

## ÜDS SAĞLIK – Mart 2009

1. – 18. sorularda cümlede boş bırakılan yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

1. The study of the genetic causes of mental disorders involves the statistical analysis of the frequency of a particular disorder's ---- among individuals who share related genes, such as siblings and twins.

- A) occurrence                      B) falsehood  
C) disturbance                      D) ignorance  
E) negligence

2. Most experts agree that developing a 100% safe method of contraception is as ---- as producing a car design that is guaranteed to have no defects.

- A) autonomous                      B) useful  
C) loyal                                  D) respective  
E) unlikely

3. If the Achilles tendon, which is the thickest and most powerful tendon in the body, is cut, the use of that leg for running or jumping is lost ----; it can no longer perform these actions.

- A) permanently                      B) fairly  
C) scarcely                              D) initially  
E) partially

4. Genetic techniques are used in medicine to ---- and treat inherited human disorders; for example, knowledge of a family history of cancer may indicate a hereditary tendency to develop this affliction and help to find the right cure.

- A) communicate                      B) remedy  
C) diagnose                              D) contract  
E) induce

5. Artificial sweeteners permit people to ---- their sugar and energy intake, yet still enjoy the delicious sweet tastes of their favourite foods and beverages.

- A) get over                              B) keep down                      C) lose out  
D) put into                              E) use up

6. Some studies have suggested that women who take more than a year to conceive, even those who ---- having babies naturally have a greater than normal risk of giving birth prematurely or needing a caesarean section.

- A) give in                              B) make out                      C) put off  
D) end up                              E) keep off

7. During the past 40 years, research ---- to support the hypothesis that physical activity ---- with both cardiovascular health and improved psychological functioning.

- A) is accumulating / has been associated  
B) accumulates / will be associated  
C) accumulated / had been associated  
D) has been accumulating / would be associated  
E) has accumulated / is associated

8. On long space flights, astronauts' bones ----, much as if they ---- from osteoporosis, at a rate of 1-2% per month.

- A) thin / were suffering  
B) will thin / suffer  
C) are thinning / have suffered  
D) will have thinned / would have suffered  
E) have thinned / will suffer

9. When governments finally ---- measures to control the spread of Severe Acute Respiratory Syndrome (SARS) in March 2003, the infection ---- more than 580 lives in 29 countries.

- A) had taken / has already cost  
B) had taken / were already costing  
C) were taking / are already costing  
D) took / had already cost  
E) were taken / already cost

10. If the United States Department of Agriculture (USDA) ---- all animal and animal product imports from high-risk areas in 2001, the US ---- the same consequences of foot-and-mouth disease as the UK did that year.

- A) didn't ban / would suffer  
B) had not banned / would have suffered  
C) weren't banned / would have been suffered  
D) hadn't been banned / suffered  
E) shouldn't have banned / hadn't suffered

**11. Free radicals ---- the by-products of certain metabolic functions like eating and breathing, and they ---- to accelerate the aging process.**

- A) are / are known  
B) are being / know  
C) were / knew  
D) have been / are knowing  
E) would be / had known

**12. Scientists estimate that an individual bone has a one ---- three per cent lifetime risk of fracture, based on data ---- a variety of species.**

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

**13. The great majority of osteoporotic hip fractures in the US occur in adults ---- 50 and result from minimal ---- moderate trauma, usually a fall from standing height or less.**

- A) of / between  
B) at / through  
C) towards / up to  
D) over / to  
E) by / out of

**14. A survey of 1,449 Finns found that married people and people living with a partner were 50% less likely to develop dementia in later life, ---- single or divorced people had three times the risk.**

- A) instead  
B) otherwise  
C) even if  
D) since  
E) whereas

**15. ---- certain lifestyle changes can result in weight loss for some, many obese patients need more efficacious interventions for weight reduction.**

- A) Because  
B) Although  
C) When  
D) If  
E) As long as

**16. ---- doctors advise their patients to eat well and exercise for their health, they should be telling them to sleep well.**

- A) Even  
B) Because  
C) Just as  
D) Although  
E) As if

**17. ---- are moods more under the spotlight than in our most intimate relationships.**

- A) No sooner  
B) Neither  
C) Not only  
D) Not once  
E) Nowhere

**18. Chloroform is no longer used as an anaesthetic for several reasons, the most important of ---- is the relatively high risk of complications, including possible heart failure.**

- A) that  
B) whose  
C) what  
D) which  
E) it

**19. – 23. sorularda aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.**

Hans Eysenck was one of the most controversial and prolific psychologists **(19)** ---- the twentieth century. **(20)** ---- in Germany, he went to live in Britain in the 1930s. At the time of his death in 1997, he was one of the most **(21)** ---- researchers in psychology, with hundreds of references made to his work. Eysenck **(22)** ---- the notion that there was a biological basis for personality. **(23)** ---- his work on the biological basis has been frequently criticized, it has also been increasingly validated by research.

**19.**

- A) of  
B) to  
C) at  
D) on  
E) among

**20.**

- A) Bearing  
B) To have been born  
C) Having born  
D) Born  
E) To be born

**21.**

- A) cited  
B) enforced  
C) collected  
D) perceived  
E) explained

**22.**

- A) set upon  
B) kept up  
C) took on  
D) got through  
E) put forth

**23.**

- A) Even if  
B) Though  
C) Therefore  
D) As if  
E) In case

**24. – 35. sorularda, verilen cümleyi uygun şekilde tamamlayan ifadeyi bulunuz.**

**24. When two or more drugs are taken in the same time period, ----.**

- A) some drugs must be used despite their having a very narrow margin of safety
- B) people should also consult their pharmacist
- C) they have been enormously beneficial in relieving suffering
- D) they may interact in ways that are either good or bad
- E) patients are advised not to take them

**25. While everyone unconsciously uses defence mechanisms, ----.**

- A) some people assume that they can deal with problems on their own
- B) treatments differ according to the type of personality disorder
- C) people with a dependent personality avoid undertaking responsibilities
- D) drug therapy is frequently complicated by misuse of the drugs or by suicide attempts
- E) people with personality disorders use them in inappropriate or immature ways

**26. Once the pollen season starts, ----.**

- A) in most people, allergic conjunctivitis is part of a larger allergy syndrome, such as seasonal rhinitis
- B) the different types of allergic reactions are generally categorized by what causes them
- C) antihistamines or decongestants are the usual initial treatment for seasonal allergic rhinitis
- D) people who have severe adverse effects from taking drugs should consider allergen immunotherapy
- E) the nose, the roof of the mouth, the back of the throat, and the eyes start to itch

**27. As the foetus grows, ----.**

- A) the enlarged uterus could be seen at about six weeks
- B) all of these changes are normal in pregnancy
- C) this difference is amplified during pregnancy
- D) more blood is sent to the mother's uterus
- E) pregnancy would affect virtually all hormones in the body

**28. ----, but such tests are rarely needed to make the diagnosis.**

- A) The first symptom of salivary gland infection is pain when swallowing
- B) Doctors investigate the possibility of mumps
- C) Laboratory tests can identify the mumps virus and its antibodies
- D) Complications can involve organs other than the salivary glands
- E) Mumps can lead to viral inflammation of the brain

**29. Although there are different types of cells, ----.**

- A) nerve cells conduct electrical impulses
- B) skin cells divide and reproduce quickly
- C) white blood cells move freely, unattached to other cells
- D) cells in the lining of the lungs produce mucus
- E) most cells have the same components

**30. Usually, acute pericarditis causes fever and chest pain, ----.**

- A) so that, in most cases, it may be similar to that of a heart attack
- B) which typically extends to the left shoulder and sometimes down the left arm
- C) just as it tends to be made worse by lying down, coughing, or even deep breathing
- D) while it has many causes, ranging from viral infections to life-threatening cancer
- E) but it may result as a side effect of certain drugs, such as anticoagulants and penicillin

**31. Disorders that affect joints and their components, such as muscles, bones, and tendons, are called "connective tissue diseases" ----.**

- A) when a disease affects a specific tissue or organ
- B) since, in rheumatoid arthritis, chronic inflammation damages the joint's cartilage
- C) in case the symptoms of one disease overlap with another
- D) because these structures contain large amounts of connective tissue
- E) although unusual antibodies can be detected and measured in the blood

**32. The leukaemic tissues reproduce new cells so rapidly ----.**

- A) whereas common effects in leukaemia are the development of infections, severe anaemia, and a tendency to bleeding
- B) even if the most important effect of leukaemia on the body is the excessive use of metabolic substrates by the growing cancerous cells

- C) that tremendous demands are made on the body fluids for foodstuffs, especially the amino acids and vitamins  
D) while leukaemia is usually characterized by greatly increased numbers of abnormal white blood cells in the circulating blood  
E) unless leukaemic cells are nonfunctional in providing the usual protection against infection associated with white blood cells

**33. Normally, the volume of sweat is about 100 ml/day, ----.**

- A) but in very hot weather or during heavy exercise, water loss in sweat occasionally increases to 1-2 litres/hour  
B) since urine volume can be as low as 0.5 litre/day in a dehydrated person  
C) because normally a small amount of water (100 ml/day) is lost in the faeces  
D) whereby water loss in the faeces can increase to several litres a day in people with severe diarrhoea  
E) so long as the maintenance of a relatively constant volume of the body fluids is essential for homeostasis

**34. ----, the person is said to suffer *circulatory shock*.**

- A) Just as the heart is severely damaged from any cause  
B) Even though any factor that interferes with venous return can also lead to decreased cardiac output  
C) If ever the cardiac output falls below that level which is required for adequate nutrition of the tissues  
D) So long as the cardiac output fell so low that the tissues throughout the body began to suffer nutritional deficiency  
E) While the cardiac outputs in healthy human beings are surprisingly constant

**35. ----, the remaining cells of this type often generate new cells.**

- A) As most human cells do not maintain large stores of carbohydrates  
B) Although cells are capable of performing their special functions  
C) Since the principal substance from which cells extract energy is oxygen  
D) When cells of a particular type are destroyed, due to one cause or another  
E) Because the most abundant substance in most cells is proteins

**36. – 38. sorularda, verilen İngilizce cümleye anlamca en yakın Türkçe cümleyi bulunuz.**

**36. Without treatment, postpartum depression can weaken critically important bonds between a mother and her child.**

- A) Anne ve çocuk arasındaki kritik öneme sahip bağlar, depresyon tedavisine rağmen doğum sonrasında zayıflayabilmektedir.  
B) Tedavi edilmediği takdirde, doğum sonrası depresyonu anne ve çocuğu arasındaki kritik öneme sahip bağları zayıflatabilir.  
C) Doğum sonrası depresyonu tedavi edilebilir bir durum olmakla birlikte anne ve çocuğu arasındaki kritik öneme sahip bağları zayıflatabilmektedir.  
D) Anne ve çocuğu arasındaki kritik öneme sahip bağlar tedavi edilebilen bir durum olan doğum sonrası depresyonunun bir sonucudur.  
E) Doğum sonrası depresyonunun bir sonucu olarak anne ve çocuğu arasındaki bağların zayıflaması, aslında tedavi edilebilmektedir.

**37. Each pair of spinal nerves includes one nerve at the front of the spinal cord, which carries information from the brain to the muscles, and one nerve at the back, which carries sensory information to the brain.**

- A) Her bir spinal sinir çiftinde, biri omuriliğin ön tarafında bulunup iletiyi beyinden kaslara taşıyan, diğeri omuriliğin arka tarafında bulunup duyuşal uyarıları beyne taşıyan birer sinir bulunur.  
B) Spinal sinir çiftlerinde bulunan sinirlerden biri beyinden kaslara bilgi iletimi yapan omuriliğin ön tarafında bulunurken, omuriliğin arka tarafında bulunan bir diğeri ise duyuşal uyarıları beyne taşır.  
C) Spinal sinirlerin her bir çiftinde, omuriliğin iletiyi beyinden kaslara taşıyan ön tarafında bir sinir, duyuşal uyarıları beyne taşıyan arka tarafında ise başka bir sinir vardır.  
D) Her bir spinal sinir çiftinde, sadece omuriliğin önünde bulunup iletiyi beyinden kaslara taşıyan bir sinir değil, aynı zamanda omuriliğin arkasında bulunup duyuşal uyarıları beyne taşıyan birer sinir bulunur.  
E) Uyarıları beyinden kaslara taşıyan ve omuriliğin ön kısmında yer alan bir sinirle, duyuşal uyarıları beyne taşıyan ve omuriliğin arka kısmında bulunan sinir bir arada spinal sinir çiftini oluştururlar.

**38. Angiography, which involves injecting a radiopaque substance into an artery, is the most invasive of all kidney imaging procedures and is reserved for special situations, such as when a doctor must evaluate the blood supply to the kidneys.**

- A) Atardamar içine radyopak maddenin enjekte edilmesiyle gerçekleşen anjiyografi, böbrek görüntüleme yöntemlerinden en yaygın olanıdır ve doktorun böbreklere gelen kan miktarını görmek istemesi gibi özel durumlar dışında kullanılmaması gerekir.
- B) Bütün böbrek görüntüleme işlemlerinin en yaygın örneklerinden biri olan ve atardamara radyopak madde enjekte etmek anlamına gelen anjiyografi, doktor böbreklere ulaşan kan miktarını görmeyi istemedikçe kullanılmamalıdır.
- C) Radyopak bir maddenin atardamara enjekte edilmesi demek olan anjiyografi, bütün böbrek görüntüleme işlemlerinin içinde en geniş etkinliği bulunan, ancak doktor gerekli görüp, böbreklere gelen kan miktarını araştırmak istemedikçe kullanılması tavsiye edilmeyen bir yöntemdir.
- D) Doktorun böbreklere gelen kan oranını görmesi gereken özel durumlar hariç, kullanılması pek öngörülmemeyen anjiyografi, temelde atardamara radyopak madde enjekte etme esasına dayanır.
- E) Atardamara radyopak madde enjekte etmeyi içeren anjiyografi, tüm böbrek görüntüleme işlemleri içinde en yüksek yayılımı sağlayan yöntemdir ve doktorun böbreklere gelen kan miktarını değerlendirmesi gerektiği zamanlar gibi özel durumlarda kullanılır.

**39. – 41. sorularda, verilen Türkçe cümleye anlamca en yakın İngilizce cümleyi bulunuz.**

**39. Akciğerlerde, oksijen temini ile oksijen gereksinimi arasındaki normal ve hassas dengeyi bozan herhangi bir rahatsızlık, kişiyi nefessiz bırakabilir.**

- A) A person with a lung disorder becomes short of breath when the normal and delicate balance between the supply of oxygen to the lungs and the amount of oxygen required cannot be maintained.
- B) A person will be out of breath if the normal and delicate balance between the amount of oxygen supplied and the amount required in the lungs is not adequately maintained.
- C) When the normal and delicate balance in the lungs between the oxygen supplied and the oxygen required is lost, this can cause a person to be out of breath.
- D) Any disorder in the lungs that upsets the normal and delicate balance between oxygen supply and oxygen requirement can make a person short of breath.
- E) When there is a disorder in the lungs, it upsets the normal and delicate balance between the supply of oxygen and the amount required, and this can make a person short of breath.

**40. Profesyonel yardım almadan bir idrar kaçırma sorunu ile birlikte yaşamaya çalışan insanlar problemi doktorlarıyla konuşma konusunda ya sıkılmakta ya da yanlış bir inanışla, idrar kaçırmanın yaşanma sürecinin normal bir parçası olduğunu düşünmektedirler.**

- A) People who have incontinence problems mistakenly tend to believe that it is a normal part of aging and do not seek professional help, as they are embarrassed by it.
- B) Those who experience incontinence problems are generally too shy to talk to their doctors about them and think that this is the normal result of aging; therefore, they do not seek professional help and tend to live with the problem.
- C) Because they are too embarrassed to talk to their doctors about the problem they have, people tend to live with incontinence, believing that it is a normal part of aging.
- D) Because they believe that it is a normal part of aging, people who do not seek professional help feel embarrassed to talk to their doctors about the incontinence problem they suffer from.
- E) People who tend to live with an incontinence problem without seeking professional help are either too embarrassed to discuss the problem with their doctor or they mistakenly believe that incontinence is a normal part of aging.

**41. Antidepresan kullanımındaki artışın bir nedeni, birçok doktorun normal üzüntüyü daha ciddi olan, hatta yaşam düzenini bozan klinik depresyon durumundan ayırt etmemesidir.**

- A) Because many doctors do not differentiate between normal sadness and the more serious and life-threatening condition of clinical depression, the use of antidepressants has rapidly increased.
- B) Many doctors have regarded normal sadness in much the same way as clinical depression, which is actually a life-threatening condition, and this has given rise to an increase in the use of antidepressants.
- C) One cause of the rise in antidepressant use is that many doctors do not differentiate between normal sadness and the more serious, even life-threatening condition of clinical depression.
- D) The increase in the use of antidepressants can be explained by the fact that many doctors fail to distinguish between normal sadness and the more serious and life-threatening condition of clinical depression, and treat it as such.
- E) Most doctors tend to confuse normal sadness with the more serious and life-threatening condition of clinical depression, and this has caused a rise in antidepressant use.

**42. – 46. sorularda boş bırakılan yere parçada anlam bütünlüğünü sağlamak için getirilebilecek cümleyi bulunuz.**

**42. People may be obese not because they eat too much, but because they spend too little energy. Some obese people are so extraordinarily inactive that even when they eat less than lean people, they still have an energy surplus. ----. Physical activity, then, is a necessary component of nutritional health.**

- A) More than one-third of the overweight population report no physical activity during their leisure time
- B) Weight-loss advice does not apply equally to all overweight people, since some people may risk more in the process of losing weight than in remaining overweight
- C) Modest weight loss, even if a person is still overweight, can reduce the risks of heart disease by lowering blood pressure and blood cholesterol
- D) Reducing their food intake, however, would further threaten their health by causing nutrient deficiencies
- E) An estimated 30-40% of all US women are trying to lose weight at any given time, and spending up to \$40 billion each year to do so

**43. The discovery of three of the four basic blood groups was made by Karl Landsteiner at Vienna's Institute of Pathology in 1901 and 1902. The fourth group, AB, was discovered by two of Landsteiner's colleagues a few years later. The ability to match the blood types of donor and recipient would greatly reduce the incidence of fatalities from transfusion reactions. However, this breakthrough was largely ignored for more than a decade. ----. Therefore, a large number of patients continued to experience post-transfusion fever, chills, kidney pain, bloody urine and death.**

- A) R. Ottenberg, a pathologist and haematologist in New York, performed 125 successful transfusions without bad reactions by using compatibility testing
- B) Few physicians considered Landsteiner's work of much importance or even seemed to be aware of it
- C) Of all the problems facing physicians, blood's ability to coagulate or to clot was the greatest
- D) In essence, O. H. Robertson, a physician in the US Army, set up the world's first system of blood banking
- E) In the 1880s, the European medical community lost its enthusiasm for blood transfusions after performing hundreds of unsuccessful trials

**44. The development of effective anti-retrovirals has transformed AIDS into two diseases: one for the rich and quite a different one for the poor. ----. So, they can think of their illness as a chronic condition with which they may live for decades. The incidence of new cases has also dropped significantly. By contrast, in much of the developing world, HIV infection is still largely a near-term death sentence, and the far greater incidence is only just beginning to level off.**

- A) In the developed world, people with HIV have access to health care
- B) Poor people with HIV generally rely on health aid packages from developed countries
- C) The disease still cannot be cured completely, but has been made less immediately lethal
- D) Scientists estimate that the number of HIV-infected people will soon have doubled
- E) People in poor countries are at a greater risk of catching the disease due to poor living conditions

**45. Mothers around the world are getting older. In the UK, the mean age for having a first child is 27.3, compared with 23.7 in 1970. Mean age at first birth in the US has also increased, rising from 21.4 in 1970 to 24.9 in 2000. ----. Studies by the US National Heart, Lung and Blood Institute found that the risk of a child being obese increases by about 14% for every five extra years of the mother's age.**

- A) In the US, in 2004, the percentage of women in their 40s who had one child was 17.4  
B) Researchers also found that first-born offspring have more fat than their younger siblings  
C) In 1964, the British woman gave birth to an average of 2.95 children  
D) According to recent studies, having an older mother seems to be an independent risk factor for obesity  
E) This combination of older mothers and more single children could be contributing to the obesity epidemic

**46. Embarrassment seems likely to serve three basic functions. First, it serves as a pacification gesture to others by signalling that the violation was unintended and that it will not likely be repeated. Second, the intense dread of experiencing this emotion probably deters us from repeating whatever behaviours triggered the state. ----. Just as physical pain alerts us to threats to our physical well-being, embarrassment alerts us to threats to our social well-being. Third, embarrassment motivates us to undo the social damage and restore the esteem of others.**

- A) Therefore, our social well-being relies greatly on how we fit into the society and how the society responds to us  
B) Naturally, we try to avoid socially unacceptable situations that might result in rejection  
C) Such a dread is the outcome of an unintentional violation of social rules and manners of conduct  
D) Repetition of such behaviours in various instances may be either deliberate or unintended  
E) In this sense, embarrassment can be regarded as a social counterpart to physical pain

**47. – 51. sorularda, karşılıklı konuşmanın boş bırakılan kısmını tamamlayabilecek ifadeyi bulunuz.**

47. Alice :  
- **Why does tuberculosis have a higher incidence among the poor?**  
Glenn :  
- ----  
Alice :  
- **Could you give an example?**  
Glenn :  
- **Well, the fact that many poor people don't have access to adequate health care, and that they live in very crowded conditions.**

- A) There's only one reason that I know of.  
B) I don't think it does, really.  
C) There are many reasons.  
D) I wish it didn't, actually.  
E) No one really knows the answer to that.

48. Hank :  
- **I'm travelling to South America next week.**  
Linda :  
- **Oh, then you should have a typhoid immunization.**  
Hank :  
- **Why? Everyone knows it isn't 100% effective.**  
Linda :  
- ----

- A) You should drink only carbonated bottled drinks or water that has been boiled.  
B) Even so, it can offer you some protection against the disease.  
C) You know that even if you are immunized, you may still contract other gastro-intestinal disorders while you're there.  
D) Are you travelling to any small villages? You will be at greater risk if you are.  
E) Foods that are cooked and served hot are less likely to cause an infection.

49. Vicki :

- I've just eaten a large meal, and I'm already hungry again!

Bryan :

- ----

Vicki :

- I had soup and bread, and a baked potato with vegetables.

Bryan :

- You're hungry again because you ate mostly carbohydrates. Your body has already used the energy from your meal and is looking for more energy.

- A) Are you feeling angry about something? That always makes me feel hungry!  
B) How long ago did you have lunch?  
C) You're eating far too quickly.  
D) What did you eat for lunch?  
E) What's your favourite meal?

50. Carrie :

- Here's an article about a new drug-release implant that works with a battery. The drugs are coated with a substance that dissolves when exposed to an electric current, so when the device is switched on, the drug is released into the body.

Diane :

- ----

Carrie :

- Well, the device could be controlled remotely by a doctor to protect the patient from overdosing or missing a dose of his or her medication.

Diane :

- Oh, I hadn't thought of that. What a good idea!

- A) Why would a person need something like that?  
B) Have tests been performed with the device?  
C) How is the device implanted into the person's body?  
D) Does the device or its battery have to be replaced periodically?  
E) I've heard that such devices can trigger autoimmune responses in the body. Is that true?

51. Phil :

- It seems that there are some new techniques in *in-vitro* fertilization for predicting which embryos are more likely to survive after implantation in the womb.

Peggy :

- Then that should increase the success rates for IVF.

Phil :

- ----

Peggy :

- That's a good thing, because carrying more than one foetus at the same time can be a health risk for the mother.

- A) Doctors are currently only able to analyze early embryos for possible genetic problems, not for overall health.  
B) One of the techniques measures the oxygen-depletion levels in the air directly above the developing egg or embryo.  
C) Yes, and it may also eliminate the need for multiple implants, which often result in multiple births.  
D) That's right; the doctors performing one of the studies were able to predict viability at a rate of about 80%.  
E) Yes, because only around 30% of IVF cycles in the US currently result in pregnancy.

52. – 56. sorularda cümleler sırasıyla okunduğunda parçanın anlam bütünlüğünü bozan cümleyi bulunuz.

52. (I) Ultrasound scanning during pregnancy is very common. (II) After all, pregnancy after age 35 is the most common risk factor for having a baby with Down syndrome. (III) It has no known complications for the woman or foetus. (IV) Whether all pregnant women should be scanned is controversial. (V) However, it is commonly admitted that such scanning isn't routinely needed.

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

53. (I) Parasitic infections are common in rural Africa, Asia and South America. (II) However, they are rare in developed countries. (III) But people from developed countries who visit developing countries can very easily be infected by parasites. (IV) Those parasites that infect the intestine may stay there or may burrow through the intestinal wall and infect other organs. (V) So, unknowingly, they return home with the infection, which may not be readily diagnosed, because it is so uncommon.

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

**54. (I)** The eyeball is divided into two segments, each filled with fluid. **(II)** The front segment extends from the cornea to the lens. **(III)** The back segment extends from the back edges of the lens to the retina. **(IV)** Both the front and back segments are filled with the fluids that help the eyeball maintain its shape. **(V)** In fact, tears are rich in antibodies that help prevent infection.

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

**55. (I)** A person with mouth or throat cancer may receive radiation therapy and surgery or just radiation therapy. **(II)** Staying out of the sun reduces the risk of lip cancer. **(III)** Yet radiation therapy often destroys the salivary glands and leaves the person's mouth dry, which can lead to cavities and other dental problems. **(IV)** In addition, because jawbones exposed to radiation don't heal well, dental problems are treated before radiation is administered. **(V)** Further, any teeth likely to become problems are removed, and time is allowed for healing.

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

**56. (I)** A large proportion of the gallbladder's store of bile salts is released into the small intestine. **(II)** Then, 90% of the bile salts are reabsorbed into the bloodstream through the wall of the lower small intestine. **(III)** Gallstones are more common in women and in certain specific groups of people. **(IV)** The liver then extracts the bile salts from the blood and resecreted them back into the bile. **(V)** The bile salts in the body go through this cycle about 10-12 times a day.

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

**57. – 60. soruları aşağıdaki parçaya göre cevaplayınız.**

What controls our breathing? We obviously have some conscious control over it because we can voluntarily hold our breath for a short while or breathe faster and deeper. Most of the time, however, automatic control centres in our brain regulate our breathing movements. Automatic control is essential, for it ensures coordination between the respiratory and circulatory systems and the body's metabolic needs for gas exchange. Anatomically, our breathing control centres are located in parts of the brain called "the pons" and "the medulla." Nerves from the medulla's control centre signal the diaphragm and rib muscles to contract, making us inhale. These nerves send out signals that result in about 10-14 inhalations per minute when we are at rest. Between inhalations, the muscles relax, and we exhale. The control centre in the pons smooths out the basic rhythm of breathing set by the medulla.

**57. It is clear from the passage that the pons and the medulla ----.**

- A) are mainly responsible for the efficient performance of the circulatory system
- B) perform functions that are interrelated and complementary
- C) work together to ensure motor coordination
- D) hardly have any effect on our breathing rate and movements
- E) have no effect upon the circulatory system

**58. According to the passage, when we hold our breath, ----.**

- A) we show we have some conscious control over our breathing
- B) the automatic breathing control centres in the brain begin to work much faster
- C) the rate of gas exchange through the respiratory system increases rapidly
- D) the movements of the diaphragm and rib muscles get out of control
- E) the number of signals from the medulla to the respiratory system begins to increase

**59. One understands from the passage that the automatic rather than conscious control of the breath ----.**

- A) limits the body's ability to meet its metabolic needs
- B) causes a sudden fall in the number of inhalations per minute
- C) disrupts the movements of rib muscles and undermines the rhythm of inhalation
- D) is very complicated due to the lack of coordination between the pons and the medulla
- E) is of vital importance for gas exchange to take place in the body

**60. The passage explains in a relatively detailed way ----.**

- A) how breathing is regulated by the automatic control centres in the brain
- B) the functions of the diaphragm and rib muscles
- C) the side effects that the conscious control of the breath causes
- D) why the pons and the medulla cannot have a coordinated function
- E) why our breathing movements vary from 10 to 14 inhalations per minute

**61. – 64. soruları aşağıdaki parçaya göre cevaplayınız.**

The vertebrae of the spinal column are separated by disks made of cartilage. Each disk has a strong outer layer and a softer inner part that acts as a shock absorber to cushion the vertebrae during movement. If the disk degenerates, for example following an injury or with aging, the inner part of the disk can bulge or rupture through the outer layer. The ruptured inner part of the disk can compress or irritate a nerve root and may even injure it. Most ruptured disks are in the lower back and usually affect only one leg. Such a rupture can cause pain not only in the lower back but also down the sciatic nerve, which runs from the spinal column to the buttocks, leg, and heel. Ruptured disks in the lower back can also cause leg weakness, and a person may especially have difficulty lifting the front part of the foot. A ruptured disk that is very large and centrally located in the spinal column can affect nerves that regulate bowel and bladder function, impairing the ability to defecate or urinate and making urgent medical attention necessary.

**61. It is clear from the passage that a ruptured disk ----.**

- A) is a serious problem commonly faced by most elderly people
- B) should be suspected when movement in both the legs becomes limited
- C) can easily be treated if it is diagnosed early enough
- D) can have various adverse effects, depending on its position and severity
- E) regularly has an adverse effect on the whole of the spinal column

**62. As pointed out in the passage, the structure of a disk ----.**

- A) is standard, so everyone is equally likely to develop a ruptured disk
- B) is so complicated that all injuries to it require urgent medical attention
- C) is so strong that it is rarely damaged except in extraordinary conditions
- D) can be extremely fragile, but regular exercise can help increase strength
- E) consists of two parts, and it is the inner part that enables the vertebrae to move comfortably

**63. According to the passage, a disk rupture in the lower back ----.**

- A) leads to unusual defecation or urination, especially among the aged
- B) can affect the sciatic nerve and cause pain down the length of it
- C) has a very damaging effect on both legs and can cause paralysis
- D) always causes a great deal of pain throughout the spinal column
- E) rarely has any serious adverse effects except on the movement of a person's feet

**64. It is clear that the passage ----.**

- A) is solely concerned with the problems arising from the spinal column and emphasizes the need for urgent medical attention
- B) gives a full account of how the disks in the lower back function, and explains their inner structure
- C) describes not only the structure of a disk in the spinal column but also the harmful consequences of a ruptured disk
- D) deals in great detail with the question of how the degeneration of disks in the spinal column can be prevented
- E) is largely concerned with the functions of the sciatic nerve

**65. – 68. soruları aşağıdaki parçaya göre cevaplayınız.**

A low calcium intake during the growing years limits the bones' ability to achieve an optimal mass and density. Most people achieve a peak bone mass by about age 30, and dense bones protect against age-related bone loss and fracture. Starting before the age of 40, all adults lose bone as they grow older. When bone loss reaches the point at which bones fracture under common, everyday stresses, the condition is known as osteoporosis. Today, worldwide, this is one of the most prevalent diseases of aging. For instance, in the US, it afflicts more than 25 million people, mostly older women. Unlike many diseases that make themselves known through symptoms such as pain, shortness of breath, skin lesions, tiredness, and the like, osteoporosis is silent. The body sends no signals saying bone loss is occurring. Blood samples offer no clues because blood calcium remains normal regardless of bone content, and measures of bone density are rarely taken. However, there are various strategies to protect against bone loss, and eating calcium-rich foods is only one of them.

**65. It is pointed out in the passage that the development of osteoporosis ----.**

- A) cannot be detected right away, since it is a disease that gives out no symptoms
- B) is common among adults under the age of 40, because their intake of calcium is usually very low
- C) in the US, especially among the elderly, has been very alarming in recent years
- D) cannot be checked by the consumption of calcium-rich foods
- E) can be traced through blood samples

**66. It is clear from the passage that, in order to increase the mass and density of bones, ----.**

- A) after the age of 40, everyday stresses must be avoided, and foods that are rich in calcium should be favoured
- B) the increased consumption of calcium-rich foods should only be tried after other strategies have failed
- C) one must be aware of the fact that the level of the calcium intake after age 40 always needs to be doubled
- D) it is essential that one must have a high calcium intake during the growing years
- E) the elderly in particular should not rely on the consumption of calcium-rich foods

**67. In the passage, osteoporosis is ----.**

- A) referred to as a disease which results from the bones' failure to achieve an optimal mass and density
- B) defined as the condition when bones become very fragile even under ordinary everyday stresses
- C) shown to be a disease which is far more prevalent in the US than the rest of the world
- D) discussed in detail with reference to its common symptoms as well as its prevalence among people under age 40
- E) presented as a deadly disease which mostly afflicts elderly women throughout the world

**68. It is implied in the passage that bone density ----.**

- A) is one way of finding out about osteoporosis, but it is not often that people have their bone density measured
- B) reaches its peak by about age 30 and remains so until at least age 40
- C) is best measured during the growing years, although most people are unaware of the importance of doing so
- D) can also be understood through the level of calcium in the blood, which is on the whole stable
- E) remains normal well into middle age, so young people never suffer from it

69. – 72. soruları aşağıdaki parçaya göre cevaplayınız.

Josh Villa was 26 and driving home with a friend when his car mounted the kerb and flipped over. Villa was thrown through the windscreen, suffered massive head injuries and fell into a coma. Almost a year later, there was still little sign of improvement. He would open his eyes, but he was not responsive to any external stimuli in his environment. He was then enrolled in a six-week study in which an electromagnetic coil was held over the front of his head to stimulate the underlying brain tissue. Such transcranial magnetic stimulation (TMS) has been investigated as a way of treating migraine, stroke, Parkinson's disease and depression, with some promising results, but this is the first time it has been used as a potential therapy for someone in a coma-like state. Certain improvements were observed; for instance, he began to say single words. The case has been described as "intriguing," but it has also given rise to a lot of cautionary warning.

69. The case-study is about Josh Villa, who ----.

- A) made a startling recovery from a stroke after TMS treatment
- B) remained in a coma for nearly a year but recovered following TMS treatment
- C) experienced a comparatively minor car accident which resulted in a coma
- D) was receiving TMS treatment for chronic migraines
- E) a year after his car crash was still unable to respond to any external stimuli

70. We learn from the passage that TMS ----.

- A) is only used as a last resort
- B) has been used with promising results in the treatment of migraine and Parkinson's disease
- C) has, until recently, been employed exclusively in the treatment of mental disorders
- D) is likely to produce unpleasant side-effects
- E) has not proved to be as effective a treatment as was once hoped

71. It is clear from the passage that TMS was used on this patient ----.

- A) with remarkable success
- B) because it was known to have brought people out of a coma-like state
- C) with a view to stimulating brain tissue
- D) without due consideration of the risks involved
- E) against the advice of a leading brain surgeon

72. According to the passage, the case-study in question ----.

- A) is interesting but not conclusive
- B) can be regarded as a real breakthrough
- C) has aroused no interest whatsoever in the medical world
- D) concludes that this particular patient could not respond to any treatment
- E) confirms the effectiveness of magnetic stimulation in the treatment of coma

73. – 76. soruları aşağıdaki parçaya göre cevaplayınız.

Muscles can obtain the carbohydrate they need, not only from glycogen stores but also from sugar taken during activity, which elevates blood glucose and enhances endurance. Normally, insulin stimulates all the tissues of the body to drain glucose from the blood and store it; however, this is exactly the opposite of what is needed for performance. During physical activity, the body's release of the hormone *epinephrine* keeps insulin from rising in response to glucose entering the blood. Physical activity also enhances muscle sensitivity to insulin so that the muscles become the primary recipient of blood glucose. Consuming sugar is especially useful during exhausting endurance activities lasting more than an hour. Endurance athletes often run short of glucose by the end of competitive events, and they are wise to take light carbohydrate snacks or drinks periodically during activity. During the last stages of an endurance competition, when glycogen is running low, glucose consumed during the event can make its way slowly from the digestive tract to the muscles and increase the body's supply of glucose enough to prevent exhaustion.

**73. It is clear from the passage that, during prolonged physical activity, ----.**

- A) light carbohydrate snacks and drinks are not advised as these would interfere with the passage of glucose to the muscles
- B) the body's glycogen stores are so activated that there is no need for extra carbohydrate supplies
- C) insulin stimulates all the tissues of the body to drain glucose from the blood
- D) the consumption of sugar must be avoided so that the body's supply of glucose can be maintained to prevent exhaustion
- E) blood glucose can be increased through the intake of sufficient carbohydrate and, thus, exhaustion can be avoided

**74. One understands from the passage that the rise of insulin in the body ----.**

- A) increases the level of glucose in the blood, which is controlled by *epinephrine*
- B) reaches its highest level when the glucose in the blood becomes adequate
- C) causes exhaustion, and therefore exhausting endurance activities must be avoided
- D) is related to the amount of glucose entering the blood
- E) not only reduces glycogen but also slows down physical activity

**75. It is suggested in the passage that, during an exhausting endurance competition, athletes ----.**

- A) often have to combat rising glycogen levels
- B) lose their muscle sensitivity to insulin
- C) need a regular supply of glucose
- D) should avoid consuming any carbohydrate-rich food and drink
- E) are adversely affected by the release of *epinephrine*

**76. It is clear from the passage that, during endurance activities, the digestive tract ----.**

- A) should remain empty
- B) plays an important role in the supply of glucose to the muscles
- C) is important for the removal of glucose from the blood
- D) receives the hormone *epinephrine* when it is released
- E) is relatively inactive

77. – 80. soruları aşağıdaki parçaya göre cevaplayınız.

Fitness is determined more by the intensity of exercise than the duration. Workouts should be energetic enough that the muscles are somewhat sore the next day but fully recovered the day after that. To strengthen the heart, exercise must be performed at an intensity that increases heart rate at least 20 beats above the resting heart rate. The harder a person exercises, the faster the heart beats and the stronger the heart muscle becomes. Heart rate is determined by how hard the skeletal muscles contract. When a person starts to exercise, the skeletal muscles contract and squeeze the veins near them, forcing blood towards the heart. When the skeletal muscles relax, these veins fill with blood. The alternating contraction and relaxation of the skeletal muscles serve as a second heart, pumping extra blood to the heart. The increased blood flow causes the heart to beat faster and more forcefully. So the harder the skeletal muscles contract, the faster the heart beats.

**77. According to the passage, exercise to make the heart muscle stronger ----.**

- A) should aim to increase the heart rate
- B) should avoid increasing muscle contraction
- C) will cause a reduction in the flow of blood to the heart
- D) will take into account the resting heart rate
- E) avoids hard workouts that make the muscles sore

**78. As pointed out in the passage, it is ----.**

- A) impossible to do too much exercise
- B) the relaxation of the skeletal muscles that affects the resting heart rate
- C) due to the fitness of the muscles that the blood flow into the heart remains steady
- D) the type, not the intensity of, a workout that leaves the muscles sore
- E) not so much the duration of exercise but its intensity that results in fitness

**79. It is stated in the passage that the heart receives more blood ----.**

- A) if the duration of exercise is kept short to prevent any muscular damage
- B) during exercise even though there is no increase at all in heart rate
- C) when the skeletal muscles alternately contract and relax
- D) because the veins near the skeletal muscles contract a great deal
- E) so long as the heart muscle is kept strong through exercise

**80. It is made clear in the passage that exercise ----.**

- A) involving hard workouts consequently undermines physical fitness
- B) should not increase the resting heart rate by more than 20 beats
- C) is very harmful to the veins and must therefore be avoided
- D) increases the contraction of the muscles and can thus be very harmful
- E) should not be so intense that it leaves muscles sore for more than a day

**TEST BİTTİ.  
CEVAPLARINIZI KONTROL EDİNİZ.**

## CEVAP ANAHTARI

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

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**DR. HİKMET ŞAHİNER**

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