of the snoring itself, but the root cause behind it
- D)** for example, snoring caused by a disorder is increasing in prevalence because of the obesity epidemic and an ageing population
- E)** that is, snoring is rather common because as much as half of the adult population snores

38

---, other arterial branches can deliver blood to the same or nearby areas to cover the deficit.

- A)** When the network of arteries that encircles the heart provides its blood supply
- B)** Since the coronary arteries deliver the largest volume of blood to the heart
- C)** Even though the symptoms of restricted blood flow become more apparent
- D)** Even if a damage blocks one branch or several branches of coronary arteries
- E)** As the primary condition that affects the coronary arteries is called 'coronary artery disease'

39

For many years, meditation has been recommended as an effective treatment for high blood pressure; ---.

- A)** nevertheless, there is considerable debate over the efficacy of meditation compared with medical treatment
- B)** consequently, only about half of people with high blood pressure have their condition under control
- C)** for example, researchers have found that meditation is essential to the treatment of chemical dependency with certain age groups
- D)** even so, there is a growing body of evidence supporting the medical benefits of meditation as a cure for chronic pain
- E)** on the contrary, it is one of the best alternative therapies for cardiovascular diseases which are unresponsive to traditional methods

40

Conversion disorder, where patients convert their emotional problems into physical symptoms, is one of the few mental disorders that appears to be misdiagnosed, ---.

- A)** so physical or emotional abuse can be a contributing cause of conversion disorder
- B)** as the symptoms of the disorder can be alleviated if the patient becomes aware of the conversion process
- C)** but newer techniques of diagnostic imaging have helped to lower the rate of medical errors
- D)** yet the immediate cause of conversion disorder is a stressful event or situation
- E)** thus women diagnosed with conversion disorder outnumber men

41

---; however, there are environmental toxic agents that can impair various cognitive functions, including memory loss.

- A)** The risk of developing Alzheimer's disease increases with age and is independent of geographical location
- B)** Alzheimer's disease may resemble depression or pure memory disorders such as the Korsakoff amnesic syndrome
- C)** Alzheimer's disease may result in psychological conditions like late-life depression and aggressive behaviour
- D)** Alzheimer-related issues can cause emotional and financial upheaval for both the patients and their families
- E)** According to the World Health Organization, Alzheimer's disease is one of the leading causes of death in adults

42

A treatment method, called 'neuromodulation', has facilitated the treatment of many movement disorders through a device that delivers electrical current to the specific regions of the brain.

- A) 'Nöromodülasyon' adı verilen bir tedavi yöntemi, bir cihaz sayesinde beynin belirli bölgelerine elektrik akımı vererek birçok hareket bozukluğunun tedavisini mümkün kılmıştır.
- B) Beynin belirli bölgelerine elektrik akımı veren bir cihaz, 'nöromodülasyon' adı verilen bir tedavi yöntemi sayesinde birçok hareket bozukluğunun tedavisini mümkün kılmıştır.
- C) 'Nöromodülasyon' adı verilen bir tedavi yöntemi, beynin belirli bölgelerine elektrik akımı veren bir cihaz sayesinde pek çok hareket bozukluğunun tedavisini mümkün kılmıştır.
- D) 'Nöromodülasyon' adı verilen tedavi yönteminde beynin belirli bölgelerine elektrik akımı veren bir cihazın kullanılması, pek çok hareket bozukluğunun tedavisini mümkün kılar.
- E) Beynin belirli bölgelerine elektrik akımı veren bir cihazın kullanılmasıyla pek çok hareket bozukluğunun tedavisini mümkün kılan tedavi yöntemine 'nöromodülasyon' adı verilir.

43

Cinnamon bark is a frequently used component in toothpaste, mouthwash, and other dental health products because it helps kill the bacteria that cause tooth decay and gum diseases.

- A) Tarçın kabuğu, diş çürümesine ve diş eti hastalıklarına sebep olan bakterileri öldürmeye yardımcı olduğu için diş macunlarında, gargaralarda ve diğer diş sağlığı ürünlerinde sıklıkla kullanılan bir bileşendir.
- B) Tarçın kabuğunun diş macunlarında, gargaralarda ve diğer diş sağlığı ürünlerinde sıklıkla kullanılan bir bileşen olmasının sebebi, diş çürümesine ve diş eti hastalıklarına sebep olan bakterileri öldürmeye yardımcı olmasıdır.
- C) Diş çürümesine ve diş eti hastalıklarına sebep olan bakterileri öldürmeye yardımcı olan tarçın kabuğu; diş macunlarında, gargaralarda ve diğer diş sağlığı ürünlerinde sıklıkla kullanılan bir bileşendir.
- D) Tarçın kabuğu diş macunlarında, gargaralarda ve diğer diş sağlığı ürünlerinde sıklıkla kullanılan bir bileşen olarak diş çürümesine ve diş eti hastalıklarına sebep olan bakterileri öldürmeye yardımcı olur.
- E) Diş çürümesine ve diş eti hastalıklarına sebep olan bakterileri öldürmeye yardımcı olması, tarçın kabuğunu diş macunlarında, gargaralarda ve diğer diş sağlığı ürünlerinde sıklıkla kullanılan bileşenlerden biri yapar.

44

Hypnotherapy, in which hypnosis is used as a psychiatric treatment, may be used in short-term psychotherapy to help alleviate symptoms or as part of a long-term plan of psychotherapeutic intervention for personality change.

- A) Hipnoterapi, hipnozu psikiyatrik bir tedavi olarak kullanıp kısa süreli psikoterapide belirtileri hafifletmeye yardımcı olabilir veya kişilik değişikliği için uzun süreli psikoterapik müdahale planının bir parçası olarak kullanılabilir.
- B) Hipnozun psikiyatrik bir tedavi olarak kullanıldığı hipnoterapi, kısa süreli psikoterapide belirtilerin hafifletilmesine yardımcı olduğu gibi kişilik değişikliği için uzun süreli psikoterapik müdahale planının bir parçası olarak da kullanılabilir.
- C) Hipnozun psikiyatrik bir tedavi olarak kullanıldığı hipnoterapi, belirtileri hafifletmeye yardımcı olmak için kısa süreli psikoterapide veya kişilik değişikliği için uzun süreli psikoterapik müdahale planının bir parçası olarak kullanılabilir.
- D) Hipnoterapi, hipnozu psikiyatrik bir tedavi olarak belirtileri hafifletmeye yardımcı olmak için kısa süreli psikoterapide veya kişilik değişikliği için uzun süreli psikoterapik müdahale planının bir parçası olarak kullanılabilir.
- E) Psikiyatrik bir tedavi olarak hipnozun kullanıldığı hipnoterapi, belirtilerin hafifletilmesinde yardımcı olabileceği için kısa süreli psikoterapide veya kişilik değişikliği için uzun süreli psikoterapik müdahale planının bir parçası olarak kullanılabilir.

45

Although primary goals of psychoanalysis are to eliminate the symptoms of mental health disorders and to increase self-awareness, psychoanalysis might also allow patients to establish good relationships with others.

- A) Psikanalizin temel hedefleri arasında ruh sağlığı bozukluklarının belirtilerinin ortadan kaldırılması ve öz farkındalığın artırılması olsa da psikanaliz hastaların başkalarıyla iyi ilişkiler geliştirmelerini de sağlayabilir.
- B) Temel hedefleri ruh sağlığı bozukluklarının belirtilerini ortadan kaldırmak ve öz farkındalığı artırmak olan psikanaliz, hastaların başkalarıyla iyi ilişkiler geliştirmelerini de sağlayabilir.
- C) Psikanalizin temel hedefleri ruh sağlığı bozukluklarının belirtilerini ortadan kaldırmak ve öz farkındalığı artırmak olsa da psikanaliz hastaların başkalarıyla iyi ilişkiler geliştirmelerini de sağlayabilir.
- D) Ruh sağlığı bozukluklarının belirtilerinin ortadan kaldırılması ve öz farkındalığın artırılması psikanalizin temel hedefleri olsa da psikanalizle hastaların başkalarıyla iyi ilişkiler geliştirmeleri de sağlanabilir.
- E) Ruh sağlığı bozukluklarının belirtilerini ortadan kaldırmak ve öz farkındalığı artırmak psikanalizin temel hedeflerindendir ancak psikanaliz, hastaların başkalarıyla iyi ilişkiler geliştirmelerini de sağlayabilir.

46

Tardive dyskinesia, which is usually associated with long-term use of medicines in the treatment of schizophrenia, is a neurological disorder consisting of abnormal and involuntary body movements.

- A) Tardif diskinezi genellikle anormal ve istemsiz vücut hareketlerinden oluşan nörolojik bir bozukluktur ve şizofreni tedavisindeki ilaçların uzun süreli kullanımıyla ilişkilendirilir.
- B) Genellikle şizofreni tedavisindeki ilaçların uzun süreli kullanımıyla ilişkilendirilen tardif diskinezi, anormal ve istemsiz vücut hareketlerinden oluşan nörolojik bir bozukluktur.
- C) Anormal ve istemsiz vücut hareketlerinden oluşan nörolojik bir bozukluk olan tardif diskinezi, genellikle şizofreni tedavisindeki ilaçların uzun süreli kullanımıyla ilişkilendirilir.
- D) Genellikle anormal ve istemsiz vücut hareketlerinden oluşan tardif diskinezi, şizofreni tedavisindeki ilaçların uzun süreli kullanımıyla ilişkilendirilen nörolojik bir bozukluktur.
- E) Şizofreni tedavisindeki ilaçların uzun süreli kullanımıyla ilişkilendirilen nörolojik bir bozukluk olan tardif diskinezi, genellikle anormal ve istemsiz vücut hareketlerinden oluşur.

47

Although hypothermia generally poses an obvious danger to people living in cold climates, it may occur even when the air temperature is well above the freezing mark.

- A) Genellikle soğuk iklimlerde yaşayan insanlar bariz bir hipotermi tehlikesiyle karşılaşsa da hipotermi, hava sıcaklığı donma noktasının çok üzerinde olduğunda bile meydana gelebilir.
- B) Hipotermi genellikle soğuk iklimlerde yaşayan insanlar için bariz bir tehlike oluştursa da hava sıcaklığı donma noktasının çok üzerinde olduğunda bile meydana gelebilir.
- C) Genellikle soğuk iklimlerde yaşayan insanlar için bariz bir tehlike oluşturan hipotermi, hava sıcaklığı donma noktasının çok üzerinde olduğunda da meydana gelebilir.
- D) Hipoterminin genellikle soğuk iklimlerde yaşayan insanlar için tehlike oluşturduğu bariz olsa da hava sıcaklığı donma noktasının çok üzerinde olduğunda bile meydana gelebilir.
- E) Genellikle soğuk iklimlerde yaşayan insanlar bariz bir hipotermi tehlikesiyle karşılaşır ancak hipotermi hava sıcaklığı donma noktasının çok üzerinde olduğunda da meydana gelebilir.

48

Çocuklarda depresyonun önlenmesine ilişkin çok az araştırma yapılmış olsa da bazı araştırmacılar bilişsel-davranışçı terapinin, kaygı bozuklukları olan çocuklarda majör depresyonun ortaya çıkışını engelleyebileceğini öne sürmektedir.

- A) Because little research on the prevention of depression in children with anxiety disorders has been conducted, some researchers suggest that the onset of major depression in children can be prevented by cognitive-behavioural therapy.
- B) Even if research conducted on the prevention of depression in children with anxiety disorders is insufficient, some researchers suggest that cognitive-behavioural therapy could prevent the onset of major depression.
- C) Although little research has been conducted on the prevention of depression in children, some researchers suggest that cognitive-behavioural therapy can prevent the onset of major depression in children with anxiety disorders.
- D) It has been suggested by some researchers that the onset of major depression in children with anxiety disorders can be prevented with cognitive-behavioural therapy despite insufficient research conducted on the prevention of depression in children.
- E) Little research has been conducted to prevent depression in children with anxiety disorders; however, some researchers suggest that preventing the onset of major depression in children is possible through cognitive-behavioural therapy.

49

Birçok hastalık görme bozukluğuna neden olabilir ancak erken teşhis ve etkili bir tedavi aracılığıyla göz hasarı başarılı bir şekilde önlenabilir.

- A) Many illnesses may cause vision impairment, yet early diagnosis and an effective treatment can successfully prevent eye damage.
- B) Although many illnesses may result in vision impairment, eye damage can be successfully prevented thanks to early diagnosis and an effective treatment.
- C) Many illnesses may cause vision impairment, but eye damage can be successfully prevented through early diagnosis and an effective treatment.
- D) Many illnesses could result in vision impairment, but the prevention of eye damage can be successfully carried out through early diagnosis and an effective treatment.
- E) While many illnesses could result in vision impairment, the successful prevention of eye damage can be realised by means of early diagnosis and an effective treatment.

50

Güneş ışığı yoluyla elde edilen D vitamini insan sağlığı için oldukça önemlidir ve kısıtlı güneş ışığı olan mevsimlerde insanlar kemik sağlığı ve bağışıklık sistemine zarar verebilen D vitamini eksikliği riskiyle karşı karşıya kalır.

- A) Vitamin D obtained through sunshine is crucial to human health, and during the seasons with limited sunshine, humans face the risk of vitamin D deficiency, which can harm bone health and the immune system.
- B) During the seasons with limited sunshine, humans face the risk of vitamin D deficiency, which may damage bone health and the immune system because vitamin D obtained through sunshine is vital to human health.
- C) Vitamin D, which is crucial to human health, is obtained through sunshine, and during the seasons with limited sunshine, humans might face the risk of vitamin D deficiency, which causes harm to bone health and the immune system.
- D) Given that vitamin D obtained through sunshine is crucial to human health, the seasons with limited sunshine may cause humans to face the risk of vitamin D deficiency, which can harm bone health and the immune system.
- E) Vitamin D obtained through sunshine is vital to human health, and during the seasons with limited sunshine, vitamin D deficiency poses a risk to humans as it may damage bone health and the immune system.

51

Batılı araştırmacılar yogayı yalnızca 1970'lerden beri incelemekte olsa da Amerika Birleşik Devletleri'nde yapılan klinik deneyler yoganın astım ve kalp hastalıklarını tedavi etme konusundaki etkinliğini kanıtlamıştır.

- A) While Western researchers have been studying yoga only since the 1970s, clinical trials carried out in the United States of America have proved that it can effectively treat asthma and heart diseases.
- B) Despite being studied by Western researchers only since the 1970s, yoga has been proved to be effective in treating asthma and heart diseases in clinical trials conducted in the United States of America.
- C) Even though Western researchers have been conducting studies on yoga only since the 1970s, clinical trials carried out in the United States of America have proved that it is an effective treatment for asthma and heart diseases.
- D) Although Western researchers have been studying yoga only since the 1970s, clinical trials conducted in the United States of America have proved its effectiveness in treating asthma and heart diseases.
- E) Whereas Western researchers have been conducting studies on yoga only since the 1970s, its effectiveness in treating asthma and heart diseases has been proved by clinical trials carried out in the United States of America.

52

Geçmişte birçok doktor, hastaları için tedavi kararı vermenin kendi hak ve sorumluluğu olduğuna inanmıştır fakat sonrasında, mahkemeler izinsiz tedavinin temel hukuk ilkelerini ihlal ettiği sonucuna varmıştır.

- A) Even though many physicians in the past believed that it was their own right and responsibility to make treatment decisions for their patients, courts later concluded that treatment without consent violates fundamental legal principles.
- B) In the past, treatment decisions for patients were made by many physicians believing that it was their own right and responsibility; however, courts later concluded that treatment without consent violates fundamental legal principles.
- C) In the past, many physicians believed that it was their own right and responsibility to make treatment decisions for their patients, but courts later concluded that treatment without consent violates fundamental legal principles.
- D) Believing that it was their own right and responsibility, many physicians in the past made treatment decisions themselves instead of their patients, but courts later concluded that treatment without consent violates fundamental legal principles.
- E) While many physicians in the past believed that it was their own right and responsibility to make treatment decisions themselves, courts later concluded that treatment without patient consent violates fundamental legal principles.

53

Kalp ritmini düzenleyen aygıtlar yakında hastanelerle elektronik olarak haberleşebilecek ve hastaları daha yakından izleyerek sağlık hizmeti ve sigorta maliyetlerini düşürecek.

- A) Heart pacemakers, which keep closer watch on patients, will soon be able to communicate electronically with hospitals, and therefore they will reduce health care and insurance costs.
- B) Heart pacemakers, which will soon be able to communicate electronically with hospitals, will reduce health care and insurance costs by keeping closer watch on patients.
- C) Heart pacemakers will soon be able to communicate electronically with hospitals, and they will reduce health care and insurance costs by keeping closer watch on patients.
- D) Keeping closer watch on patients, heart pacemakers will soon be able to communicate electronically with hospitals, and they will reduce health care and insurance costs.
- E) Heart pacemakers that keep closer watch on patients will soon be able to communicate electronically with hospitals, which will reduce health care and insurance costs.

54

The most common mental health concerns facing adolescents today are anxiety disorders, but they are largely undertreated. The only evidence-based behavioural treatments for anxiety are cognitive-behavioural therapies (CBTs). They involve identifying triggers of anxiety and then desensitising the affected person to them through coping strategies such as positive thought reframing or breathing exercises. ---- In addition, many fail to maintain improvements over time. A mere 20 to 50 per cent of patients treated for anxiety without medication during adolescence remain in remission six years after initial CBT.

- A) Although CBT is the most established treatment for adolescent anxiety, not all youths who receive it experience relief.
- B) Anxiety can lead to more serious chronic illnesses, such as depression and adjustment disorders, if not brought under control with CBT.
- C) Fortunately, new discoveries about the adolescent brain have shown promising paths for the treatment of anxiety.
- D) By focusing on the developing brain and the behaviours it generates early on in life, people may be better able to alter anxiety-related memories.
- E) In CBT, the therapist works with the patient to identify the thought causing distress and employs behavioural therapy techniques to control the resulting behaviour.

55

Bariatric surgery is usually preferred by individuals who are defined as morbidly obese, or those with life-threatening issues related to their weight. It is now a recognised sub-interest in the field of general surgery. Bariatric surgery is becoming far more popular for people who can afford it, or whose insurance policies will cover the procedures. ---- In fact, it is so common that any time an overweight person loses a large amount of weight in a relatively short time, it is assumed that they lost the weight via surgery.

- A) As a result, it has become the first choice for weight loss, especially for overweight people, over the conventional weight loss methods.
- B) Besides the costs, there are many risks involved in such surgeries, such as infections, stomach and gastrointestinal leaks, and ulcers.
- C) The most common types of surgeries are stomach stapling, the lap band, and gastric bypass surgery, all of which are gastric restrictive procedures.
- D) Through stapling, banding, or other methods, the patient's stomach is made much smaller, leaving the patient unable to consume large quantities of food.
- E) Due to the prevalence of bariatric surgery, large numbers of individuals have felt an urge to modify their bodies to conform to the Western society's standards.

56

When chemotherapy is used before surgery or radiation, it is known as 'neoadjuvant chemotherapy'. An advantage of it is that since the cancer cells have not been exposed to anti-cancer drugs, they are especially vulnerable. ---- However, the toxic effects of neoadjuvant chemotherapy are severe. In addition, it may make the body less tolerant to the side effects of other treatments that follow, such as radiation therapy.

- A) Furthermore, the clinical efficacy of neoadjuvant chemotherapy has also been debated by some oncologists.
- B) Therefore, it can be used effectively to reduce the size of the tumour for surgery or target it for radiation.
- C) In fact, patients who generally undergo neoadjuvant chemotherapy treatment are those diagnosed with breast and colon cancer.
- D) Yet, the success of neoadjuvant chemotherapy depends on many factors, including the type and stage of cancer a person has.
- E) For example, doctors may use several types of drugs for neoadjuvant chemotherapy, such as *anthracyclines* for ovaries and *taxanes* for the lungs.

57

Although the risks of serious complications from general anaesthesia are very low, they can include heart attack, stroke, brain damage, and death.

---- The risks of complications depend, in part, on a patient's age, sex, weight, allergies, general health, and history of smoking, drinking alcohol, or drug use. Some of these risks can be minimised by ensuring that the physician and anaesthesiologist are fully informed of the detailed health condition of the patient, including any drugs that he or she may be using.

- A) Thus, anyone scheduled to undergo general anaesthesia should thoroughly discuss the benefits and perils with a physician.
- B) Some anaesthetics are given only by the medical professionals trained to use them.
- C) General anaesthetics are usually inhaled through a mask or a breathing tube or injected into a vein.
- D) Because general anaesthetics affect the central nervous system, patients may feel weak for a few days.
- E) During most surgical procedures, anaesthetic agents are now delivered and controlled by computerised equipment.

58

When a baby is born prematurely, doctors often cut the umbilical cord and take the infant away for immediate medical intervention. However, a new meta-analysis, involving nearly 10,000 premature babies, suggests they should not be so quick to sever the cord. Immediate cord clamping became commonplace only in the 20th century as childbirth practices moved from the home to the hospital.

--- Many doctors now delay cord clamping although some still show hesitation.

- A) Some circumstances probably still require rapid clamping of the cord, such as when the mother is hemorrhaging or the infant needs immediate resuscitation.
- B) Over the years, however, research has shown that delayed cord clamping can boost a newborn's overall blood volume, red blood cell count and iron stores.
- C) Yet, physicians are often sceptical about delayed clamping with premature babies, who are frequently born with a range of visible health issues.
- D) Waiting for at least two minutes to clamp the cord is longer than what most public health organisations currently recommend.
- E) If the umbilical cord is cut too quickly, the baby's heart is trying to pump blood, and yet there is not enough blood in the body.

59

Electroconvulsive therapy (ECT) is one of the most controversial treatments in psychiatry, and perhaps it deserves to be. It has a long history of abuse and unfavourable media presentation, and there are clearly significant side effects, especially acute confusion and memory deficits. --- On the other hand, drugs and traditional therapy take far longer to work, and some drug treatments offer more serious side effects. Widely viewed by the general public as a relic of a bygone age, ECT is actually still practiced in a majority of psychiatric units in hospitals.

- A) Yet, ECT is also the most effective treatment currently known for severe depression although patients tend to prefer drugs because of their fear of ECT.
- B) The modern era in psychiatric treatment began with the introduction of ECT in the late 1930s and tricyclic antidepressants in the 1950s.
- C) Some of ECT's negative image has to do with the early days of the treatment as a cure for mental illness which dates back to the early 16th century to treat headaches.
- D) Therefore, the mechanism by which ECT actually works remains a mystery to this day, despite the attention it receives from both the public and scientists.
- E) ECT involves the induction of a certain type of seizure, similar to those experienced in epilepsy, by the brief presentation of an electrical current across the brain.

60

(I) In traditional medicine, enzyme supplements are often prescribed for patients suffering from disorders that affect the digestive process, such as diabetes and celiac disease. (II) Enzyme supplements are extracted from plants like pineapple and papaya and from the organs of cows and pigs. (III) A programme of enzyme supplementation is rarely recommended for healthy patients. (IV) However, proponents of enzyme therapy believe that such a programme is beneficial for everyone. (V) They think that by improving the digestive process, the body is better able to combat infection and disease.

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

61

(I) Scientific developments and advances in bionics have created devices that can functionally replace organs with great effectiveness. (II) Implantation of new devices helps replace the impaired bodily function but requires the patient to continuously use medicines preventing blood clotting. (III) The successful development of these machines has allowed organ activity to be restored in patients who would otherwise have lost it forever. (IV) The clear disadvantage of these devices, however, is that the patients must be permanently attached to the machine in order to avoid any risk. (V) Yet, the latest medical advancements have led to the creation of artificial organs, which can perform essential functions of the patients' body without requiring them to be connected to a bulky machine.

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

62

(I) Ruptured eardrum is a tear in the tympanic membrane, or eardrum, that results from trauma of some kind. (II) Common examples of trauma include exposure to a sudden, loud noise, barotrauma (damage from rapid and extreme changes in pressure) and puncture from a foreign object inserted into the ear. (III) Most ruptured eardrums heal without intervention in about six weeks, with hearing gradually improving as the tympanic membrane regains integrity and tension. (IV) The doctor's otoscopic examination of the ear, which allows visualisation of the tympanic membrane, confirms the diagnosis. (V) For a large tear, the otolaryngologist may put a small paper patch over the opening to help protect the inner ear while the tear heals or may perform an operation to repair the damaged eardrum.

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

63

(I) Gastroenteritis is a general term for infection or irritation of the digestive tract, particularly the stomach and intestine. (II) It is frequently referred to as stomach or intestinal flu, although the influenza virus does not cause this illness. (III) Major symptoms include nausea, vomiting, diarrhoea, and abdominal cramps, and although it is uncomfortable and inconvenient, the condition is rarely life-threatening. (IV) Bacterial gastroenteritis is frequently a result of poor sanitation, the lack of safe drinking water, or contaminated food. (V) However, some individuals may be more vulnerable to complications such as children, the elderly, and persons with an underlying disease.

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

64

(I) Birthweight is an important indicator of the approximate maturity of a newborn infant and the ability of that newborn infant to survive. (II) The birthweight of an infant is dependent on the duration of the pregnancy and its rate of foetal growth. (III) Infants who are delivered earlier than normal are expected to be of smaller birthweight than average. (IV) Additionally, infants who had slower or faster foetal growth can also have lower or higher than usual birthweights. (V) Nearly all of the decline in infant mortality rates in the last quarter of the 20th century was due to improvements in survival rather than any improvement in the birthweight distribution.

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

65

(I) There are several genetic diseases and conditions in which the symptoms do not occur until adulthood. (II) Some families or ethnic groups have a higher incidence of a certain disease than does the population as a whole. (III) For example, individuals from Eastern Europe are at higher risk for carrying genes for rare conditions that occur much less frequently in populations from other parts of the world. (IV) Before having a child, a couple from such a family or ethnic group may want to know if their child would be at risk of having that disease. (V) Genetic testing for this type of purpose is called genetic screening.

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

Studying the impacts of marine microplastics on human health is challenging for a number of reasons. For one, people cannot be asked to eat plastics for experiments. Moreover, plastics and their additives act differently depending on physical and chemical contexts, and their characteristics may change as creatures along the food chain consume, metabolise, or excrete them. Almost nothing is known about how food processing or cooking affects the toxicity of plastics in aquatic organisms or what level of contamination might hurt us. However, on the plus side, microplastics studied by scientists seem to remain in the guts of fish and do not move into muscle tissues, which is what we eat. In a report prepared by the United Nations Food and Agriculture Organisation, it was concluded that people likely consume only negligible amounts of microplastics – even those who eat a lot of mussels and oysters, which are eaten whole. The agency reminds us, though, that eating fish is good for us. It reduces the risk of cardiovascular disease, and fish contains high levels of nutrients uncommon in other foods.

66

Which of the following is among the reasons why it is difficult to study the impacts of marine microplastics on human health?

- A) Plastics and their additives are innumerable, and it would take long periods of time to come up with comparable results.
- B) Conducting an encompassing study is nearly impossible as the amount and the density of microplastics in marine animals change rapidly.
- C) Going through the process of digestion and excretion may alter the chemical makeup of microplastics and environmental factors cause them to behave in an unusual way.
- D) It is hard to collect data as humans do not come in contact with a lot of microplastics even if they consume fish with microplastics in their guts.
- E) Experimental procedures should include both chemical and physical contexts of marine creatures at the end of the food chain.

67

Which of the following is pointed out in the passage?

- A) The toxicity of microplastics is reduced after fish is processed or cooked.
- B) The amount of microplastics that can harm human health has not been precisely determined.
- C) The amount of microplastics in processed foods is currently unknown to scientists.
- D) People have a tendency to consume all parts of cooked or prepared seafood.
- E) The number of people who consume fish containing microplastics is insignificant.

68

Which could be inferred from the passage?

- A) The risk of cardiovascular disease may be highly reduced by eating seafoods only if they have a limited amount of microplastics.
- B) The report published by the United Nations Food and Agriculture Organisation indicated a big concern for the consumption level of microplastics.
- C) Consuming too many crustaceans such as mussels and oysters has an adverse effect on long-term health.
- D) People are being encouraged to eat more fish despite their possibility of containing microplastics.
- E) Even small amounts of nutrients from marine animals can successfully reduce the dangers of microplastics.

Artificial intelligence (AI) could soon help screen for Alzheimer's disease (AD) by analysing writing. A team has trained AI models to spot early signs of the notoriously secret illness by looking at linguistic patterns in word usage. Other researchers have already trained various models to look for signs of cognitive impairments, including Alzheimer's, by using different types of data, such as brain scans and clinical test results. But the latest work stands out because it used historical information from the multigenerational Framingham Heart Study, which has been tracking the health of more than 14,000 people from three generations since 1948. If the new model's ability to pick up trends in such data holds up in forward-looking studies of more diverse populations, researchers say they could predict the development of Alzheimer's a number of years before symptoms become severe enough for typical diagnostic methods to pick up. And such a screening tool would not require invasive tests or scans. The new AI models provide an augmentation to expert practitioners in how they would see some subtle changes earlier in time, before the clinical diagnosis has been achieved.

69

According to the passage, an AI model ----.

- A) has been proven to be more effective when combined with brain scanning technology
- B) is being used to properly assess the severity of AD symptoms
- C) may soon help researchers to come up with more reliable test results through using brain scans
- D) makes use of language as a tool to identify the symptoms of AD earlier
- E) has long been debated in terms of its use for detecting cognitive impairments

70

The latest model is distinctive when compared to other models as ----.

- A) it is easier to be employed with AD sufferers than with other patients
- B) it requires extensive amount of data along with screening tools to accurately diagnose AD
- C) early diagnostic methods have not met the expectations of experts
- D) it tries to eliminate the inconsistencies between clinical test results and brain scans
- E) it has employed a longitudinal approach in the use of data

71

Which could be understood from the passage?

- A) The diagnosis of AD is more accurate when both clinical tests and AI models are applied together.
- B) The diagnosis of AD through AI requires too much research to be a scientifically proven method.
- C) No matter how advanced AI is, the diagnosis is not final without human touch.
- D) AI may help detect the symptoms of AD before they become worse in the course of time.
- E) The clinical diagnosis of AD should be made by expert practitioners instead of AI.

Cerebral palsy (CP) is the term used for a group of non-progressive disorders of movement and posture caused by abnormal development of, or damage to, motor control centres of the brain. Approximately 500,000 children and adults in the United States have CP, and it is newly diagnosed in about 6,000 infants and young children each year, representing about two to three children in 1,000 live births. No particular ethnic group seems to be at higher risk for CP. However, some low-income families may be at higher risk due to poorer access to proper prenatal care and advanced medical services. CP can be caused by a number of different mechanisms at various periods, ranging from several weeks after conception, through birth, to early childhood. In much of the 20th century, it was accepted that most cases of CP were due to brain injuries received during a traumatic birth, a condition known as birth asphyxia. However, extensive research in the 1980s showed that only 5 to 10 percent of CP can be attributed to birth trauma. Other possible causes include abnormal development of the brain, prenatal factors that directly or indirectly damage neurons in the developing brain, premature birth, and brain injuries that occur in the first few years of life.

72

Which of the following is true about CP?

- A) The patient's condition deteriorates in time due to damage to motor control centres of the brain.
- B) The rate of new-born babies having CP was higher in the 20th century than it is today.
- C) More than half of the patients with CP are infants and young children from low-income families.
- D) Lack of access to prenatal care among low-income families may increase the risk of developing CP.
- E) Ethnicity was thought to play a key role in the prevalence of CP prior to extensive research.

73

Which can be understood from the passage?

- A) The mechanisms leading to CP are most influential during the first few weeks after conception.
- B) Most cases of CP start developing right after conception and get worse in early childhood.
- C) The factors causing CP can be observed through different times of life.
- D) The high number of CP cases in the US is associated with premature birth.
- E) The treatment of CP caused by brain injuries is more difficult than those caused by prenatal factors.

74

According to the passage, birth asphyxia ----.

- A) can be caused by the abnormal developments of the brain during pregnancy
- B) is the main reason behind non-progressive movement disorders
- C) is responsible for the majority of CP cases resulting from premature birth
- D) has been studied less than CP due to its lower rate of occurrence
- E) has been shown to pose a lower risk for the development of CP than it was previously thought

The eating disorders *anorexia nervosa* and *bulimia nervosa* are considered psychiatric disorders and have formal diagnostic criteria. Binge eating is, also, an acknowledged problem, but it has not risen to the level of a separate psychiatric disorder according to many academic sources. Some experts believe binge eating is a subtype of bulimia, an eating disorder characterised by episodes of binge eating followed by purging the body of calories. On the other side, some other experts believe that binge eating should be classified as an obesity-related behaviour. Although the way a healthcare professional views binge eating does not change the behaviour, it may influence the type of therapy recommended and affect the degree to which treatment is covered by health insurance providers. Everyone eats too much occasionally, but people with binge-eating disorder have an abnormal eating pattern that occurs frequently. Many eating disorder specialists define binge-eating disorder as binge eating behaviour that occurs at least twice a week for three months and has a negative effect on the individual's relationships and daily activities.

75

According to the passage, binge eating ----.

- A) is not covered by health insurance providers no matter how severe it is
- B) is a kind of obesity-related behaviour that can be treated by applying a standard therapy
- C) does not have its own definite diagnostic standards, unlike bulimia
- D) is hard to be diagnosed as too many people have a habit of eating too much
- E) is thought by some experts to be a psychiatric disorder due to its high prevalence

76

Which of the following is clearly stated in the passage?

- A) Experts' different opinions regarding binge eating may affect the type of insurance patients get.
- B) Due to the urge to get rid of calories, bulimia is considered to be synonymous with binge-eating disorder.
- C) Health insurance providers cover binge-eating disorder when it is diagnosed as a subtype of bulimia.
- D) Those with heavy eating patterns should consult professionals to see whether they are affected by a psychiatric disorder.
- E) Health care professionals suggest that binge eating should be carefully monitored to ensure that it will not evolve into obesity.

77

What is the primary purpose of the author?

- A) To advocate that the treatment of binge-eating disorder should be included in insurance plans
- B) To warn the reader about the negative impacts of binge eating on social life
- C) To compare eating disorders with each other in terms of their duration
- D) To inform the reader about the controversies over binge eating
- E) To discuss why binge eating should be classified as an obesity-related behaviour

Anxious people may perceive the world differently, processing sounds in an altered way. When we learn that something is dangerous, like a dog that bites, we generalise the memory so that warning signs alert us in the future. However, some people overgeneralise, a process thought to play a role in post-traumatic stress disorder and general anxiety disorder. Rony Paz at the Weizmann Institute of Science and his colleagues have recently shown that this process can change our perceptions. His team trained 28 people with generalised anxiety disorder to associate two tones with either losing or winning money. Later, they were asked to distinguish the two tones from a range of other, subtly different notes, but no money was won or lost. In past experiments, Paz says people who are not anxious readily distinguished familiar tones from new ones, but the volunteers with anxiety struggled and made about twice as many mistakes. It seems they overgeneralised their unpleasant memories of losing money, leading them to mix-up neutral sounds.

78

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

- A) generalising memories is a natural mechanism necessary to survive
- B) in some cases, overgeneralisation might be beneficial to avoid unpleasant memories
- C) people overgeneralise memories associated with sounds more than others
- D) people utilise generalisation process to overcome anxiety disorders
- E) anxious people can suppress their negative perceptions to cope with difficulties

79

Which of the following is not true about Paz's experiments?

- A) The groups were trained to respond to a positive and negative experience.
- B) The anxious group was compared to people with no anxiety problems.
- C) The mistakes of people with anxiety outnumbered those of the other group.
- D) The latest experiment with 28 people was comprised of anxious people.
- E) Due to the limited number of participants, the experiments could not yield conclusive results.

80

Which of the following could be the main idea of the passage?

- A) Anxious feelings can distort a person's perception.
- B) Anxious people differ from each other in terms of their reactions to similar sounds.
- C) The symptoms of post-traumatic stress disorder may appear even years after the initial experience, such as a dog bite.
- D) People who tend to overgeneralise could be better at recognising warning signs.
- E) Anxious people are more concerned with financial issues than others.

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ANSWER KEY

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