

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

1. **Despite the lengthy list of serious health risks linked to Per and Polyfluoroalkyl Substances (PFAS) and a tremendous amount of federal investment in PFAS-related research in recent years, scientists still haven't come up with a healthy ---- for them.**

- A) prospect
B) capability
C) substitute
D) degradation
E) detriment

2. **Health professionals will visit ---- selected homes in the Atlanta area in an effort to find out how many people have really been infected with the new strain of COVID-19 in various locations.**

- A) constantly
B) irritatingly
C) regretfully
D) randomly
E) repeatedly

3. **Consuming processed foods with added bad carbs like starches and sugars results in their being absorbed in blood stream and ---- high blood sugar.**

- A) consequent
B) elaborate
C) adequate
D) previous
E) widespread

4. **The ---- of ultrasound to get rid of kidney stones often necessitates anaesthesia, but a new non-invasive ultrasound technique is capable of quickly pulverizing kidney stones without anaesthesia.**

- A) complication
B) pleasure
C) application
D) feature
E) balance

5. **Opioids can be highly addictive when used for chronic pain, and their side effects like constipation, nausea, or drowsiness ---- the benefits.**

- A) underpin
B) outweigh
C) testify
D) exaggerate
E) drowse

6. **Despite aggressive vaccination and newly-discovered drugs for this vulnerable group, the elderly still ---- most of COVID-19 related deaths.**

- A) give off
B) call off
C) take out
D) make up
E) rely on

7. **A recent study suggests that a new drug ---- for both men and women who suffer from sleep disorders ---- relief for excessive night sweats.**

- A) used / might offer
B) using / can offer
C) to be used / had to offer
D) to use / could offer
E) having used / will offer

8. **Unfortunately, most teenagers ---- even when they defend their ideas with logical thought processes, thus, with the absence of motivation, most feel vulnerable, like "something bad ---- to me."**

- A) will not be applauded / may happen
B) are not applauded / can happen
C) were not applauded / could happen
D) have not been applauded / might have happened
E) had not been applauded / would happen

9. **For many people ---- tingling, pain, or numbness in their fingers, carpal tunnel syndrome is the first thing to come ---- mind.**

- A) from / onto
B) in / on
C) below / along
D) of / in
E) with / to

10. **Though they might seem similar, sitting ---- work may not be as bad ---- the heart as sitting in front of the TV, a new study suggests.**

- A) at / for
B) with / of
C) among / into
D) amid / beyond
E) in / on

11. Anxiety is your body's response ---- perceived danger and threats, such as wondering ---- the health and safety of your baby or if you are taking care of them correctly.

- A) of / for
B) in / from
C) down / of
D) by / over
E) to / about

12. A common mole won't come back after it is removed completely, ---- a mole with cancer cells might do so and the cells can spread if not treated right away.

- A) as if
B) while
C) since
D) as long as
E) unless

13. Cardiovascular exercise will torch calories, but resistance training is a big part of the equation ---- you want to burn fat.

- A) while
B) until
C) if
D) since
E) unless

14. Levels of the hormone melatonin, ---- your body needs to fall asleep, decrease in the presence of caffeine.

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

15. Heatwaves – as well as other weather events ---- floods and fires – have been linked to a rise in depressive symptoms in people with depression.

- A) with respect to
B) in spite of
C) such as
D) as a result of
E) for fear of

16. ---- are dairy foods like milk, cheese, and yogurt excellent sources of protein, ---- they contain valuable calcium as well.

- A) Not only / but
B) Both / and
C) Neither / nor
D) Less / than
E) Whether / or

17. Research shows that including a source of protein like an egg or yogurt at breakfast ---- a high-fibre grain like whole wheat toast can help you feel full longer and eat less throughout the day.

- A) due to
B) such as
C) in view of
D) along with
E) on behalf of

18. Brown fat boosts your metabolism by burning blood sugar and stored white fat to keep you warm; ----, high levels of brown fat may reduce your risk of conditions like obesity and diabetes.

- A) instead
B) otherwise
C) however
D) even so
E) in fact

19. New research suggests that ---- the prevention of cardiovascular disease or cancer, the harms of beta carotene supplementation dwarf the benefits and that there is no net benefit of supplementation with vitamin E for those purposes.

- A) similar to
B) prior to
C) due to
D) with regard to
E) despite

20. Unlike many other types of human tissue, dental enamel, the outer layer of teeth, doesn't regrow ---- it is damaged.

- A) whereas
B) though
C) once
D) as
E) by the time

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

As the name suggests, sea salt is made (21) ---- evaporating seawater. The salt left over from evaporation is not processed, or processed very little, so it (22) ---- traces of minerals like calcium, potassium, and magnesium. The crystals are bigger than in table salt and add some crunch when (23) ---- on food. (24) ----, table salt is mined from salt deposits. Table salt is processed to make it both purer and finer, (25) ---- removing any natural minerals it may contain. Table salt is then fortified with additives to prevent it from clumping together. One important additive in table salt is the mineral iodine, which helps make thyroid hormones and thus contributes to thyroid health.

21.

- A) in
B) for
C) by
D) up
E) to

22.

- A) retains
B) creates
C) alleviates
D) eradicates
E) delivers

23.

- A) having sprinkled
B) sprinkled
C) sprinkling
D) to sprinkle
E) to be sprinkled

24.

- A) What's more
B) Meanwhile
C) Nevertheless
D) Thus
E) In contrast

25.

- A) in spite of
B) due to
C) before
D) thereby
E) in view of

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

In the past, people believed you (26) ---- the eye colour of children by looking at the eye colours of the parents and grandparents. Based on the belief that brown eyes are a dominant trait and blue is (27) ----, you could get a good idea of what colour the child's eyes would be. Today, we know that eye colour isn't as easy to guess as looking at the parents' eyes. (28) ---- genetics does play a role, eye colour is not the work of a single gene. Instead, several genes contribute to determining eye colour. Your eye colour is the result of the amount and distribution (29) ---- melanin (a natural pigment) in your irises. Brown eyes have more melanin in them than blue, and there are various shades in between. Darker eyes tend to be more dominant, (30) ---- as different genes factor in, this doesn't mean darker colours always win out. So, while two brown-eyed parents are more likely to have a child with brown eyes, the result isn't a guarantee, nor will it always be the case that a child of one brown-eyed and one blue-eyed parent will have brown eyes.

26.

- A) can predict
B) could predict
C) must predict
D) may predict
E) must have predicted

27.

- A) supportive
B) creative
C) recessive
D) assertive
E) purposeful

28.

- A) While
B) As
C) Only if
D) After
E) Unless

29.

- A) in
B) out
C) at
D) of
E) for

30.

- A) or else
B) for
C) but
D) so that
E) just as

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

31. ----, so if someone in your family has it, your risk might be higher.

- A) Early diagnosis and care can often stop the progression of age-related macular degeneration
- B) Macular degeneration may have something to do with your genes
- C) In macular degeneration, some new blood vessel growth isn't healthy for your eyes
- D) Treatment for age-related macular degeneration may slow the disease
- E) Age-related macular degeneration is an eye disease that destroys the macula

32. There is a link between daily high temperature and suicide and suicide attempts, ----.

- A) though even just a one- or two-degree Celsius increase in ambient temperatures can lead to a 3-5% spike in assaults.
- B) or heat can also affect the mental health and ability to think and reason of people without a mental health disorder
- C) whereas further problems are posed by the fact that the effectiveness of important drugs can be reduced by the effects of heat
- D) so humidity and temperature have been causally linked to a rise in manic episodes in people with bipolar disorder.
- E) as for every 1°C increase in monthly average temperature, mental health-related deaths increase by 2.2%

33. Both migraine headaches and epileptic seizures begin when your brain activity becomes overexcited; ----.

- A) in contrast, people with migraines are more than twice as likely as others to have epilepsy
- B) moreover, in both conditions, you have occasional periods of illness followed by recovery
- C) meanwhile, one theory is that migraines could cause damage to the brain, making it epileptic
- D) however, before an epileptic seizure, you might get a headache that may be as painful as a migraine
- E) thus, tonic-clonic seizures are what many people tend to think of as an epileptic seizure

34. While there are plenty of myths about hearing loss, ----.

- A) age and exposure to noise are two common reasons people start to lose their hearing
- B) you can't avoid the blare of an ambulance siren or the jackhammer on your street corner
- C) tobacco can make you more likely to lose your hearing, too, research shows
- D) about 200 drugs can also damage hearing, including some antibiotics
- E) you can avoid getting more damage by steering clear of loud noises

35. ----, your heart has to work harder to pump blood, which can lead to high blood pressure and other heart problems.

- A) Though even a little moderate exercise each day can help you keep your blood pressure down
- B) While you can eat lots of fruits, vegetables, and whole grains to keep your heart healthy
- C) Since your blood vessels and arteries become stiffer as you get older
- D) Because you have a lot of say-so in how you feel as you grow older
- E) Only if you can enjoy a better body by knowing what's natural as you age

36. Whether it is the pandemic or the fit and bulky male influencers on social media outlets that is to blame, ----.

- A) extreme gym time and excessive focus on protein diets are decreasing among teen boys
- B) social media has created opportunities for young men to put their bodies on display
- C) photos posted to social media are selected to tell the best story – with the best filters
- D) these images tend to be damaging to your teenager's self-esteem
- E) teen boys are pushing hard to achieve six-pack abs, ignoring their social life in the meantime

37. **As well as being notorious for their unhealthy ingredients, ----.**

- A) sugar-sweetened beverages are the largest source of refreshment in the U.S. diet
- B) soda and other sugary beverages help people satisfy their thirst
- C) the availability of sugar-sweetened beverages in the U.S. is almost limitless
- D) a new study finds that sugar-sweetened beverages are tied to an increased risk of early death
- E) drinking at least two glasses of sugary beverages is like embarking on a suicide mission

38. **Given the volume of heart disease and death from chronic diseases in the world, ----.**

- A) people still keep on eating beef and other high-cholesterol foods
- B) it would be a good idea to cut down on high-cholesterol foods
- C) following a high-protein diet with added cholesterol sounds a good tip
- D) those eating a lot of red meat also run the risk of losing their limbs
- E) doctors advise that the general public eat more rich foods

39. **Because increased temperatures and humidity contribute to increased reproduction, survival and expansion of ticks, ----.**

- A) ticks carrying a variant of potentially fatal Powassan virus are in decline
- B) Powassan virus is transmitted to humans bitten by infected female black-legged ticks
- C) there is a sharp rise in the number of tick-borne infections like Lyme disease
- D) a tick needs to be latched onto a person for more than 24 hours to transmit Lyme disease
- E) deer tick virus transfers very quickly through the bite from an infected tick

40. **----, but for many of us, stressful jobs, families or even technology means we are not getting anything like that amount of sleep each night.**

- A) Not getting enough sleep affects how we function and ultimately our eating habits
- B) Most people burn an average of 50 calories an hour when asleep
- C) It is a lack of sleep that could affect our attempts to lose weight
- D) Quality sleep is key in order to allow your body to function optimally
- E) Professionals say that we should be getting 6-8 hours of sleep a night on average

41. **While swimming in fresh water is the most likely source of brain eating amoeba, ----.**

- A) this same organism and other species of amoeba can cause brain infections in people who use tap water instead of sterile water
- B) the immune system does not sit idly by while the parasite eats its way through the brain in great haste
- C) the presence of the parasite leads to rapid and irrevocable destruction of critical brain tissue
- D) it is important to keep in mind that millions of people are exposed to *Naegleria fowleri* and never fall ill
- E) *Naegleria fowleri* dwells in warm bodies of fresh water where it dines on bacteria in the sediment

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

42. Most people probably know facial recognition as the thing that unlocks your smartphone, but this technology could also be used as a tool in the fight against cancer, according to a new study.

- A) Çoğu insana göre yüz tanıma akıllı telefonlarının kilidini açan şeydir ama yeni bir çalışma, bu teknolojinin kanserle savaşta da bir araç olarak kullanılabilirliğini iddia etmektedir.
- B) Çoğu insan, yüz tanımayı akıllı telefonun kilidini açan şey olarak bilse de yeni bir çalışmaya göre bu teknoloji, kanserle savaşta da bir araç olarak kullanılabilir.
- C) Yüz tanıma çoğu insan tarafından akıllı telefonların açan şey olarak bilinir ancak yeni bir çalışmaya göre bu teknoloji, kanserle savaşta da bir araç olarak kullanılabilir.
- D) Çoğu insan, tanımayı akıllı telefonunun kilidini açan şey olarak bilir ama yeni bir çalışmaya göre bu teknoloji, kanserle savaşta da bir araç olarak kullanılabilir.
- E) Akıllı telefonların kilidini açmada yüz tanıma, çoğu insan tarafından kullanılsa da yeni bir çalışmaya göre bu teknoloji kanserle savaşta da bir araç olarak kullanılabilir.

43. Though you may have mild confusion in early lithium toxicity, you may feel delirious or go into a coma as the toxicity worsens.

- A) Lityum zehirlenmesinin erken safhasında hafif bir kafa karışıklığınız olsa da zehirlenme kötüye gittikçe hezeyan geçirebilir ya da komaya girebilirsiniz.
- B) Hafif kafa karışıklığı lityum zehirlenmesinin erken safhalarında görülmesine rağmen zehirlenme kötüye gittikçe hezeyan geçirme ya da komaya girme durumu oluşabilir.
- C) Lityum zehirlenmesinin erken safhasında hafif bir kafa karışıklığınız olabilir ama zehirlenme kötüye gittikçe hezeyan geçirebilir ya da komaya girebilirsiniz.
- D) Lityum zehirlenmesinin ileri safhalarında hezeyan geçirme ve komaya girme tehlikesi olsa da erken safhalarda hafif bir kafa karışıklığı olabilir.
- E) Lityum zehirlenmesinin erken safhasında hafif bir kafa karışıklığınızın olması, zehirlenme kötüye gittikçe hezeyan geçirmeyeceğiniz ya da komaya girmeyeceğiniz anlamına gelmez.

44. A study conducted in the Netherlands found that people with bipolar disorder or schizophrenia were almost five times more likely than others to lack enough vitamin D.

- A) Hollanda'da yürütülen bir araştırmada, bipolar bozukluğu ya da şizofrenisi olan insanların yeterli D vitamini eksikliği olması olasılığının diğerlerinden yaklaşık beş kat daha olası olduğu ortaya çıkmıştır.
- B) Hollanda'da yürütülen bir araştırmaya göre, bipolar bozukluğu ya da şizofrenisi olan insanların yeterli D vitamini eksikliği olması diğerlerinden yaklaşık beş kat daha olasıdır.
- C) Hollanda'da yürütülen bir araştırma, bipolar bozukluğu ya da şizofrenisi olan insanların yeterli D vitamini eksikliği olmasının diğerlerinden yaklaşık beş kat daha olası olduğunu bulmuştur.
- D) Hollanda'da yürütülen bir araştırma, bipolar bozukluğu ya da şizofrenisi olan insanların yeterli D vitamini eksikliği olmasının diğerlerinden yaklaşık beş kat daha olası olduğunu ortaya koymuştur.
- E) Hollanda'da yürütülen bir araştırmanın bulduğu şey, bipolar bozukluğu ya da şizofrenisi olan insanların yeterli D vitamini eksikliği olmasının diğerlerinden yaklaşık beş kat daha olası olduğudur.

45. Fibromyalgia – like diabetes, high blood pressure, and depression – exists on a scale, which means symptoms add up and can get worse until your doctor decides you have it.

- A) Diyabet, yüksek tansiyon ve depresyon gibi lif dokusu iltihabı da aşamalı olarak görüldüğünden doktorunuz bunun sizde olduğuna karar verene kadar hastalığın belirtileri çoğalıp daha kötüye gidebilir.
- B) Diyabet, yüksek tansiyon ve depresyon gibi lif dokusu iltihabının da aşamalı olarak görülmesi, doktorunuz bunun sizde olduğuna karar verene kadar belirtilerin çoğalıp daha kötüye gidebilmesi anlamına gelir.
- C) Diyabet, yüksek tansiyon ve depresyon gibi lif dokusu iltihabı da aşamalı olarak görülür ve bu yüzden doktorunuz bunun sizde olduğuna karar verene kadar belirtiler çoğalıp daha kötüye gidebilir.
- D) Lif dokusu iltihabının, diyabet, yüksek tansiyon ve depresyon gibi da aşamalı olarak görülmesi, doktorunuz bunun sizde olduğuna karar verene kadar belirtilerin çoğalıp daha kötüye gitmesine neden olacaktır.
- E) Diyabet, yüksek tansiyon ve depresyon gibi lif dokusu iltihabı da aşamalı olarak görülür ki bu da doktorunuz bunun sizde olduğuna karar verene kadar belirtilerin çoğalıp daha kötüye gidebilmesi anlamına gelir.

46. From toothpaste to ice cream and lip balm, the uses of peppermint seem endless, and thanks to recent research, you can add one more to the list – relieving symptoms of irritable bowel syndrome.

- A) Nanenin sonsuz kullanım alanları arasında diş macunundan dondurma ve dudak kreminde birçok ürün vardır ve son zamanlarda yapılan araştırma sayesinde listeye bir tane daha ekleyebilirsiniz – huysuz bağırsak sendromunun belirtilerini rahatlatmak.
- B) Diş macunundan dondurma ve dudak kreminde nanenin kullanımı sonsuz sayıdadır ve son zamanlarda yapılan araştırma sayesinde listeye bir tane daha ekleyebilirsiniz – huysuz bağırsak sendromunun belirtilerini rahatlatmak.
- C) Nane, sadece diş macunundan dondurma ve dudak kreminde sonsuz kullanıma alanına sahip olmayıp aynı zamanda da son zamanlarda yapılan bir araştırmaya göre, huysuz bağırsak sendromunun belirtilerini de rahatlatmaktadır.
- D) Huysuz bağırsak sendromunun belirtilerini rahatlatmada kullanılan nane, aynı zamanda son zamanlarda yapılan bir araştırma sayesinde diş macunundan dondurma ve dudak kreminde sonsuz kullanıma alanına sahiptir.
- E) Nanenin diş macunu, dondurma ve dudak kreminde kullanım alanlarına son zamanlarda yapılan bir araştırma sayesinde huysuz bağırsak sendromunun belirtilerini rahatlatmayı da ekleyebilirsiniz.

47. It is well-known that getting too little of certain nutrients during pregnancy can have negative effects, but there are also risks associated with getting too much of certain vitamins.

- A) Hamilelik sırasında bazı besinleri çok az almanın olumsuz yönleri olabileceği çok iyi bilinmesine rağmen bazı vitaminleri çok fazla almayla bağlantılı riskler de bulunmaktadır.
- B) Çok iyi bilinen bir şey varsa o da hamilelik sırasında bazı besinleri çok az almanın olumsuz etkileri olduğudur ancak bazı vitaminleri çok fazla almayla bağlantılı riskler de bulunmaktadır.
- C) Hamilelik sırasında bazı besinleri çok az almanın olumsuz yönleri olabileceğini çok iyi bilen uzmanlar, bazı vitaminleri çok fazla almayla bağlantılı riskler konusunda da temkinlidir.
- D) Hamilelik sırasında bazı besinleri çok az almanın olumsuz yönleri olabileceği çok iyi bilinmektedir ama bazı vitaminleri çok fazla almayla bağlantılı riskler de bulunmaktadır.
- E) Hamilelik sırasında bazı besinleri çok az almanın olumsuz yönleri olabileceği çok iyi bilindiği gibi bazı vitaminleri çok fazla almayla bağlantılı riskleri bulunduğu da bilinmektedir.

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

48. Ameliyatın tehlikelerini düşündüğünüzde “yangın” genellikle pek akla gelmez ama bu, tam da acil kalp ameliyatı sırasında göğüs kafesinde “ani yangın” yaşayan Avustralya’daki bir adama olan şeydi.

- A) Though “fire” usually doesn’t come to mind when you think about the risks of surgery, that is what happened to a man in Australia who experienced a “flash fire” in his chest cavity during emergency heart surgery.
- B) When you think about the risks of surgery, “fire” usually doesn’t come to mind, but that is what exactly happened to a man in Australia who experienced a “flash fire” in his chest cavity during emergency heart surgery.
- C) “Fire” might not be the first risk that comes to your mind during surgery, yet that is exactly what happened to a man in Australia who experienced a “flash fire” in his chest cavity during emergency heart surgery.
- D) One might not bring into mind “fire” upon thinking about the risks of surgery, but an Australian man experienced a “flash fire” in his chest cavity while he was going through emergency heart surgery.
- E) As irrelevant as “fire” seems when it comes to the risks of surgery, a “flash fire” happened during the emergency heart surgery of an old man in Australia.

49. Araştırmalar, kilo kaybı diyeti yapan insanların yaklaşık %95’inin ilk 5 yıl içinde verdikleri kilonun ya tamamını ya da bir kısmını geri alacaklarını göstermektedir.

- A) Studies show that approximately 95% of people who go on weight loss diets will gain all or some of the weight back within the first 5 years.
- B) It is shown by studies that approximately 95% of people who go on weight loss diets will gain all or some of the weight back within the first 5 years.
- C) What studies show is that approximately 95% of people who go on weight loss diets will gain all or some of the weight back within the first 5 years.
- D) Approximately 95% of people who go on weight loss diets have been shown to have gained some of the weight back within the first 5 years.
- E) That approximately 95% of people who go on weight loss diets will gain all or some of the weight back within the first 5 years is shown by studies.

50. Sosyal anksiyete bozukluğu olan bazı insanlarda korku, bir veya iki özel durumla kısıtlıdır, öte yandan başkaları, herhangi bir sosyal durumdan çok endişeli olabilir ve korkabilir.

- A) Some people with social anxiety disorder show fear in one or two particular situations, but others are very anxious and afraid of any social situation that arises.
- B) Though fear manifests itself in one or two particular situations in some people with social anxiety disorder, others are very anxious and afraid of any social situation.
- C) While some people are very anxious and afraid of any social situation that arises, in some people with social anxiety disorder, the fear is limited to one or two particular situations.
- D) In some people with social anxiety disorder, the fear is limited to one or two particular situations; on the other hand, others are very anxious and afraid of any social situation.
- E) That some people with social anxiety disorder show fear in one or two particular situations doesn’t mean others won’t be very anxious and afraid of any social situation.

51. Yeni bir çalışmaya göre bir çeşit yapay zeka ile analiz edilen beyin taramaları 6 aylık bebeklerin otizme yakalanıp yakalanmayacaklarını ortaya çıkartabilir.

- A) A new study shows that brain scans that are analysed using a type of artificial intelligence can reveal whether 6-month-old babies are likely to develop autism.
- B) It is through brain scans, analysed through a type of artificial intelligence, that we can now determine whether 6-month-old babies are likely to develop autism, according to a new study.
- C) According to a new study, brain scans, analysed using a type of artificial intelligence, can reveal whether 6-month-old babies are likely to develop autism.
- D) Using a type of intelligence, it is possible to scan the brains of 6-month-old babies to determine whether they will develop autism or not, a new study shows.
- E) According to a new study, the brains of 6-month-old babies can be scanned through a type of artificial intelligence to see if they will develop autism or not.

52. Anoreksiye özel olarak tedavi eden ilaç olmamasına rağmen doktorlar bazen anoreksi ile bağlantılı belirtilerin bazılarını hafifletmek için belirli ilaçları yazar.

- A) There is no medication that specifically treats anorexia, but doctors prescribe certain medicines to alleviate some of the symptoms associated with anorexia.
- B) Anorexia cannot be treated with a specific medicine, yet sometimes certain medicines are prescribed by doctors to alleviate some of the symptoms associated with anorexia.
- C) In the absence of a specific medicine to treat anorexia, doctors sometimes prescribe medicines to alleviate some of the symptoms associated with anorexia.
- D) Sometimes certain medicines are prescribed by doctors to alleviate the symptoms associated with anorexia as there is no medication that specifically treats the condition.
- E) Although there is no medication that specifically treats anorexia, doctors sometimes prescribe certain medicines to alleviate some of the symptoms associated with anorexia.

53. Çölyak hastalığı, bir bağışıklık sistemi hastalığıdır ve akyuvarlar da bağışıklık sisteminin bir parçasıdır, bu yüzden çölyak hastalığı gibi bir hastalığın bu hücrelerde kansere yol açması olasıdır.

- A) As celiac disease is an immune system condition, and lymphocytes are part of the immune system, it is possible that a condition like celiac disease could cause cancer in those cells.
- B) Celiac disease is an immune system condition, and lymphocytes are part of the immune system, so it is possible that a condition like celiac disease could cause cancer in those cells.
- C) There is a possibility that a condition like celiac disease can cause cancer in lymphocytes as they are part of the immune system and celiac disease is an immune system condition.
- D) The possibility of celiac disease causing cancer in lymphocytes is high due to the fact that both the disease and cells are to do with the immune system.
- E) Celiac disease is an immune system condition, and lymphocytes are part of the immune system; thus, a condition like celiac disease would cause cancer in those cells.

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

54. Detox diets promise to eliminate toxins from your body and rejuvenate your health. They usually involve a period of fasting, followed by a strict diet of fruit, vegetables, juices, and water. More often than not, they include a heavy use of herbs, laxative teas, dietary supplements, and colon cleanses too. They are usually designed to be short and intense, and don't involve sustainable lifestyle changes. ---- However, scientists are sceptical about whether detox diets and cleanses actually work.

- A) Detoxification is the removal of toxic substances from the body, mainly by the liver and kidneys.
- B) The scientific community is in agreement – detox diets and cleanses don't work.
- C) The right diet can help to increase our levels of glutathione by delivering the necessary 'building blocks'.
- D) Countless celebrities and influencers promote them on social media.
- E) Detox diets, particularly the ones that are highly restrictive, may pose risks to your physical health.

55. Outer space is a notoriously harsh environment, exposing astronauts to high levels of radiation. And radiation exposure can increase cancer and heart disease rates in earthbound humans. But a new study has some good news. ---- Still, longer missions – such as a mission to Mars – will likely come with much greater radiation doses that could pose larger health risks.

- A) At high doses, space radiation has been tied not just to cancer and heart disease, but to a host of other health problems as well.
- B) Space radiation doesn't seem to increase astronauts' risk of death from cancer or heart disease, at least not at the doses they experienced during historical missions.
- C) It is important to note that future missions of deep space exploration will likely offer much greater doses of space radiation than have historical doses.
- D) The new study analysed information from 418 space travellers, including 301 NASA astronauts who had travelled to space at least once since 1959, and 117 Russian or Soviet cosmonauts.
- E) The researchers used a special statistical technique to determine whether deaths from cancer and heart disease likely had a common cause.

56. China has recorded the first human infection with the H3N8 strain of brain flu, though the risk of transmission among people remains low. ---- He had a fever and other symptoms on April 5 and was hospitalized 5 days later. The child had been in contact with chickens and crows raised at his home. The variant is also common in horses and dogs and was found in seals in 2011.

- A) Infectious disease experts have called for more surveillance of bird flu strains worldwide.
- B) We often see a virus spread to a human and then not spread any further.
- C) China's Health Commission said the variant isn't yet able to infect humans very well.
- D) The case was found in a 4-year-old boy from the central province of Henan.
- E) The last major outbreak of the bird flu among humans occurred in 2016 and 2017.

57. Most of the studies on coffee and health show that moderate amounts (4 cups or less daily) can be good for your general health, but more than 4 cups have been connected to a greater risk of death from heart disease. Brewed coffee does not contain actual cholesterol. ---- And studies have shown that older coffee drinkers have higher levels of cholesterol.

- A) However, it does have two natural oils that contain chemical compounds – cafestol and kahweol – which can raise cholesterol levels.
- B) Thus, a study published in 2018 tracked how much coffee people aged 18 to 24 drank in the course of a week and compared it to their cholesterol levels.
- C) Though some research suggests that caffeinated coffee is more likely to raise cholesterol than decaf, there isn't a proven connection.
- D) Although the research is mixed on whether coffee itself can raise your cholesterol levels, researchers do know that saturated fat increases your cholesterol levels.
- E) Meanwhile, the classic coffee lighteners made with whole-fat milk have high levels of saturated fat, which has been shown to increase levels of LDL cholesterol.

58. Eczema is a group of conditions that make your skin inflamed or irritated. The most common type is atopic dermatitis or atopic eczema. "Atopic" refers to a person's tendency to get allergic conditions such as asthma and hay fever. Eczema affects about 10% to 20% of infants and about 3% of adults and children in the U.S. Most children outgrow it by their 10th birthday. Some people continue to have symptoms on and off for life. ---- Eczema isn't contagious, so you can't spread it to another person.

- A) Eczema looks rather different for everyone, and your flare-ups will not always happen in the same area.
- B) Children and teens usually have a rash in the bends of their elbows, behind their knees, on their neck, or on their wrists or ankles.
- C) Common allergens include poison ivy, nickel and other metals, fragrances and beauty products with fragrances, latex, and the preservative thimerosal.
- D) Some people might assume that eczema may be contagious because it often tends to run in families.
- E) There is no cure, but most people can manage their symptoms by getting treatment and by avoiding irritants.

59. Scientists have put a lot of effort into investigating the cause of grey hair, and they believe they've gotten to the root of the problem. ---- Researchers have discovered that melanocytes endure cumulative damage over the years, which eventually leaves them unable to produce melanin. Studies have cited DNA damage and a build-up of hydrogen peroxide in the follicles as possible causes of this disruption in melanin production. Without melanin, the new hair that grows in has no pigment, which makes it appear grey, white, or silver.

- A) When greying begins usually is determined by genes, so if your mother or father became grey early, you may, too.
- B) Some people consider grey hair as something that makes them look distinguished; for others, it is a reminder that they are getting older.
- C) Hair gets its colour from a pigment called melanin, which is produced by melanocyte cells in the hair follicles.
- D) A form of melanin makes up the ink used by many cephalopods as a defence mechanism against predators.
- E) The melanin in the skin is produced by melanocytes, which are found in the basal layer of the epidermis.

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

60. (I) Skin cancer – abnormal cell changes in the outer layer of skin – is by far the most common cancer in the world. (II) It can usually be cured, but the disease is a major health concern because it affects so many people. (III) It is possible for dark-skinned people to get skin cancer, but it is rare and usually on lighter areas of their body, such as the soles of the feet or under fingernails or toenails. (IV) About half of fair-skinned people who live to age 65 will have at least one skin cancer. (V) Skin cancer tends to affect people of light skin colour because they are born with the least amount of protective melanin in their skin.

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

61. (I) People with restless legs syndrome (RLS) have nearly three times the risk of suicide and self-harm, which indicates that there may be a link between the physical condition and mental health. (II) Restless legs syndrome (RLS) is a health condition where you have an overwhelming need to move your legs. (III) In a new study, Penn State researchers analysed data on more than 24,000 people with RLS and about 145,000 people without the neurological condition, none of whom had a history of suicide attempts or self-harm. (IV) During the study period, people with RLS had a 2.7-fold higher risk of suicide or self-harm than people without the condition, the findings showed. (V) This increased risk remained after researchers controlled for factors such as depression, sleep disorders and common chronic diseases, "meaning RLS could still be an independent variable contributing to suicide and self-harm," said study co-author Muzi Na.

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

62. (I) The FDA recently proposed a ban on making and selling menthol cigarettes in the United States, as well as most flavoured cigars. (II) Health care groups hailed the proposal as a critical step to keep cigarettes out of the mouths of children and African Americans, who are particularly likely to smoke menthol tobacco products. (III) "Fundamentally, these bold actions are about saving hundreds of thousands of lives. (IV) The European Union, Canada, Brazil, Ethiopia, and Turkey have already banned menthol in cigarettes. (V) "Each year 480,000 lives are lost prematurely from a smoking-attributable disease," FDA Commissioner Robert Califf, MD, said in a news conference announcing the proposed rules.

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

63. (I) Immunosuppressants, also called immunomodulators, do just what their name says – they suppress, modulate, or tone down your immune system so it reacts less to things that normally kick it into gear. (II) Your immune response is what turns on the inflammation process in your body. (III) When you have ulcerative colitis (UC), that response can go into overdrive. (IV) The inflammation, diarrhoea, and pain that ulcerative colitis (UC) cause commonly lead to weight loss. (V) When immunosuppressants turn the immune system down, they also turn inflammation down, which means these drugs can be very effective in treating UC.

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

64. (I) Virginia Tech scientists are taking a deep dive into the brain chemistry that drives cravings for unhealthy fatty foods. (II) Their goal is to find out if the nation's ever-expanding waistline has as much to do with that as is in our heads as what we put into our bellies. (III) In the U.S. alone, more than four in 10 adults are clinically obese, according to the CDC. (IV) Armed with a new \$2 million grant from the National Institutes of Health, the researchers have launched a new study to understand the brain circuitry that may be a key driver of the nation's obesity crisis. (V) Specifically, the scientists are looking at the wiring in our brains that makes us eat too much high-fat food after a period of avoiding them.

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

65. (I) Red wine may be a guilty pleasure, but new research shows it might also be a powerful weapon against the ravages of Parkinson's disease. (II) The antioxidants in red wine, and fruit such as berries for that matter, might slow progression of the movement disorder, a new study suggests. (III) According to researchers, people with Parkinson's who eat three or more servings per week of foods high in antioxidants called flavonoids may reduce their odds of dying early compared with people who do not eat as many flavonoid-rich foods. (IV) Adapting a healthy dietary pattern, high in colourful fruits and veggies, even after Parkinson diagnosis, could slow disease progression and improve survival rate. (V) Those whose diet included the most flavonoids had a 70% higher chance of survival compared with people whose diet included the least amount of flavonoids.

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

66. - 68. soruları aşağıdaki parçaya göre cevaplayınız.

When the COVID-19 pandemic first began, the general thought was that once people were infected, they were then protected from the virus. But a new analysis shows that more and more Americans are getting the virus again. It is hard to say how many. The analysis found at least 1.6 million reinfections in 24 states, but the actual number is probably a lot higher. "These are not the real numbers because many people are not reporting cases," said Ali Mokdad, MD, an epidemiologist with the University of Washington. The latest variant, BA.5, has become the dominant strain in the U.S., making up more than 65% of all COVID-19 cases, according to data from the Centers for Disease Control. Prior infections and vaccines aren't providing as much protection against the newly dominant BA.5 strain as they did against earlier variants. But evidence doesn't show this subvariant of Omicron to be more harmful than earlier, less transmissible versions. Several factors are contributing to rising reinfections, experts say. For example, fewer people are wearing masks than in the first year or so of the pandemic. Mokdad said just 18% of Americans reported always wearing a mask in public at the end of May, down from 44% the year before. The emergence of the Omicron variant, of which BA.5 is a subvariant, is indicating that less protection is being offered by prior infections.

66. Which of the following is true about BA.5 strain according to the passage?

- A) It is the main strain of COVID-19 in the United States right now.
- B) It is more harmful than earlier, less transmissible versions.
- C) It is less resistant to vaccines administered for earlier strains.
- D) It has been effective in the United States since the beginning of the pandemic.
- E) It only affects people who has refused to wear masks since the beginning of the pandemic.

67. According to the passage, the main reason why it is difficult to determine the actual number of COVID-19 cases in the U.S. ----.

- A) is that a lot of people are not letting the authorities know about their illness
- B) stems from the fact that only 24 states have provided statistics
- C) results from a lot of people giving up wearing masks
- D) depends on the willingness of authorities to collect data
- E) is that less protection is being offered by prior infections

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

- A) We Need to Have New Vaccines against the New Omicron Variants
- B) Why There are Much More Cases than Last Year in the US
- C) COVID is Back and It Means to Stay Forever
- D) New Omicron Subvariant and People Ignoring Masks Bring COVID Back Again
- E) What We Should Do to Fight off BA.5, the New Omicron Subvariant

69. - 71. soruları aşağıdaki parçaya göre cevaplayınız.

Behaviours associated with eating disorders can make real changes to the brain, new research shows. The findings could help explain why these serious disorders are often chronic – and may also point the way to new treatments. Eating disorders, such as anorexia nervosa, bulimia and binge-eating disorder, can result in severe complications, including death. "This work is significant because it links biological and behavioural factors that interact to adversely impact eating behaviours," said a researcher at the National Institute of Mental Health, part of the U.S. National Institutes of Health (NIH). The study deepens our knowledge and will give researchers and clinicians better information about how, when, and with whom to intervene. The researchers discovered that eating disorder behaviours change the brain's reward response process and food intake control circuitry, which can reinforce these behaviours. The NIH-supported study included nearly 200 women with different eating disorders and different body mass indexes (BMIs) associated with different eating disorder behaviours. Another 120 women without eating disorders also participated. The researchers used cross-sectional functional brain imaging scans to assess the women's brain reward responses during taste reward tasks. The study provides a model for how behavioural traits promote eating problems and changes in BMI, and how eating disorder behaviours, anxiety, mood, and brain neurobiology interact to reinforce the vicious cycle of eating disorders, making recovery very difficult. Further research is needed to investigate treatments that could target and change reward behaviours in people with eating disorders. That may help them achieve long-term recovery, according to the NIH.

69. According to the passage, one key finding of the new study ----.

- A) comes from specifying the exact number of conditions that we can call eating disorders
- B) is the way the brain's reward response is modified by eating disorder behaviours
- C) is that it increases the knowledge of researchers working on eating disorders
- D) could be that different eating disorders mean different body mass indexes
- E) is to show how dangerous, even fatal, eating disorders can become

70. Which of the following could be inferred from the passage about reward behaviours?

- A) Scientists working on eating disorders know exactly how to deal with them.
- B) They are not as important as biological factors in the treatment of eating disorders.
- C) They are more important for anorexia nervosa than bulimia or binge-eating disorder.
- D) They are not as important as anxiety, mood, and brain neurobiology in worsening eating disorders.
- E) More research is necessary to come up with treatments focusing on them and changing them.

71. Which of the following is the main purpose of this passage?

- A) To give a detailed explanation for the causes and treatment of eating disorders
- B) To compare the results of two recent research efforts for their potential benefit to eating disorders
- C) To inform the reader about a new research that could change the way eating disorders are treated
- D) To discuss whether changing behaviours could have an impact on eating disorders
- E) To determine whether the new research is worthy of consideration

72. - 74. soruları aşağıdaki parçaya göre cevaplayınız.

Glue ear is slang for a condition called otitis media with effusion (OME), where thick fluid builds up in the middle ear. It is very common in young children but strikes older kids as well, and often occurs after a cold or sore throat. Usually, the fluid goes away on its own in four to six weeks. Sometimes, though, the build-up persists for months and may impair hearing – which can be a big problem for young children developing their language skills, and for older kids in school. The standard way to manage those cases is by surgically implanting a tiny tube in the opening of the eardrum to drain the fluid from behind it. It stays in place for six months to a year, when it naturally falls out. Still, there is a need for alternatives, according to the researchers on a new study. One reason is because in persistent cases, it might take the middle-ear fluid to go away 3 to 12 months, said lead researcher Dr. Tamsin Brown, a paediatrician with Cambridgeshire Community Services in Cambridge, England. Plus, she noted, ear tubes do carry some risks. "Around 1% of tube operations leave a hole in the eardrum, which may need a further operation to close," Brown said. Occasionally, she added, the tubes do not fall out when they are supposed to and need to be surgically removed. And in the United Kingdom, Brown said, there's a waitlist for tube insertion procedures. During that time, kids with hearing difficulty may be falling behind in language development or schoolwork.

72. According to the passage, glue ear might pose a problem for school-age kids because ----.

- A) some children find it uncomfortable to have a tube in their ear
- B) in some cases, it may inflict damage to hearing capacities of children
- C) it may lead to frequent colds or sore throat, which hampers their performance at school
- D) they may have to have an operation for the condition, which may keep them away from school
- E) they will feel distressed about a condition that may take a year to heal

73. Which of the following is not among the possible reasons why an alternative treatment is necessary for glue ear?

- A) Holes opened in eardrums during an operation might need another operation to close.
- B) Tubes inserted may not fall out and may need another operation to remove.
- C) It might take a lot of time for the middle-ear to go away in persistent cases.
- D) The condition can easily affect young children and older kids.
- E) The long waitlist for operation means kids with hearing difficulty might fall behind at school.

74. The passage is mainly about ----.

- A) why some kids need an operation for glue ear while others don't
- B) treatment options for glue ear, and how successful they are
- C) the potential damage glue ear can inflict to school-age kids
- D) the causes of glue ear in young and older kids at school
- E) how glue ear affects children and why there is a need for alternative treatments

75. - 77. soruları aşağıdaki parçaya göre cevaplayınız.

While mammograms are often the first step to detecting breast cancer, patients need additional tests after an abnormal screening result. Further imaging can determine if a finding is truly suspicious for cancer, and sometimes a biopsy is required to confirm a diagnosis. But biopsy delays reduce the benefit of early detection, putting patients at a higher risk of treatment failure and lowering their chances for survival. Breast biopsies involve removing a small piece of tissue from a suspicious area and examining the sample under a microscope. Once doctors are able to confirm the presence of tumor cells and what type they are, they are then able to devise a treatment plan. Much research has looked at disparities in breast cancer care, including potential factors underlying diagnostic and treatment delays. On average, African American patients are more often diagnosed with late-stage breast cancer, have higher mortality rates and are less likely to receive guideline-recommended treatment compared with white patients. For over two decades, African American women diagnosed with breast cancer have had higher mortality rates than white women, despite lower incidence. One possible reason for persistence of this racial disparity is delay in receipt of diagnosis and treatment, which can negatively impact patient outcomes. Delay of more than 2 months in treatment initiation has been associated with worse breast cancer survival.

75. It is clear from the passage that early detection ----.

- A) is provided for African American women, but their survival rate is still low
- B) means not all women are equal in terms of breast cancer treatment
- C) is key to higher survival rates in breast cancer cases
- D) ensures that there will not be any delays in biopsies
- E) is possible only with the help of regular mammograms

76. The passage makes it clear that in terms of survival rates among breast cancer patients, ----.

- A) there is an absolute equality among white and African American women
- B) further imaging other than mammograms is not necessary
- C) the maximum delay in diagnosis should be no more than a month
- D) there are two types of delay at play: diagnostic and treatment
- E) treatment delays play a larger role than diagnostic delays

77. Which of the following can be inferred from the passage?

- A) African American women have breast cancer less frequently than whites, but die more often.
- B) Better breast cancer survival is not necessarily connected to early diagnosis and treatment.
- C) Late-stage breast cancer is more frequently seen among white women.
- D) Previous research mainly focused on racial disparities in breast cancer studies.
- E) An abnormal screening result in a mammography definitely means the patient has breast cancer.

78. - 80. soruları aşağıdaki parçaya göre cevaplayınız.

Migraine headaches currently affect more than one billion people across the globe and are the second-leading cause of disability worldwide. Nearly one-quarter of U.S. households have at least one member who suffers from migraines. An estimated 85.6 million workdays are lost as a result of migraine headaches in the country each year. Yet many who suffer with migraine dismiss their pain as simply a bad headache. Rather than seeking medical care, the condition often goes undiagnosed, even when other devastating symptoms occur alongside the pain, including light and sound sensitivity, nausea, vomiting and dizziness. Researchers have discovered that genetics and environmental factors play a role in the condition of migraine. They happen when changes in your brainstem activate the trigeminal nerve, which is a major nerve in the pain pathway. This cues your body to release inflammatory substances such as CGRP, short for calcitonin gene-related peptide. This molecule, and others, can cause blood vessels to swell, producing pain and inflammation. A migraine can be **debilitating**. Those who are experiencing one are often curled up in a dark room accompanied by only their pain. Attacks can last for days; life is put on hold. The sensitivity to light and sound, coupled with the unpredictability of the disease, causes many to forego work, school, social gatherings and time with family.

78. According to the passage, despite the high number of migraine sufferers in the US, ---.

- A) the number is much lower worldwide, considering the incidence rate
- B) many cases of migraine go undetected since people mistake it for a bad headache
- C) the number of workdays lost in the country is a lot lower than expected
- D) the exact reason for the condition has still not been found
- E) the symptoms seen among the individual patients show a great variety

79. The underlined word in the passage 'debilitating' is closest in meaning to ----.

- A) deafening
- B) disturbing
- C) confirming
- D) incapacitating
- E) exaggerating

80. The passage is mainly about ----.

- A) the biological factors that cause a person to have migraine headaches
- B) why bad headaches are often mistaken for migraine attacks
- C) the role of calcitonin gene-related peptide in migraine
- D) the importance of awareness in dealing with migraine attacks
- E) migraine, with a focus on its causes and main symptoms

**2022 AĞUSTOS YÖKDİL SAĞLIK DENEME – 2 CEVAP
ANAHTARI**

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