YÖKDİL SAĞLIK Serisi-4

YÖKDİL SAĞLIK CHECK-UP



5 ÖZGÜN DENEME

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Suat GÜRCAN
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irem yayıncılık

Time for a Check-Up

YÖKDİL SAĞLIK Check-up 5 Özgün Deneme

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AÇIKLAMA

1. Bu kitaptaki her test 80 sorudan oluşmaktadır.
2. Testler için verilen cevaplama süresi 180 dakikadır. (3 saat)
3. Testlerde yer alan her sorunun sadece bir doğru cevabı vardır. Bir soru için birden çok cevap yeri işaretlenmişse o soru yanlış cevaplanmış sayılacaktır.
4. İşaretlediğiniz bir cevabı değiştirmek istediğinizde, silme işlemini çok iyi yapmanız gerektiğini unutmayınız.
5. Bu sınavın değerlendirmesi doğru cevap sayısı üzerinden yapılacak, yanlış cevaplar dikkate alınmayacaktır.
6. Cevaplamaya istediğiniz sorudan başlayabilirsiniz.

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1

YÖKDİL SAĞLIK BİLİMLERİ
DENEME SINAVI

1

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

1. High blood pressure, also known as hypertension, ---- when the force of blood flowing through the arteries is too high.

A) delivers B) occurs

C) upholds D) undertakes

E) exposes

2. Bulimia is characterized by behaviors of controlling weight by ---- restricting the amount of food consumed, followed by forced vomiting.

A) successively B) randomly

C) formerly D) severely

E) readily

3. Research shows that acupuncture treatment can boost the ---- of standard medical care, lessening chronic pain and depression.

A) effectiveness B) selection

C) examination D) attentiveness

E) disturbance

4. Doctors warn that a/an ---- deterioration in existing diabetes could be a sign of hidden pancreatic cancer.

A) invalid B) preventive

C) rapid D) convenient

E) incidental

5. Together, stomach and oesophageal cancer ---- around 1,4 million new cancer diagnoses each year worldwide.

A) pull through B) account for

C) carry out D) use up

E) get through

6. Essential oils can be used as a complementary therapy ---- conventional treatments, especially ---- behavioral therapy and antidepressants.

A) besides / in B) on / against

C) from / on C) with / except

E) among / into

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

7. In the 2002 movie *Insomnia*, the detective Dormer character ---- from sleeplessness; therefore, he ---- difficulty in catching criminals.

A) suffered / experienced

B) would suffer / had experienced

C) has suffered / would experience

D) suffers / experiences

E) had suffered / was experiencing

8. ---- a Mediterranean diet in your life, you ---- preserve your mental and physical health well into old age.

A) Using / can

B) Being used / could

C) To be used / would

D) Having used / should

E) To use / had to

9. Until quite recently, scientists ---- that the major changes in brain organization and development ---- before adolescence.

A) had assumed / would have occurred

B) assume / occur

C) have assumed / will occur

D) would assume / had occurred

E) assumed / occurred

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10. **The new model of gene therapy ---- those who ---- partial hearing problems.**

A) may have helped / are having
B) could help / had
C) will help / have
D) have helped / would have
E) would have helped / may have

11. **In an in-depth study of 11,216 pregnancies from 11 countries, researchers ---- that low levels of vitamin B12 ---- with a risk of preterm birth.**

A) conclude / had been associated
B) have concluded / are associated
C) would conclude / have been associated
D) may conclude / were associated
E) concluded / will be associated

12. **The word "röntgen" ---- from a German mechanical engineer and physicist, who ---- in Germany during the first part of the 20th century.**

A) was originating / had been living
B) originates / has been living
C) originated / lived
D) had originated / could have lived
E) is originating / was living

13. **Viruses cannot reproduce on their own; ----, they are not considered alive by biologists.**

A) furthermore B) therefore
C) however D) likewise
E) on the contrary

14. **Life on earth could not exist without bacteria ---- bacteria make possible many of the essential functions of ecosystems.**

A) thus B) nevertheless
C) instead D) because
E) whereas

15. **Worldwide, orthopaedic surgeons deal with injuries of the musculoskeletal system, particularly fractures, ---- non-traumatic conditions.**

A) in case B) as long as
C) as well as D) for instance
E) as a result of

16. **Back problems continue to plague large numbers of individuals ---- symptoms may vary from mild to disabling.**

A) whereby B) unless
C) after D) although
E) now that

17. **Synergists muscles facilitate or complement prime mover actions ---- the prime mover produces a more effective movement.**

A) thereby B) since
C) even though D) so that
E) while

18. **The lack of access to dental care is becoming an epidemic – especially ---- one is African American, Hispanic or American Indian.**

A) while B) if
C) that is D) in order that
E) either

19. **Dentists are often the first healthcare providers to recognize a number of illnesses ---- cancer and cardiovascular problems.**

A) including B) despite
C) in place of D) in case of
E) regardless of

20. **Hairs grow in the outer part of the ear canal and they and the wax serve ---- a protective barrier and a disinfectant.**

A) such B) even
C) as if D) as
E) such as

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21. - 25. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Nurses must have a solid knowledge base to safely care for patients. You **(21)**---- drive a car without first learning the basics of how a car works. In the same way, you must understand the human body in health and illness **(22)**---- you can understand how to take care of an ill patient. The best knowledge **(23)**---- to base your practice comes from research. Nurse researchers try new methods and compare them with traditional methods to **(24)**---- what works best. For example, **(2 5)**---- research we know that some traditional practices should be avoided.

21.

A) could not B) cannot
C) don't have to D) may not
E) didn't need to

22.

A) before B) after
C) unless D) only if
E) while

23.

A) which B) on which
C) from which D) at which
E) where

24.

A) determine B) deliver
C) sustain D) adjust
E) heal

25.

A) along B) from
C) for D) into
E) through

26. - 30. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

The term "exercise" has been defined in different ways by different sources in the literature. **(26)**---- the *Encyclopaedia of Sports Medicine* series of publications, the definition **(27)**---- as 'any and all activity involving generation of force by activated skeletal muscle'. This would include activities of daily living, activities of labour, activities for physical conditioning and physical recreation, **(28)**---- participation in sport competition. According to this encyclopaedia, a sport will be considered as any organized activity that involves exercise, rules **(29)**---- the event and the element of competition. It further explains that to figure out movement of the body parts and coordinate the skills of a sport, the central nervous system activates the striated, voluntary muscle cells **(30)**---- are the principal constituents of the skeletal muscles.

26.

A) From B) For
C) Over D) Into
E) On

27.

A) has been accepted
B) has accepted
C) was accepted
D) had accepted
E) had been accepted

28.

A) as a result B) in spite of
C) besides D) instead of
E) regardless of

29.

A) governed B) to govern
C) to be governed D) governing
E) being governed

30.

A) whose B) which
C) by which D) where
E) what

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31. - 41. sorularda, verilen cümleyi uygun şekilde tamamlayan ifadeyi bulunuz.

31. While the term "anorexia" technically refers only to low body weight or lack of appetite, ----.

A) it is a syndrome with both psychological and physical aspects

B) the latter is a relatively rare disease in even high-risk groups

C) the frequency of the disorder has lately increased significantly

D) it became an acceptable vehicle for the mental illnesses

E) during the 1980s, it was widely publicized and romanticized

32. Shingle vaccine is only recommended for people who are 60 and older ----.

A) since receiving it helps prevent future occurences of the disease

B) because the effectiveness of it has only been studied in this age group

C) as studies show that 99% of Americans have had chickenpox

D) though there is no specific time that you must wait after having it

E) as there is no maximum age for getting this vaccine

33. Although the disease may largely be seen in adults and older children, ----.

A) it begins with a runny nose, sneezing, and mild cough

B) after a week or two a persistent cough develops

C) its attacks can occur more frequently at night

D) older children and adults may have a less typical cough

E) it can unknowingly infect infants and pre-schoolers, too

34. Hepatit B virus may be found in the blood of any person ----.

A) if there aren't any open sores, cuts, or abrasions on the hands

B) as regular handwashing is the best way to prevent the disease

C) even when there are no symptoms to suggest infection is present

D) even if you wear gloves in order not to contact with any fluids

E) unless surfaces with bloody fluids must be cleaned with soap

35. While many factors can contribute to the failure of a fungine to protect a crop, ----.

A) there are many tools for managing diseases in agricultural crops

B) the development of resistance by the fungal pathogen is the most difficult to overcome

C) it might need to be reapplied to protect new growth in the fields

D) resistance is a heritable genetic trait that results in reduced sensitivity

E) most of them have site-specific and less of an effect on the environment

36. The middle ear space houses three little bones, the hammer, anvil and stirrup ----.

A) which conduct sound from the tympanic membrane to the inner ear

B) as the upper limit of the middle ear forms the bone beneath the middle lobe

C) when the middle ear covers the beginning of the great vein that drains blood

D) that the middle ear lies the opening of the Eustachian tube

E) that defines a passageway to a group of air cells within the temporal bone

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37. The cost of DNA sequencing has fallen so fast that ----.

A) rare diseases or gene variants raise the risk of a disorder

B) the DNA of patients and healthy individuals must be compared

C) it will soon be possible to read a person's whole genome for only $100

D) it will be a major challenge to develop a system with patient confidence

E) we need to share our data to maximise the knowledge we gain

38. As with many other cells in the body, those in blood vessel walls need to make acid ----.

A) as some of the well-known risks are smoking, obesity and a high-fat diet

B) so that they can break down and get rid of abnormal proteins

C) even though most are advised to take medications for years

D) since it can cause pain and damage certain parts of the stomach

E) unless it leads to improper absorption of several vitamins

39. Laughter therapy is considered to be a useful, cost-effective, and easily-accesible intervention ----.

A) while it involves various breathing exercises and forcing yourself to laugh

B) which has positive effects on depression, insomnia and sleep quality in the elderly

C) though individuals who never laugh have a 21 percent higher risk of heart disease

D) whether there is an association between the frequency of laughing and stroke

E) because laughing is so pervasive that it can hardly be ignored by scientists

40. The need for new malarial drugs is increasingly urgent ----.

A) as new strains of the malaria parasite have emerged

B) since existing treatments help patients recover fast

C) in order to prevent it passing the infection to others

D) because it appears capable of stopping the transmission

E) if it helps turn the tide against the risks of the disease

41. ----, the origin of the condition is still poorly understood.

A) In addition to using MRI scans, a computer program, and an algorithm

B) As the driving forces behind the development of autism are clear

C) Despite increasing levels of investigative research of autism

D) Even if the findings of autism-related research are only useful for high-risk infants

E) Because autism is characterized by a difficulty interacting with others

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

42. Interestingly, studies have shown that purine-rich vegetables such as pulses, spinach, mushrooms, and cauliflower do not increase the chances of developing gout.

A) İlginç bir şekilde, araştırmalar bakliyat, ıspanak, mantar ve karnabahar gibi pürin açısından zengin sebzelerin gutun oluşması ihtimalini artırmadığını gösterdi.

B) İlginçtir ki, çalışmalar pürin açısından zengin sebzelerin bakliyat, ıspanak, mantar ve karnabahar olduğunu ve bu sebzelerin gut oluşması ihtimalini artırmadığını göstermektedir.

C) İlginç bir biçimde, yapılan son çalışma bakliyat, ıspanak, mantar ve karnabahar gibi pürin zengini yiyeceklerin gutun oluşması olasılığını artırmadığını göstermiştir.

D) Araştırmaların pürin bakımından zengin bakliyat, ıspanak, mantar ve karnabahar gibi sebzelerin gut oluşumu ihtimalini artırmadığını göstermesi ilginçtir.

E) Pürin açısından zengin bakliyat, ıspanak, mantar ve karnabahar gibi sebzelerin gut oluşumu ihtimalini artırmadığı ilgi çekicidir.

43. Fibromyalgia is a common health condition marked by widespread sensitivity and pain in the muscle and joints.

A) Fibromiyalji hem kaslarda hem de eklemlerde geniş çapta duyarlılık ve ağrıyla kendini belli eden yaygın bir sağlık durumudur.

B) Fibromiyalji kaslarda ve eklemlerde büyük ölçüde hassasiyet ve ağrıyla teşhis edien ve nadir görülen bir sağlık durumudur.

C) Fibromiyalji kaslarda ya da eklemlerde büyük oranda duyarlılık ve ağrıyla ortaya çıkan yaygın bir sağlık durumudur.

D) Fibromiyalji kaslarda ve eklemlerde geniş çapta hassasiyet ve ağrıyla kendini gösteren yaygın bir sağlık durumudur.

E) Fibromiyaljinin kaslarda ve eklemlerde kendini gösteren, duyarlılık ve ağrı oluşturan yaygın bir sağlık durumu olduğu belirtilmiştir.

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44. Even working with a team of specialists, it can sometimes take years for a child to be diagnosed with a specific rare disease.

A) Uzmanlardan oluşan bir ekiple çalışırken bir çocuğa nadir görülen bir hastalığın teşhisini koymak seneler alabiliyor.

B) Uzman bir ekiple çalışırken bile bir çocuğa ender görülen belli bir hastalık teşhisi konulması bazen yıllar alabilir.

C) Bir takım uzmanların olduğu bir ekiple çalışırken bile bir çocuğa ender görülen bir hastalık teşhisi koymak yıllar alabilir.

D) Bir grup uzmanla çalışırken bile, bir çocuğa çok nadir görülen bir hastalık tanısı koymak bazen yıllara mal olabiliyor.

E) Uzman bir takımla çalışılmasına rağmen, bir çocuğa nadir görülen bir hastalık teşhisi koymak zaman zaman yıllar alır.

45. In 2015, plasmodium made 212 million people sick and took roughly 430 thousands lives, mostly children under the age of 15.

A) 2015'te sıtma paraziti 212 milyon kişiyi hasta etti ve 15 yaşın altında yaklaşık 430 bin insanın hayatına mal oldu.

B) Sıtma paraziti 2015'te 15 yaşın altında çocuklar olmak üzere 212 milyon insanı hasta edip 430 bin kişinin ölümüne yol açtı.

C) 2015'te sıtma paraziti 212 milyon insanı hasta etti ve çoğu 15 yaşın altında çocuklar olmak üzere yaklaşık 430 bin can aldı.

D) Sıtma paraziti 2015 yılında yaklaşık 212 milyon kişiyi hasta ederken çoğu 15 yaş altı çocuk olmak üzere takriben 430 bin insanın canını aldı.

E) 2015 yılında sıtma paraziti 212 milyon insanı hasta etti ve çoğu çocuk olmak üzere 15 yaş altındaki yaklaşık 430 bin kişinin canını aldı.

46. The Chan Zuckerberg Initiative, launched in September 2016, set out with the ambitious goal such as "to cure, prevent or manage all disease to be faced during our children's lifetime".

A) Chan Zuzkerberg Girişimi Eylül 2016'da kuruldu ve "çocuklarımızın yaşamları boyunca karşılacağı bütün hastalıklarını tedavi etmek, önlemek veya yönetmek" gibi iddialı bir amaçla yola çıktı.

B) 2016'nın Eylül ayında başlatılan Chan Zuckerberg Girişimi "çocuklarımızı ömür boyu karşılacağı bütün hastalıklara karşı tedavi etmek, korumak ve yönetmek" gibi bir amaçla yola çıktı.

C) 2016 Eylülünde açılışı yapılan Chan Zuckerberg Girişimi "çocukların yaşamları boyunca karşılacağı bütün hastalıkları tedavi etmek, önlemek veya yönetmek" gibi iddialı bir amaçla yola koyuldular.

D) Eylül 2016'da başlatılan Chan Zuckerberg Girişimi "çocuklarımızın hayatları boyunca bütün hastalıkları tedavi etmek, önlemek veya yönetmek" gibi bir hedef hırsıyla kurulmuştur.

E) Eylül 2016'da başlatılan Chan Zuckerberg Girişimi "çocuklarımızın yaşam süresince karşılacağı bütün hastalıkları tedavi etmek, önlemek veya yönetmek" gibi iddialı bir hedefle yola çıktı.

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47. Type 1 diabetes occurs when the immune system destroys certain tissues within the pancreas, such as the pancreatic islet cells, which are responsible for producing insulin.

A) Bağışıklık sistemi pankreas içindeki insulin üretmekten sorumlu olan pankreatik islet hücreleri gibi belli dokuları tahrip ettiğinde 1. tip diyabet ortaya çıkar.

B) 1. tip diyabet meydana geldiğinde bağışıklık sistemi pankreas içindeki insülün salgılamaktan sorumlu pankreatik islet hücreleri gibi belli dokuları tahrip eder.

C) İnsülün üretmekten sorumlu olan pankreatik islet hücreleri gibi pankreas içindeki belli dokular tahrip olduğunda 1. tip diyabet meydana gelir.

D) Pankreas gibi belirli hücreler bağışıklık sistemi tarafından tahrip edildiğinde insülün üretmekten sorumlu olan pankreatik islet hücreleri 1.tip diyabete yol açar.

E) 1. tip diyabet bağışıklık sistemi pankreas içindeki belirli hücreleri imha ettiğinde meydana gelir ve bundan insülün üreten pankreatik islet hücreleri sorumludur.

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

48. Amigdala beyinde duyguları işlemek için ana merkez olarak hareket eden hipotalamusun hemen yanında konuşlanmış badem şeklinde bir bölgedir.

A) The amygdala is an almond-shaped region in the brain, situated right next to the hypothalamaus, which acts as the main center for processing emotions.

B) In order to process emotions, the amygdala, which is in an almond-shaped region, is situated right next to the hypothalamaus as the main center.

C) As an almond-shaped region in the brain, the amygdala is situated next to the hypothalamaus, which acts as the primary center for processing emotions.

D) Situated right next to the hypothalamaues, the amigdala is an almond-shaped region in the brain which acts as the primary center for processing emotions.

E) For processing emotions, the amygdala is situated right next to the hypothalamaus, which acts as the main center in the brain with an almond-shaped region.

49. Yüsek yağlı beslenmeden kaynaklanan şişmanlık iltihablanmanın artışını tetikleyebilir ve kardiyovasküler hastalıkların riskini artırabilir.

A) Because of the high-fat diet, obesity can trigger the increase of inflammation and raise the risk of cardiovascular diseases.

B) Obesity which stems from a high-fat diet induces the increase of inflammation and raises the risk of cardiovascular diseases.

C) It is possible that obesity which results from a high-fat diet triggers the rise of inflammation and raises the risk of cardiovascular diseases.

D) Obesity resulting from a high-fat diet can trigger the increase of inflammation and raise the risk of cardiovascular disesases.

E) Obesity with a high-fat diet can trigger the increase of inflammation and also raise the risk of cardiovascular diseases.

50. Yoğun aerobik faaliyet iyi bir egzersiz olabilir fakat çok fazla ağırlık kaldırmak kollarımıza bacaklarımızla kıyaslandığında orantısız bir kuvvet yükler.

A) It is definitely a good exercise to do intense aerobic activity, but lifting too much weight puts non-proportional strain on our arms when compared with our legs.

B) The intense aerobic activity may be a good exercise, but lifting too much weight puts a disproportionate amount of strain on our arms compared with our legs.

C) To do intense aerobic activity may be a good exercise, but lifting too much weight puts unmeasured strain on our arms when compared with our legs.

D) The intense aerobic activity may be a good exercise; however, lifting too much weight puts disproportionate amount of strain on our arms rather than our legs.

E) Doing intense aerobic activity may be a good exercise; therefore, lifting too much weight puts non-proportional strain on our arms compared with our legs.

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51. Bel ağrısı Amerika Birleşik Devletlerinde milyonlarca insanı etkiliyor ve bu durum insanların işe gidememelerinin en yaygın sebeplerinden biridir.

A) Low back pain affects millions of people in the United States of America, and this situation is the most common reason of not being able to go to work.

B) Low back pain affects millions of people in the United States of America, and this case is the most obvious reason behind not being able to go to work.

C) Low back pain affects millions of people in the United States of America, and this condition is one of the most common reasons for people missing work.

D) Low back pain affects millions of people in the United States of America, so this condition is one of the most prevalent reasons for people who cannot go to work.

E) Low back pain affects millions of people in the United States of America, and the situation is one of the most common causes for people who cannot work.

52. Orak hücre hastalığını daha iyi anlamak için hastalığı etkileyen faktörlere ve bunun yanı sıra vücut üzerindeki etkilerine göz atmak önemlidir.

A) For understanding sickle cell disease, it is essential to have a look at the factors that influence the disease, rather than looking at the effects it has on the body.

B) To understand sickle cell disease, it is very significant to take a look at the factors that influence the disease, besides the effects it has on the body.

C) For a better understanding of sickle cell disease, it is important to review the factors that cause the disease, along with the effects it has on the body.

D) To understand sickle cell disease much better, it is vital to have a look at the factors that influence the disease, in addition to the effects it might have on the body.

E) In order to better understand sickle cell disease, it is important to take a look at the factors that influence the disease, as well as the effects it has on the body.

53. Diyabet ya vücut yeterince insülin üretmediğinde veya ürettiği insülini etkili bir şekilde kullanamadığında gelişen kronik bir hastalıktır.

A) Diabetes is a chronic disease that develops either when the body cannot make enough insulin, or when it cannot effectively use the insulin that it does make.

B) Diabetes is a chronic disease which develops when the body cannot produce insulin, or when it cannot use the insulin that it does make effectively.

C) Diabetes can be defined as a chronic disease developed either when the body does not make enough insulin, or when it cannot effectively use the insulin that it does make.

D) Diabetes is a chronic disease that develops both when the body cannot make enough insulin and when it cannot use the insulin that it does make in an effective way.

E) Diabetes is a chronic disease which develops either when the body cannot make insulin, or when it cannot use enough insulin that it does make.

54. - 59. sorularda, boş bırakılan yere, parçada anlam bütünlüğünü sağlamak için getirilebilecek cümleyi bulunuz.

54. According to a recent study nearly 1.2 million Indians die each year due to high concentrations of pollutants. These include dust, mould spores, arsenic, lead, nickel and carcinogen chromium. Researchers have argued that the frequent inhalation of tiny pollutants in particular may increase the likelihood of blood clots and damage the body's ability to oxygenate blood. ----. However, with pollution rates particularly high in the capital Delhi, and the neighbouring state Uttar Pradesh, the issue still remains unresolved.

A) The burden of harm from air pollution falls mainly on the poor, the elderly and children

B) What is deniable is that there is an effect on the health of people in varying degrees

C) While acknowledging the problem, Indian government has really not been sensitive about the issue

D) The study also reports that a handful regions in the country have met international air quality standards

E) India has been slower than its neighbour, China to address the problem of toxic air

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55. Chronic obstructive pulmonary disease, commonly referred to as COPD, is a chronic lung disease that makes it difficult to breathe. According to the American Lung Association, it is the third leading cause of death in the United States. People with COPD have difficulty emptying the air out of their lungs, which can lead to shortness of breath or feeling extremely tired. COPD can be linked to many different factors, but the most common cause is cigarette smoke. ----.

A) Other common risks include environmental and genetic factors

B) Genetics plays the most significant role in the development of COPD

C) The problem with COPD is that many people do not recognize the symptoms

D) It is important to consult a doctor if warning signs appear

E) People who have mild symptoms may not notice them at first

56. Fruits and vegetables are a pivotal part of a healthful diet, but their benefits are not limited to physical health. New research finds that increasing fruit and vegetable consumption may improve psychological well-being in as little as 2 weeks. Study leader Dr. Tamlin and his colleagues have found that young adults who were given extra fruits and vegetables each day for 14 days ate more of the produce. —. This finding has indicated that fruit and vegetable intake may also improve mental health.

A) Adults should aim to consume around two cups of fruits daily

B) As a result, they experienced a boost in motivation and vitality

C) Fruits and vegetables can help reduce the risk of obesity

D) The researchers enrolled 171 students aged between 18 and 25 to the study

E) The participants have been subjected to psychological assessments

57. There are three components that make up a grain – the bran, germ, and endosperm. A whole grain contains all three components, whereas a refined grain is processed so that the bran and germ are removed. Whole wheat, oats, rye, barley, brown rice, and quinoa are all examples of whole-grain products while refined-grain products include wheat flour, white rice, and enriched bread. —. According to the American Heart Association, they can help to improve cholestrol levels, as well as reducing the risk of obesity, heart disease and type 2 diabetes.

A) Some studies suggest that whole grains reduce such benefits

B) Whole grain intake may cause subjects to lose weight

C) Reduced inflammation is certainly the result of weight loss

D) Whole grains are considered a key part of healthful diet

E) The effects of whole and refined grains on the body aren't the same

58. Male baldness affects a significant number of people in the United States as the condition accounts for 95 percent of all hair loss in men. Two thirds of US adults will be affected by male baldness to a certain degree by the age of 35, and around 85 percent of them will have experienced significant hair loss by the age of 50. ----. For example, it can have a negative effect on a person's self-image, as well as on their interpersonal relationships. Additionally, some studies associate male baldness with negative clinical outcomes such as prostate cancer.

A) A lot of these men are seriously affected by the condition both psychologically and socially

B) A new study identifies more than 250 genetic locations responsible for male baldness

C) We are still a long way from making an accurate prediction for hair loss patterns

D) The findings pave the way for an improved understanding of the genetic causes of hair loss

E) It was interesting to find that male pattern baldness came from the X chromosome

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59. ----. Elevated cortisol levels can be triggered as a side effect of corticosteroid medications that are used to treat inflammatory diseases such as lupus and asthma. Excessive cortisol levels can also be caused when a tumor develops inside one of the body's glands. Cushing's syndrome is relatively rare and diagnosing the condition is both difficult and time-consuming. If the condition is not treated and diagnosed early, it can be fatal.

A) Investigators have examined the reliability of measuring hair cortisol levels from hair analysis

B) The study of Cushion's syndrome is the largest of its kind

C) According to a study, hair segments that are closest to the scalp contains the least cortisol

D) People with Cushing's syndrome have elevated night time cortisol levels

E) Cushing's syndrome is a condition that occurs as a result of exposure to high levels of cortisol for an extended period

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

60. **(I)** Both eczema and psoriasis are skin conditions that keep the skin from appearing smooth and healthy. **(II)** Children tend to experience eczema at greater rates than adults. **(III)** However, there are several differences that a doctor will use to differentiate eczema from psoriasis. **(IV)** While there is one eczema type, there are five different types of psoriasis. **(V)** However, the most common form of psoriasis is plaque psoriasis which is the form that most clearly resembles eczema.

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

61. **(I)** Health promotion and prevention are essential strategies for managing the growing needs of elderly people and for reducing population health disparities in the primary health care setting. **(II)** Therefore, in many countries, the introduction of advanced practice nurses has been a reaction to the changing health needs of society. **(III)** However, both experience and research have found several issues that challenge the development of advanced nursing practice in primary health care. **(IV)** The foundations for advanced practice nurses were established in the United States in 1965, with the development of the work of nurse practitioners. **(V)** For example, nurses' capacity to implement health-promotion practices is affected by organizational factors such as a positive health culture including wellness planning.

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

62. **(I)** A traumatic brain injury (TBI) is any injury to the head that interferes with the normal functioning of the brain. **(II)** This can be a violent blow or bump, which can result in a sudden jolt. **(III)** TBIs can range from mild to severe, potentially resulting in unconsciousness or memory loss. **(IV)** The long-term effects of TBI include difficulties in reasoning, language, or emotions and sensations. **(V)** However, scientists have developed a web-based program that offers training to families dealing with TBI.

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

63. **(I)** Social media sites such as Facebook have done little to discourage Internet and smartphone use over the past decade. **(II)** Thanks to smartphones and tablets, access to the Internet is at our fingertips. **(III)** This has its benefits, allowing us to check emails on the go or search for directions, for example. **(IV)** However, there are downfalls to this modern convenience. **(V)** A number of studies have shown that the increasing prevalence of smartphone use can lead to Internet addiction, which can have severe implications for mental health and well-being.

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

64. **(I)** Acne, which can be painful, persistent, and uncomfortable to the person who develops, is more than just a skincare concern. **(II)** While prescription and other medicinal treatments can work, they may also contain harsh ingredients that can dry out the surrounding skin. **(III)** Those looking for more natural remedies or for something that will clean the skin more deeply may turn to mask applications. **(IV)** One such mask that is rumoured to treat acne is made from honey and cinnamon. **(V)** Like many natural treatments, honey and cinnamon as a skincare remedy hasn't been widely researched.

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

65. **(I)** Brushing the teeth is an effective way of removing food plaque from the surfaces of the teeth. **(II)** However, it is not a great way to get rid of food that is between the teeth or below the gum line. **(III)** A better way is flossing which is the process of using a thin piece of string that is passed in between each of the teeth. **(IV)** Floss does not cost much money and is easily accessible from any pharmacy or grocery store. **(V)** This string gently scrapes up and down each surface of the tooth to move plaque and food particles off of the tooth.

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

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66. - 68. soruları aşağıdaki parçaya göre cevaplayınız.

One morning in 1952, when anesthesiologist Dr. Virginia Apgar was eating breakfast in a hospital cafeteria, a medical student commented on the need for a way to assess how well a baby has endured delivery. Dr. Apgar immediately wrote down five evaluation criteria: breathing, heart rate, muscle tone, reflexes, and skin color. One year later, Dr. Apgar suggested that using these five criteria to generate a score is an effective way to determine which babies are likely to need medical attention after birth. This method of evaluation was soon coined the "Apgar score", and the technique was rapidly adopted by clinicians across the globe. Dr. Apgar's success was not limited to this method. She was the first woman to become a full professor at the College of Physicians. She was also a great advocate for patients. Her relatively simple solution to an unmet clinical need made a key contribution to reducing infant mortality rates. More than 60 years on, despite significant advances in technology, the Apgar score remains the first medical assessment of a newborn baby.

66. It is clear from the passage that ----.

A) Dr. Apgar was the first woman who commented on the need for an evaluation on new born babies

B) Dr. Apgar's evaluation criteria had a limited effect in terms of its success

C) Dr. Apgar's method on new born babies was a breakthrough in medicine

D) Dr. Apgar's five criteria were first applied on new born babies at the College of Physicians

E) Apgar score has been the only method to determine which babies need medical help

67. We understand from the passage that ----.

A) it took a long time for the medical world to acknowledge the effect of the Apgar score

B) the Apgar score was a spur-of-the-moment creation at the beginning

C) Dr. Apgar's contribution to the medical world has never been fully appreciated

D) thanks to her achievement for her method, Dr. Apgar was able to obtain a post at the College of Physicians

E) Dr. Apgar held her position at the College of Physicians until her death

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68. Dr. Apgar's method on new born babies ----.

A) was commonly used before major technological developments in medicine

B) has been improved by the introduction of technological assessment

C) was especially employed among the medical students for a long time

D) led to many controversies among clinicians

E) quickly gained worldwide popularity in delivery rooms and had a profound impact on health

69. - 71. soruları aşağıdaki parçaya göre cevaplayınız.

Schizophrenia affects around 1 percent of the population worldwide. Most of those affected are men. The debilitating mental health condition includes severe symptoms such as hallucinations and delusions, but also cognitive dysfunction and agitated body movements. Additionally, negative symptoms range from not taking pleasure in daily activities any more to reduced speaking and emotional expression. Available treatment options focus on eliminating the symptoms rather than the disease, as what causes the condition remains unknown. Antipsychotics, together with psychosocial treatments, are commonly prescribed to schizophrenia patients. Antipsychotic drugs appear to be effective within the first few months of treatment, but long-term outcomes seem to be poor. A new- and first of its kind- meta-analysis of current research suggests that in addition to these standard treatments, a high dose of B vitamins may be more helpful in reducing schizophrenia symptoms than conventional treatments on their own. The research indicates that taken in high doses, B vitamins such as B-6, B-8, and B-12 can significantly reduce schizophrenia symptoms. Additionally, a combined dose of several vitamins was shown to have the same beneficial effect.

69. It is clear from the passage that ----.

A) antipsychotic drugs are proven to be effective for the long run

B) a mixture of vitamins may not provide the same benefit as vitamin B for schizophrenia patients

C) B vitamins have been the only solution for pulling through schizophrenia

D) vitamin B supplements may considerably decrease schizophrenia symptoms if taken in high quantities

E) hallucinations are the most common symptoms of schizophrenia patients

70. We understand from the passage that ----.

A) schizophrenia does not have a cure for the time being

B) women are not affected by schizophrenia

C) schizophrenia is mostly related to cognitive dysfunction

D) with the help of vitamins schizophrenia can be treated entirely

E) traditional treatments have more effective results on patients

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71. According to the passage, reduced speaking in schizophrenia ----.

A) is the most common cognitive dysfunction doctors encounter

B) has been successfully eliminated in most schizophrenia cases

C) can only be cured effectively with psychosocial treatments

D) is one of the symptoms from which schizophrenia patients suffer in their daily lives

E) indicates that schizophrenia patients lack cognitive abilities

72. - 74. soruları aşağıdaki parçaya göre cevaplayınız.

Red meat is defined as any meat that comes from mammalian muscle. For many household, red meat is considered a food staple, with some of us consuming beef or lamb in different variations on a daily basis. Last year, the average person in the United States is estimated to have consumed around 50 kilos of red meat. Although this might appear a high intake, it is a significant reduction from the average 65 kilos consumed per capita in 1970. Over the past 10 years alone, red meat consumption has fallen by around 4,5 kilos per person, with 2014 seeing the lowest intake of red meat since 1960, at just 45 kilos per person. But why are so many of us cutting down on red meat? In 2015, the World Health Organization published a report concluding that there is some evidence that red meat can increase the risk of cancer. It is thought that cooking red meat at high temperatures – through frying or barbecuing, for example – is what contributes to an increased cancer risk. Despite overwhelming evidence of the potential health risks of red meat intake, it is important to note that red meat is full of nutrients.

72. According to the text, red meat consumption in the USA ----.

A) is on the increase despite rumours about its health risks

B) indicates that Americans love red meat more than ever

C) is a proof as to people's ignoring the potential health risks

D) shows that people are more aware of what to eat

E) has been less favourable for most people lately

73. We understand from the passage that ----.

A) red meat's bad reputation is considerably restored today

B) the majority of people in the USA have a plant-based diet

C) it is highly proven that red meat carries cancer hazard signs

D) when consumed in small portions, red meat is healthy

E) there is not enough proof that red meat leads to cancer

74. Cooking red meat at high temperatures ----.

A) is the only condition whereby cancer occurs in individuals

B) is what World Health Organizaiton recommends people

C) is associated with higher likelihood of getting cancer

D) is the reason why less people prefer red meat today

E) cannot be recommended since it kills most nutrients

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75. - 77. soruları aşağıdaki parçaya göre cevaplayınız.

Singing to babies is something that happens across most cultures and has, quite possibly, been happening for thousands of years. But why? This is a difficult question to answer, but Shannon de l'Etoile, professor of music therapy suggests that although the impact of music on the developing brain is not fully understood, we know from previous research that infants have the innate ability to process music in a sophisticated manner. Her investigation found that singing was just as effective as reading a book or playing with a toy at maintaining infant attention. Additionally, singing held the infant's attention much better than recorded music. Overall, de l'Etoile sees infant-directed songs as an important interaction between a mother and her child. "Mothers around the world sing to their infants in remarkably similar ways, and infants prefer these specialized songs," she says. According to de l'Etoile, the tempo and key certainly don't need to be perfect or professional for mothers and infants to interact through song. In fact, infants may be drawn to the personalized tempo and pitch of their mother which ultimately makes communication better.

75. According to the passage, ----.

A) the reason why mothers sing to their babies has never been taken seriously before

B) mothers' singing to their babies is a practice which is shared globally

C) new born babies should be exposed to songs rather than reading or playing

D) the effects of singing and music on new born babies is not well-understood

E) recorded singing provides almost the same reaction as actual singing

76. It can inferred from the passage that ----.

A) singing is a significant part of developing the mother-baby bond

B) singing to babies has a different pattern among various cultures

C) the more sophisticated singing is, the better interaction takes place between a mother and her child

D) reading and playing are less efficient activities in getting infant attention

E) new born babies cannot differentiate various tones in singing until a certain age

77. It can be understood from the passage that de l'Etoile ----.

A) may probably need to do further research to prove that singing to babies is useful

B) is in favour of making personal songs for the infants to create a stronger interaction

C) has always supported the idea that infants have the inner capacity to understand singing

D) maintains the effective role of singing in the development of a new born baby

E) fully eliminates the role of activities such as reading or playing in catching infant attention

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78. - 80. soruları aşağıdaki parçaya göre cevaplayınız.

Asthma is a chronic disease of the lungs' airways that affects approximately 334 million people worldwide, and around 25 million people in the United States. Historically, it was believed that asthma is a disease of high-income countries, but this theory is no longer valid as most people living with asthma are from low- and middle-income countries. Across the world, asthma prevalence is distributed unevenly. The highest prevalence worldwide occurs in Latin America and in English speaking countries (where over 20 percent of the population live with asthma), whereas the lowest prevalence (at less than 5 percent) was noted in India, Asia-Pacific, and the Eastern part of the Mediterranean, as well as Northern and eastern Europe. New research suggests that a yeast in the gut of Ecuador-born babies may be a strong predictor for childhood asthma. In a follow-up study, scientists have found that the gut's bacteria do play a role in preventing asthma. However, among the early-life microbes, a yeast known as *Pichia* seems to increase the risk of asthma if present in the babies' early days of life.

78. The passage is mainly about ----.

A) the reasons why asthma is most common in the United States

B) the asthma map and the declining figures of the disease from different parts of the world

C) how extensive asthma is and a study linking asthma with a yeast in babies' gut

D) why asthma is particularly widespread in the English speaking countries

E) the old and new studies about asthma and their comparative findings

79. According to the passage, the distribution of asthma in the world ----.

A) is especially dense in some regions

B) was not fully known until recently

C) is the only indicator for its possible solution

D) may play a key role in understanding asthma

E) is not very regular or balanced

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80. According to the passage, a yeast in the guts of babies born in Ecuador----.

A) cannot be associated with the risks of developing asthma

B) can actually help identify childhood asthma

C) needs to be re-examined and compared with other samples

D) is certainly responsible for increasing asthma rates

E) should be avoided to protect body's general health

TEST BİTTİ.
CEVAPLARINIZI KONTROL EDİNİZ.

YÖKDİL SAĞLIK Serisi-4

YÖKDİL SAĞLIK CHECK-UP



5 ÖZGÜN DENEME

Ercan GÜROYA
Sertan ACAR
Kamil KİLCİ
Suat GÜRCAN
Rıdvan GÜRBÜZ

irem yayıncılık

Time for a Check-Up

2

YÖKDİL SAĞLIK BİLİMLERİ
DENEME SINAVI

2

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

1. Physicians must take steps to ---- that their patients have access to useful, accurate, and relevant information related to their visit, procedure, or diagnosis.

A) appreciate B) prove
C) confirm D) reveal
E) ensure

2. Digital technologies can teach us about health ---- and improve our ability to convey essential information to various populations.

A) experience B) literacy
C) vacancy D) impurity
E) immunity

3. While there is some evidence to suggest that one implant system may not be ---- to others, it should be noted that there are problems in trying to determine the comparative success of different implant systems.

A) superior B) available
C) convenient D) definite
E) limited

4. Obesity is a complex condition, with serious social and psychological dimensions, affecting ---- all ages and socioeconomic groups.

A) briefly B) previously
C) virtually D) reasonably
E) respectively

5. The cornea acts as a direct barrier that ---- dirt, germs, and other harmful or foreign particles that could harm the eye.

A) keeps out B) turns over
C) holds on D) looks out
E) tears down

6. All organisms must adapt in response ---- changes in the environment, and it is ---- this process of adaptation that a child integrates new information.

A) by / with B) with / in
C) for / along D) to / through
E) against / within

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

7. ---- in the course of the nineteenth century, advertising ---- to encourage the consumption of specific objects.

A) Being arisen / has aimed
B) Arising / aimed
C) Having been arisen / aims
D) To be arisen / would aim
E) To arise / had aimed

8. Although the cognitive revolution in the 70s and 80s ---- to the development of a number of evidence-based treatments, old-fashioned psychoanalytic methods ---- dominant across the globe.

A) have led / will remain
B) had led / would remain
C) led / remain
D) are leading / remained
E) lead / have remained

9. By the mid 1970s, anorexia ---- so popular that to some extent it ---- with the help of the media.

A) became / will have romanticized
B) becomes / was romanticizing
C) had become / was romanticized
D) is becoming / had been romanticized
E) has become / would have romanticized

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10. **Although 300 million people of all ages ---- some form of depression during their lifetime, less than 50 per cent worldwide ---- professional help.**

A) would experience / have sought
B) experienced / will have sought
C) had experienced / had sought
D) will have experienced / would seek
E) experience / seek

11. **Formerly, burns ---- by degrees as first degree burn and second degree burn; however, the modern classification ---- into two categories of deep and superficial.**

A) were classified / is made
B) have been classified / will be made
C) had been classified / was made
D) are classified / would be made
E) would have been classified / has been made

12. **A number of poor countries ---- through their pioneering public policies that basic healthcare for all ---- at a remarkably good level at very low cost.**

A) had shown / had been provided
B) showed / would have been provided
C) show / would provide
D) have shown / can be provided
E) used to show / will provide

13. **Every time a person takes antibiotics, sensitive bacteria are killed ---- resistant ones may be left to grow and multiply.**

A) if B) while
C) because D) since
E) only if

14. **People with type 2 diabetes require oral medication, insulin, or both to control their blood glucose levels ---- healthy eating and physical activity.**

A) in addition to B) in case of
C) such as D) also
E) contrary to

15. **Most people recover from cold within about 7-10 days; ----, people with weakened immune system may develop serious illness, such as pneumonia.**

A) therefore B) however
C) otherwise D) meanwhile
E) in addition

16. **Many people with a Congenital Heart Defect are not cured ---- their heart defect has been repaired.**

A) because B) seeing that
C) even if D) so that
E) by the time

17. **The body's red blood cells don't function properly ---- there isn't enough hemoglobin.**

A) by the time B) given that
C) for fear that D) before
E) when

18. **It's important to take only antibiotics for bacterial infections ---- they can put you or your child at risk for harmful side effects and antibiotic-resistant infections.**

A) even if B) since
C) once D) just as
E) so that

19. **Most people will be exposed to Acanthamoeba, the infection of the eye, skin or nervous system, ---- very few will become sick from this exposure.**

A) yet B) or
C) so D) for
E) nor

20. **Although it is rare in the United States, people can get sick with anthrax ---- they come in contact with infected animals or contaminated animal products.**

A) unless B) if
C) in order that D) as though
E) before

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21. - 25. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Traumatic brain injury (TBI) is disruption of normal brain function due to trauma that results from an inquiry that bumps, jolts, hits, or penetrates the head. The **(21)----** of trauma ranges from "mild" to "serious". TBI can disrupt memory, thinking, movement, vision, hearing, and emotional functioning. **(22)----**, it can result in personality changes and depression. The effects are not **(23)----** individuals; they can also impact families, friends, and communities. TBI is a major cause of death and disability in the United States. **(24)----** estimates from the Centers for Disease Control suggest that 138 people die every day **(25)----** injuries that include TBI.

21.

A) accuracy B) severity
C) adequacy D) fundamentality
E) integrity

22.

A) However B) Therefore
C) Moreover D) Thus
E) On the other hand

23.

A) confined to B) dealt with
C) devoted to D) differed from
E) involved in

24.

A) which B) when
C) what D) where
E) how

25.

A) at B) from
C) with C) about
E) among

26. - 30. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Gluten is a protein mainly found in wheat, barley, and rye, **(26)----** baked goods and other foods that contain these cereals. People with celiac disease **(27)----** gluten because their immune system responds **(28)----** it by attacking the small intestine. However, more and more people **(29)----** a gluten-free diet despite its health benefits being unclear. In fact, some nutritionists advise against refraining gluten. **(30)----**, they recommend a well-balanced diet that includes fruit and vegetables along with whole-grain wheat and other foods containing gluten.

26.

A) regardless of B) instead of
C) in spite of D) as well as
E) in accordance with

27.

A) avoid B) replace
C) cause D) release
E) identify

28.

A) with B) to
C) of D) about
E) for

29.

A) adopted B) have been adopted
C) were adopting D) are adopting
E) are being adopted

30.

A) Instead B) However
C) Even so D) Otherwise
E) Initially

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31. - 41. sorularda, verilen cümleyi uygun şekilde tamamlayan ifadeyi bulunuz.

31. Alzheimer's disease is characterized by problems with thinking and memory ---.

A) yet it is found that caffeine may help to protect against dementia

B) when the past research has shown caffeine to boost memory in mice

C) as well as confusion, disorientation, and changes in mood and behaviour

D) while further research is needed to aid the development of new drugs

E) in addition to an anti-depressant which is identified as a promising solution

32. It is particularly important for dentists to learn how to help people relax ----.

A) though there is no logical reason why dentists shouldn't be able to put young patients at their ease

B) as failure to communicate will result in disappointed patients and an unsuccessful career

C) because it is a common belief among individuals that being good with people is an inborn art

D) even if it is true that some individuals have a more open disposition and can relate well to others

E) while communicating effectively with children is of great value and can reduce stress in clinical care

33. ----, helping dentists to improve the quality of life of large patient populations.

A) During the last decade, implantology has become an indispensable part of mainstream dentistry

B) Implant treatment cannot be a convenient alternative to conventional treatment options

C) A couple of decades ago implant treatment was reserved for specialist dental teams

D) Lack of recognised academic standards and training pathways has generated obstacles for practitioners

E) Development of clinical competence in implant dentistry requires structured postgraduate training

34. Once considered a problem only in high-income countries, ---.

A) obesity and some other related illnesses have reached epidemic proportions on a global level

B) the prevalence of overweight and obesity is assessed by body mass index

C) the treatment of obesity is a complex condition with serious social and psychological dimensions

D) it is obvious that the obesity epidemic is not restricted to industrialized societies

E) obesity is growing rapidly in many low and middle income countries as well

35. Because high blood pressure does not usually cause any symptoms, ----.

A) researchers investigate the changes that accompany the onset of hypertension

B) the force with which blood flows through our veins is too high

C) almost 80 percent of the population are aware that they have it

D) the condition has been named "the silent killer" by some scientists

E) the scientists noticed changes in the blood flow rates to certain arteries

36. Studies suggest that the natural sweetener stevia help control blood sugar levels ----.

A) since this protein plays a role in the release of insulin

B) as long as it is used as a sugar substitute in diet soda

C) although exactly how it achieves this has been unclear

D) because the mechanism underlying its effect is not well-understood

E) as there is still a long way to go for new treatments

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37. Although a wide range of medication is available for relieving the symptoms of a migraine, ----.

A) half of the world population experienced severe headache in the past year

B) its prevalence is three times higher among women

C) researchers have been able to fully understand what causes migraines

D) some lifestyle changes can alleviate migraines

E) its absolute cure remains elusive on a scientific level

38. Dizziness as the commonest of chief complaints presents a significant challenge to the attending physician ----.

A) since a systematic approach can usually arrive at the diagnosis

B) because the symptoms are often vague and non-specific

C) though laboratory tests and radiological investigations are not helpful

D) although some of the central causes can be potentially fatal

E) if it continued for hours to days and became unbearable for the patient

39. Some people with serious complications from chickenpox can become so sick ----.

A) that it can also cause death

B) since they may be at less risk for complications

C) that they need to be hospitalized

D) unless it usually lasts about 5 to 7 days

E) they can still spread it to others

40. Growing consumption of dairy products is bringing important nutritional benefits to the population of developing countries ----.

A) since the rapid growth in production and consumption of dairy products present risks to human and animal health

B) although many millions of people in developing countries are still not able to afford better quality diets

C) even if they are offered some opportunities for small and medium-scale dairy industries

D) unless milk contains enough iron and folate to meet the needs of growing infants

E) while milk makes a significant contribution to meeting the body's need for calcium

41. Some people see the autism community as exclusively autistic people ----.

A) as many people feel that we have moved beyond awareness and it is time for acceptance

B) while others see the community as consisting of autistic people, family members, and close friends

C) even though the broad public does not know much about autism

D) because we need to achieve broad and meaningful autism awareness

E) considering how little we have achieved with respect to addressing the symptoms of autism

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

42. The lack of acute care beds available to mental health patients has left the whole system at breaking point.

A) Akut tedavi yataklarının eksikliği ruh sağlığı hastaları için bütün sistemi işleyemez noktaya getirdi.

B) Mevcut akut tedavi yataklarının yetersizliği bütün bir sistemi durma noktasına getirdi.

C) Akut tedavi yataklarının mevcut ruh sağlığı hastaları için eksikliği bütün sistemi kırılma noktasında bırakmıştır.

D) Ruh sağlığı hastaları için kullanılabilir akut tedavi yataklarının eksikliği bütün bir sistemi kırılma noktasına getirdi.

E) Bütün bir sistemin kırılma noktasına terk edilmesi akut tedavi yataklarının ruh sağlığı hastaları için yetersizliğindendir.

43. Multitasking has been found to increase the stress hormone cortisol as well as the fight-or-flight hormone adrenaline.

A) Çoklu görevin savaş-ya da-kaç hormonu adrenalinin yanı sıra stres hormonu kortizolu da artırdığı tespit edilmiştir.

B) Savaş-ya da-kaç hormonu adrenaline ek olarak stres hormonu kortizolun üretiminin de çoklu görevle artacağı ortaya konmuştur.

C) Stres hormonu kortizolun üretimiyle savaş-ya da-kaç hormonu adrenalinin artışı çoklu görev sayesinde bulgulanmıştır.

D) Savaş-ya da-kaç hormonu adrenalinin yanında çoklu görevin de stres hormonu kortizolun üretimini artırdığı bulunmuştur.

E) Çoklu görevin stres hormonu kortizolu kadar savaş-ya da-kaç hormonu adrenalini de artırdığı keşfedilmiştir.

44. Doctors Without Borders, an international medical organizaton created by doctors and journalists, has been providing help for people in nearly 60 countries since 1971.

A) Doktorlar ve gazetecilerce kurulan bir uluslararası tıp organizasyonu olan Sınır Tanımayan Doktorlar, 1971'den beri yaklaşık 60 ülkede insanlara yardım temin etmektedir.

B) Bir uluslararası tıp kuruluşu olan ve doktorlar ve gazeteciler tarafından kurulan Sınır Tanımayan Doktorlar 1971'den bu yana neredeyse 60 ülkede yardım sağlamaktadır.

C) 1971'den beri yaklaşık 60 ülkede yardım hizmeti sağlayan Sınır Tanımayan Doktorlar adlı uluslararası tıp örgütü doktorlar ve gazeteciler tarafından kurulmuştur.

D) Doktorlar ve gazetecilerin kurduğu uluslararası tıp kuruluşu Sınır Tanımayan Doktorlar 1971 yılından beri toplamda 60 ülkede insanlara yardım sağlamaktadır.

E) İnsanlara yardım etmek için 1971'den beri yaklaşık 60 ülkede yardım hizmeti sağlayan Sınır Tanımayan Doktorlar örgütü doktorlar ve gazeteciler tarafından kurulmuştur.

45. Rabies is a very frightening disease because it is always fatal and there is almost nothing to do once symptoms have developed.

A) Kuduz korkunç bir hastalıktır çünkü her zaman öldürücüdür ve belirtiler geliştikçe yapacak neredeyse hiçbir şey yoktur.

B) Kuduz her zaman ölümcül olduğu için korkutucu bir hastalıktır ve belirtiler ortaya çıktığında yapacak neredeyse hiçbir şey yoktur.

C) Kuduz korkulu bir hastalıktır zira her zaman ölümcüldür ve belirtiler geliştiğinde yapacak hiçbir şey kalmamıştır.

D) Kuduz korkutan bir hastalıktır çünkü her zaman öldürücüdür ve belirtiler ortaya çıktığında yapılacak neredeyse hiçbir şey kalmadı demektir.

E) Kuduz korkunç bir hastalıktır çünkü her zaman öldürücüdür ve belirtiler ortaya çıkar çıkmaz artık yapacak hiçbir şey yoktur.

46. Scientists have discovered that motion sickness occurs when the brain is trying to make sense of a situation and there are too many conflicting messages.

A) Bilim insanları hareket hastalığının beynin bir durumu anlamlandırmaya çalışması ve çok fazla çelişen mesajın varlığı halinde meydana geldiğini keşfetti.

B) Bilim insanları hareket hastalığının meydana gelmesini beynin bir durumu anlamaya çalışması ve çok fazla mesajın olmasına bağladı.

C) Bilim insanları hareket hastalığının beyin bir durumu anlamaya çalıştığında ve çok fazla çelişkili mesajlar varsa meydana geldiğini belirtti.

D) Bilim insanları hareket hastalığının beynin bir durumu anlamlandırmaya çalışması halinde veya çok fazla mesaj olduğunda meydana geldiğini keşfetti.

E) Bilim insanları hareket hastalığının beyin bir durumu anlamaya çalışması halinde ve çok fazla çelişkili mesajın olmasıyla meydana gelebileceğini keşfetti.

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47. Studies show that sudden noise can cause certain bird species to leave their nests, exposing the young to predators.

A) Son araştırmalar ani seslerin belli kuş türlerinin yuvalarını terk etmesine ve yırtıcılara maruz kalmasına neden olduğunu göstermektedir.

B) Araştırmalar gösteriyor ki ani sesler belli kuş türlerinin yuvalarını terk etmesine yol açıp yavruları yırtıcılara maruz bırakabilir.

C) Araştırmalar belli kuş türlerinin ani sesler yüzünden yuvalarını terk edebileceğini ve yırtıcılara maruz kalabileceğini göstermektedir.

D) Araştırmalar göstermiştir ki ani sesler pek çok kuş türünün yuvalarını terk etmesine yol açıp, onları yırtıcılara maruz bırakabilir.

E) Araştırmalar ani seslerin bazı kuş türlerinin yuvalarını terk etmesine ya da yırtıcılara maruz kalmasına yol açabileceğini göstermektedir.

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

48. Erkeklerin saçlarının dökülmesinin birçok nedeni olmasına rağmen saç dökülmesiyle baş etmeye yardımcı olmak için pek çok tedavi seçeneği de mevcuttur.

A) There are many reasons behind men's losing hair, but there are so many treatment options available to help men deal with hair loss.

B) Even though there are a lot of reasons why men lose their hair, there are also many alternative treatments to help men prevent hair loss.

C) Though there are many causes why men lose their hair, there are also enough treatment options available to help men deal with hair loss.

D) While there are many reasons why men lose their hair, there are also many treatment options available to help men cope with hair loss.

E) Despite the fact that there are many causes why men lose hair, there are also a few treatment facilities available to help men cope with hair loss.

49. Hareketin gerçekleşmesinde vücudun pek çok farklı sisteminin rolu olmasına rağmen, aslında iskelet ve kas sistemi beraber hareket ederek çoğu vücut hareketini üretir.

A) Although many different systems of the body have role in accomplishing movement, it is actually the skeletal and muscular systems acting together that produce most body movements.

B) While various systems of the body have some role in accomplishing movement, it is the skeletal and muscular systems that act jointly to produce most body movements.

C) Though so many different systems of the body have certain role in carrying out movement, it is indeed both the skeletal and muscular systems acting together that produce body movements.

D) While many different systems of the body have some role in performing movement, it is in fact the skeletal or muscular systems acting equally that produce most body movements.

E) Whereas myriad systems of the body have the role in accomplishing movement, it is actually the skeletal and muscular systems performing together that bring about body movements.

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50. Nazal ve paranazal boşlukların anatomik özelliklerinin alt solunum yollarını koruyan savunma sistemi üzerinde belirgin sonuçları olabilir.

A) Anatomical features of the nasal or paransal cavities may have specific results in the defense system which protects the lower airways.

B) Anatomical traits of the nasal and paranasal cavities can have certain impacts in the defence system which affects the lower airways.

C) Anatomical characteristics of the nasal and paranasal cavities can have specific implications in the defense system which protects the lower airways.

D) Anatomical characteristics of the nasal and paranasal cavities may have distinctive implications against the defense system protecting all the lower airways.

E) Anatomical features of the nasal and paranasal cavities can have possible effects in the defence system that protects the lower airways.

51. Sürücü yorgunluğu, araba kullanırken veya direksiyon başında uyuyakalırken atiklik kaybı, uyuşuk ve dikkati dağılmış hissetme gibi durumları içerir.

A) Driver fatigue includes conditions such as the loss of promptness, feeling drowsy and distracted when driving and falling asleep at the wheel.

B) Driver fatigue covers situations like the loss of alertness, feeling drowsy and distracted while driving or falling asleep at the wheel.

C) Driver fatigue is defined as conditions such as the loss of abruptness, feeling lethargic and distracted when driving or falling asleep at the wheel.

D) Driver fatigue involves situations like the loss of agility, feeling numb and distracted after driving and while falling asleep at the wheel.

E) Driver fatigue includes such conditions as the loss of readiness, feeling lethargic or distracted when falling asleep at the wheel.

52. Parkinson hastalığını diğer hareket bozukluklarından ayıran şey hücre kaybının siyah madde denilen beynin çok belirgin bir bölgesinde meydana gelmesidir.

A) What makes Parkinson Disease different from other disorders is that cell loss takes place in a region of the brain called the substantia nigra.

B) What makes Parkinson Disease unusual from other movement disorders is that the cell loss occurs in a very special region of the brain, and it is called the substantia nigra.

C) What separates Parkinson Disease from other movement disorders is that cell loss happens in a much more specific region of the brain called the substantia nigra.

D) What separates Parkinson Disease from other movement disorders is that cell loss takes place in some specific regions of the brain called the substantia nigra.

E) What makes Parkinson Disease distinctive from other movement disorders is that cell loss occurs in a very specific region of the brain called the substantia nigra.

53. Stresli bir durumla karşılaştığımızda vücudumuz sinir sistemini harekete geçirerek ve adrenalin ve kortizol gibi hormonları serbest bırakarak tepki verir.

A) When we encounter a stressful event, our bodies react by taking action in the nervous system and release hormones such as adrenalin and cortisol.

B) If we come across a stressful event, our bodies react by triggering the nervous system and releasing hormones like adrenalin and cortisol.

C) When we face a stressful event, our bodies respond by activating the nervous system and releasing hormones such as adrenalin and cortisol.

D) Whenever we encounter a stressful event, our bodies react by activating the nervous system or releasing hormones like adrenalin and cortisol.

E) As soon as we face a stressful event, our bodies respond by operating the nervous system and releasing hormones such as adrenalin and cortisol.

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54. - 59. sorularda, boş bırakılan yere, parçada anlam bütünlüğünü sağlamak için getirilebilecek cümleyi bulunuz.

54. ----. That means nearly 120,000 babies are affected by birth defects each year. Birth defects are structural changes present at birth that can affect almost any part or parts of the body. The well-being of each child affected with a birth defect depends mostly on which organ or body part is involved and how much it is affected. Depending on the severity of the defect and what body part is affected, the expected lifespan of a person with a birth defect may or may not be affected.

A) A birth defect can be found before birth, at birth, or any other time after birth

B) Every 4 minutes, a baby is born with a birth defect in the United States

C) Some birth defects are easy to see, but others are found using special tests

D) Some factors might increase the chances of having a baby with a birth defect

E) Babies who have birth defects often need special care to survive

55. **In recent years, there has been a dramatic increase in the number of workers who rely on back belts to prevent injury during lifting. Back belts are currently worn by workers in numerous industries, including grocery store clerks and warehouse workers. As their use has risen, the National Institute for Occupational Safety and Health (NIOSH) has been asked for advice on back belt selection. ---. Rather than asking "Which belt will best protect workers?", NIOSH researchers began with the question: "Do back belts protect workers?"**

A) The Institute does not recommend the use of back belts to prevent injuries among workers

B) Back injuries account for nearly 20% of all injuries and illnesses in the workplace

C) NIOSH addresses the use of back belts as medical treatment during rehabilitation

D) In response to these inquiries, the Institute decided to address a more fundamental question

E) There is currently inadequate scientific evidence or theory to suggest the benefit of back belts

57. **---. The summer Olympics in Atlanta provided some evidence to support this theory because city officials closed the downtown area to all automobile traffic for seventeen days. During those days, only half the usual number of children in the area were taken to hospitals because of asthma attacks. A recent scientific report confirms the evidence of Atlanta and says that many asthma attacks could be prevented by reducing pollution from automobiles.**

A) In many industrialized countries, asthma is a serious health problem for all people

B) Asthma can be inherited or passed down to you from your parents through their genes

C) Doctors have long believed that the ozone in automobile exhaust causes asthma in children

D) It is advisable that people take buses to work instead of using their cars

E) If your asthma is not getting better after you start treatment, you might need to see an asthma specialist

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56. **Cerebral palsy (CP) is a group of disorders that affect a person's ability to move and maintain balance and posture. CP is caused by abnormal brain development or damage to the developing brain that affects a person's ability to control his or her muscles. ----. A person with severe CP might need to use special equipment to be able to walk, or might not be able to walk at all and might not need any special help. A person with mild CP, on the other hand, might walk a little awkwardly, but might not need any special help.**

A) The symptoms of CP vary from person to person

B) Also, many have related conditions such as intellectual disability

C) There are four main types of CP

D) The most common type of CP is spastic CP

E) Diagnosing CP at an early age is very important

58. **----. They often begin to lose their eyesight, their hearing, and their memory, and they become less able to get around. Getting older is a fact of life, of course, and there is nothing you can do to stop the years from passing. However, some scientists have discovered that there may be a way to prevent some of the physical problems associated with aging. For example, in experiments with rats, they have used blueberries which contain antioxidants and found out that they slow down the aging process.**

A) If you are over 40 or 50, you may not give much thought to the health challenges of aging

B) The physical condition depends partly upon hereditary constitution and environmental factors

C) The old feel the change in climate more easily and profoundly than others

D) As people get older, they usually begin to experience some physical problems

E) Mental disorders are very much associated with old age

59. The hand is a versatile body part that has many internal structures and remarkable functions. In spite of its small size, the hand contains twenty bones, twenty muscles, many tendoms, blood vessels, and nerve endings. The greatest number of nerve endings is found in the tips of the index finger and thumb. Scientists say that the fact that the thumb can rotate so that the index finger and thumb can face each other and hold things between them has made a great deal of difference in human history. ----.

A) Without this capacity, early humans might not have been able to make and use tools

B) Therefore, how our hands do so many things remains a mystery to science

C) Sensory nerve endings close to the skin detect pressure, heat, cold, and pain

D) People use their hands to dance, communicate in sign language, and perform surgery

E) However, any activity of the hand is a result of coordination between the brain and the many parts of the hand itself

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

60. **(I)** Hippocrates believed that the body had 4 humors: blood, phlegm, yellow bile, and black bile. **(II)** When the humors were balanced, a person was healthy. **(III)** The belief was that too much or too little of any of the humors caused disease. **(IV)** The study of the body and humors was also prohibited for some obvious reasons. **(V)** To illustrate, an excess of black bile in various body sites was thought to cause cancer.

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

61. **(I)** People can be given radiotherapy for different reasons. **(II)** It is sometimes given with chemotherapy which is called chemoradiation. **(III)** Doctors give radiotherapy to try and destroy a tumour and cure the cancer in a process called curative treatment. **(IV)** If it is not possible to cure the cancer, doctor may give patients radiotherapy to help relieve the symptoms in a process called palliative treatment. **(V)** The type of radiotherapy patients given depends on the type of cancer they have and their individual situation.

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

62. **(I)** Asthma is a chronic disease involving the airways in the lungs. **(II)** These airways, or bronchial tubes, allow air to come in and out of the lungs. **(III)** People with a family history of asthma are more prone to developing asthma. **(IV)** They become even more swollen and the muscles around the airways can tighten when something triggers your symptoms. **(V)** This makes it difficult for air to move in and out of the lungs, causing coughing, wheezing and shortness of breath.

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

63. **(I)** Vaccines are an effective means of preventing life-threatening illnesses by boosting the body's natural immune response to diseases caused by viruses and bacteria. **(II)** Vaccine programs throughout the world have led to improved overall health of our population by reducing the transmission of diseases. **(III)** Although vaccines have been proven to be both safe and effective based on sound scientific evidence, several myths have been spread. **(IV)** One of them is that they cause autism and sudden infant death syndrome (SIDS). **(V)** It is a fact that science has not determined the cause of autism and SIDS.

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

64. **(I)** Gout is a rheumatic disease resulting from deposition of uric acid crystals in tissues and fluids within the body. **(II)** It is caused by an overproduction or under excretion of uric acid. **(III)** Certain medications, alcohol, and dietary foods are known to be contributory factors. **(IV)** It typically manifests itself as an acutely red, hot, and swollen joint with excruciating pain. **(V)** Recurrent bouts of acute gout can lead to a degenerative form of chronic arthritis called gouty arthritis.

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

65. **(I)** Music activates the right hemisphere of our brains, while language is focused in Broca's and Wernicke's areas, in the left hemisphere. **(II)** Music therapy is a powerful tool that has shown promise in the treatment of various brain disorders. **(III)** To exemplify, it has been used successfully in recovery for patients with aphasia or Alzheimer's. **(IV)** For patients with Alzheimer's disease, degeneration of brain tissue is global and random; therapy that can call upon multiple areas of the brain and tap into well-rehearsed responses can also be quite effective. **(V)** In short, there is exciting potential for musical therapy as a treatment for Alzheimer's disease.

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

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66. - 68. soruları aşağıdaki parçaya göre cevaplayınız.

Although it is usually possible to remember only a few minutes of dreams, people have been fascinated with them and their meanings since ancient times. In ancient Egypt, dreams were considered to be the messages sent from the gods. The Greeks and Romans were also interested in dreams. They believed that dreams could predict the future. Today, the interest in dreams and their meanings remain strong. Some people think that certain colours and events in dreams are symbols that have special meanings like fears and desires, and therefore buy dictionaries for dream interpretation. In addition, psychologists believe that your dreams can tell you a lot about yourself. They encourage patients to write down their dreams and use them to help solve their problems or discover their "self".

66. The passage is mainly about ----.

A) the interest in dreams and their meanings
B) the Roman interpretation of dreams
C) patients and their unforgettable dreams
D) the significance of colours in dreams
E) dreams as a means of communication

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

A) people can recall the majority of their dreams
B) Greeks, Romans and Egyptians believed in similar gods
C) dream interpretation is used so as to treat some mental problems
D) there has been a rise in the sale of dream dictionaries
E) interest in dreams used to be less appealing

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68. According to the passage, ancient Egyptians ----.

A) predicted the future with the help of symbols in dreams
B) believed that gods talked to humans through dreams
C) were noted for remembering most of their dreams
D) were less interested in dreams than other ancient nations
E) were the first nation to use dreams for different purposes

69. - 71. soruları aşağıdaki parçaya göre cevaplayınız.

A recent study has revealed some surprising facts about the effects of lifestyles on brain functions. Scientists have found that the brains of people living in cities operate differently from those in rural areas. The regions which are responsible for emotion and anxiety in the brain become overactive in city dwellers when they are stressed. This excess activity during stressful situations can cause some psychological problems such as anxiety disorders. Scientists argue that this could account for the high rates of mental problems in urban areas. Although city dwellers get more nutrition and healthcare, they are at higher risk of developing chronic disorders due to stressful social situations.

69. The passage is mainly about ----.

A) the comparison of rural and urban living

B) what actually causes stress in modern life

C) how city life has an influence on brain mechanisms

D) the ways of dealing with stress in cities

E) the effects of emotions on brain functions

70. One can conclude from the passage that ----.

A) people living in rural areas have no mental problems

B) more people are expected to live in cities in the future to avoid stress

C) living in crowded cities makes people less stressed

D) scientists think mental disorders are closely related to the city life

E) getting more nutrition and healthcare lowers the amount of stress city dwellers feel

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71. Which of the following is NOT TRUE according to the passage?

A) Some brain functions of city dwellers are very active

B) Research shows that people living in cities feel more anxious and stressed

C) Getting more healthcare will be enough to solve stress-related problems

D) Some parts of the brain react more strongly in stressful situations

E) People's lifestyles have impact on their brain functions

72 - 74. soruları aşağıdaki parçaya göre cevaplayınız.

Access to better and more diversified diets is key for combating problems of micronutrient malnutrition or "hidden hunger". Despite progress in addressing micronutrient malnutrition in some countries and regions, several billion adults and children continue to be affected by one or more nutrient deficiencies. Although most development programmes have focused on eliminating iron, iodine, and vitamin A deficiencies, many people do not have an adequate amount of other essential micronutrients such as zinc, folate and vitamin B12. Progress in eliminating vitamin A deficiencies, a major cause of childhood blind and death, has been made in sub-Saharan Africa and Central and southern Asia. Iodine deficiency causes goitre; in its most severe form it affects the developing brain, resulting in mental retardation. Over the last 20 years iodine deficiency has declined significantly around the world largely because of the expansion of salt-iodization programmes.

72. It is clear from the passage that ----.

A) there have been no efforts to point out the dangers of malnutrition

B) micronutrient malnutrition has not been completely eliminated in some regions

C) children are the only age group that suffer from nutrient deficiencies

D) most development programmes focused solely on iron and vitamin A deficiencies

E) people consume sufficient amount of zinc, folate, and vitamin B12 in their diets

73. We understand from the passage that ----.

A) some strides have been made in fighting vitamin A deficiency throughout the African continent

B) vitamin A deficiency damages both one's eyesight and brain functions

C) any iodine deficiency leads to mental retardation in the end

D) lack of vitamin A in diets can cause children to lose their eyesight and lives

E) despite significant efforts to combat with iodine deficiency, the rate of mental retardation is still high

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74. The author uses the term "hidden hunger" to emphasize ----.

A) the various types of vitamins and their importance in our diets

B) the unknown reasons behind childhood blindness and death

C) the insufficiency of various nutrients in people's diets and its consequences

D) the most affected countries and regions such as sub-Saharan Africa

E) the misinformation about the inadequacy of micronutrient malnutrition

75. - 77. soruları aşağıdaki parçaya göre cevaplayınız.

Also called adjustment insomnia, short-term insomnia disorder is extremely common, especially in today's busy, high-stress culture. Almost everyone experiences difficulty initiating or maintaining sleep for a night or two at some point in their lives. This can be due to stress, excitement, anticipation, pain, illness, changes in time zones or altitude, reactions to medications, changes in sleep schedules, light, noise, or many other intrinsic or extrinsic factors. Adjustment insomnia is also known as acute insomnia, and was formerly known as transient insomnia or short-term insomnia. Adjustment insomnia is insomnia associated with a specific stressor. These stressors can be events in our everyday lives such as stress from work, financial hardship, or marital stress. They can also be atypical events such as the death of a loved one or a natural disaster. Although adjustment insomnia is extremely common, it also typically corrects itself when the stressor is corrected. If a college student experiences adjustment insomnia due to stress from upcoming final exams, for example, the insomnia will likely be corrected when finals are over.

75. The passage is mainly about ----.

A) how to cope with adjustment insomnia and its variations

B) the differences between adjustment and acute insomnia

C) the adverse effects of adjustment insomnia on work life

D) how long it takes to overcome insomnia entirely

E) the definition of adjustment insomnia and its examples

76. It is clear from the passage that ----.

A) the prevalence of adjustment insomnia is very limited

B) stress is one of the many factors that trigger adjustment insomnia

C) adjustment insomnia is only caused by external factors

D) acute insomnia is a sub-branch of adjustment insomnia

E) financial problems are the most common reason behind adjustment insomnia

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77. One can understand from the passage that ----.

A) adjustment insomnia sometimes disappears once the stressor no longer exists

B) adjustment insomnia can never be corrected as in the case of death of a loved one

C) experts have used different names for adjustment insomnia throughout the years

D) the intensity of adjustment insomnia is felt the strongest among college students

E) the ultimate treatment for adjustment insomnia has not been found yet

78. - 80. soruları aşağıdaki parçaya göre cevaplayınız.

Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury. The concept of job stress is often confused with challenge, but these concepts are not the same. Challenge energizes us psychologically and physically, and it motivates us to learn new skills and master our jobs. When a challenge is met, we feel relaxed and satisfied. Nearly everyone agrees that job stress results from the interaction of the worker and the conditions of work. Views differ, however, on the importance of worker characteristics versus working conditions as the primary cause of job stress. According to one school of thought, differences in individual characteristics such as personality and coping style are most important in predicting whether certain job conditions will result in stress.

78. It is clear from the passage that ----.

A) job stress and challenge are mostly identical terms

B) job stress is associated solely with emotional reactions

C) challenge motivates us just like job stress

D) job stress, unlike challenge, is to the detriment of one's life

E) all people agree on the primary causes of job stress

79. Challenge differs from job stress in that ----.

A) it has got a positive force which motivates us

B) it only requires physical capabilities to succeed

C) it lasts for longer periods than job stress

D) conditions do not play a major role in challenge

E) it has got a strong bod with personality

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80. We understand from the passage that ----.

A) some disagree with the idea that job stress is the consequence between the employer and the conditions.

B) no matter what individual characteristics one has got, it will eventually result in stress.

C) poor health and injuries are some of the important determining factors of job stress.

D) learning new skills poses as much stress as emotional difficulties.

E) the worker and the conditions under which he works can produce a challenge.

TEST BİTTİ.
CEVAPLARINIZI KONTROL EDİNİZ.

YÖKDİL SAĞLIK Serisi-4

YÖKDİL SAĞLIK CHECK-UP



5 ÖZGÜN DENEME

Ercan GÜROVA
Serhan ACAR
Kamil KİLCİ
Suat GÜRCAN
Rıdvan GÜRBÜZ

irem yayıncılık

Time for a Check-Up

3

YÖKDİL SAĞLIK BİLİMLERİ
DENEME SINAVI
3

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

1. **People with diabetes must take responsibility for their day-to-day care, and ---- blood glucose levels from going too low or too high.**

A) ignore B) keep
C) bring D) conduct
E) estimate

2. **Children develop at their own ----, so it is impossible to tell exactly when a child will learn a given skill.**

A) aspect B) objective
C) task D) pace
E) diversity

3. **Thorough and ---- handwashing is the best way to prevent the spread of communicable diseases.**

A) regular B) common
C) available D) inevitable
E) occasional

4. **A normal human being knows from what direction the sound is coming and can localize ---- the source of the sound.**

A) conditionally B) relevantly
C) accurately D) externally
E) mutually

5. **Inadequate sleep hygiene is a set of habits or practices that are bad for a person's sleep, or may ---- a person to sleep poorly.**

A) drop over B) fill in
C) bring about D) give out
E) hold on

6. **Because one of the risk factors ---- developing Non-alcoholic fatty liver disease is obesity, the condition is increasing in line ---- the obesity epidemic.**

A) for / with B) in / to
C) through / for D) with / by
E) by / with

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

7. **Thomas Venner of London ---- one of the first men to warn about tobacco dangers in his *Via Recta*, ---- in London in 1620.**

A) becomes / to publish
B) had become / to be published
C) has become / published
D) became / publishing
E) is becoming / being published

8. **Since 1976 when Ebola ---- near the Ebola River, outbreaks ---- sporadically in Africa.**

A) has been discovered / appear
B) was discovered / have appeared
C) discovered / appeared
D) had been discovered / would have appeared
E) is discovered / will appear

9. **Despite the sleeping pills which ---- easily from a chemist's, many people still have trouble ----.**

A) are obtained / sleep
B) should be obtained / to sleep
C) have been obtained / to have slept
D) can be obtained / sleeping
E) must be obtained / slept

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10. A terrible fact we know ---- that diarrhea ---- almost 200 out of every 1000 infants back in the 19th century.

A) was / had killed
B) is / killed
C) has been / has killed
D) must be / is to kill
E) should be / kills

11. Psychology is the study of the mind but its area ---- over the last century as we have learned that one ---- consider the mind as totally isolated from the body.

A) has broadened / cannot
B) broadens / could not
C) broadened / should not
D) was broadened / will not
E) has been broadened / must not

12. Before ---- a decision to get a tattoo, you should do yourself a favor and read about possible health dangers ---- are associated with the practice.

A) to be made / whose
B) being made / that
C) making / which
D) to have made / what
E) to make / of which

13. Antibiotic resistance is the ability of microbes to resist the effects of drugs; ----, the germs are not killed, and their growth is not stopped.

A) therefore B) that is
C) in the meantime D) besides
E) likewise

14. Stress is difficult for professionals to define ---- it is a highly subjective phenomenon that differs for each of us.

A) even if B) thus
C) because D) only if
E) as though

15. A tumor, benign, malignant or a metastasis, may occur in any age group, ---- it is more common in the older age group.

A) yet B) or
C) so D) for
E) nor

16. Epilepsy is a condition characterized by repeated seizures ---- a disorder of the brain cells.

A) as well as B) in spite of
C) due to D) unlike
E) also

17. Babies, young children, and the elderly are more likely to get hypothermia ---- their bodies have a harder time keeping warm.

A) since B) much as
C) just as D) so far as
E) as soon as

18. Onset of Selective Mutism usually occurs before the age of five, but may not be evaluated ---- a child enters school for the first time.

A) though B) in order that
C) given that D) until
E) in spite of

19. Significant variation in epilepsy prevalence has been noted in local geographic regions ---- similar methodologies and case studies.

A) on account of B) of all
C) in addition to D) despite
E) alongside

20. It's important to take only antibiotics for bacterial infections ---- they can put you at risk for harmful side effects and antibiotic-resistant infections.

A) so that B) since
C) as if D) when
E) while

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21. - 25. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Huntington's disease (HD) is a rare, hereditary condition that causes uncontrolled movements, cognitive and emotional difficulties and, **(21)----**, death. HD passes from parent to child **(22)----** a mutation in the huntingtin gene (HTT mRNA). This mutation leads to the production of a huntingtin (Htt) protein, and this causes the disease. A child **(23)----** parent has the mutated gene will have a 50% chance of inheriting the mutation. Everyone who has it will in the end **(24)----** the disease. While tetrabenazine **(25)----** by the Food and Drug Administration (FDA) in 2008 to treat Huntington's chorea, the involuntary writhing movements that are symptomatic of the disease, there is so far no way of curing or preventing HD.

21.

A) eventually B) eagerly
C) slightly D) recklessly
E) extremely

22.

A) against B) within
C) from D) through
E) at

23.

A) who B) whose
C) when D) that
E) of whom

24.

A) ignore B) heal
C) treat D) diagnose
E) develop

25.

A) is approved
B) has been approved
C) was approved
D) would be approved
E) had been approved

26. - 30. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Doctors Without Borders is an international medical organization created by doctors and journalists in France. Since 1971, it **(26)----** help in nearly 60 countries to people whose survival is threatened by wars, epidemics and natural disasters. I joined the organization last year and went to Angola, where a civil war had been going **(27)----** for more than five years. It was really shocking to see people dying of hunger and poverty. If I hadn't been there, I **(28)----** such tragedies. We worked **(29)----** as a group. We would wake up early in the morning to go to distant villages. **(30)----** we didn't have enough staff, we had to help each other a lot to finish our work on time.

26.

A) has been providing B) would provide
C) had been providing D) provided
E) had provided

27.

A) over B) with
C) behind D) on
E) off

28.

A) wouldn't witness B) wouldn't have witnessed
C) won't witness D) shouldn't witness
E) couldn't witness

29.

A) unwillingly B) enthusiastically
C) absolutely D) accidentally
E) effortlessly

30.

A) Though B) So that
C) As D) Just as
E) While

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31. - 41. sorularda, verilen cümleyi uygun şekilde tamamlayan ifadeyi bulunuz.

31. Even though people with Down syndrome might act and look similar, ----.

A) they are slower to speak than other children.
B) their tongue tends to stick out of their mouth.
C) each person has different abilities and skills indeed.
D) it seems to be the most common chromosomal condition.
E) it is said to be caused by an extra chromosome as well.

32. ----, dog bites can become infected, placing the bite victim at risk for illness or even death.

A) Though the idea of being bitten by a dog is scary
B) Unless the number of dogs on the streets increases
C) While the dog that bit you was acting strangely
D) Since they have been proven to decrease stress
E) In addition to causing pain, injury, or nerve damage

33. Most development disabilities begin before a baby is born, ----.

A) yet children who have a sibling are at a higher risk.
B) but some can also happen after birth because of injury or infection.
C) for developmental disabilities occur among all socioeconomic groups.
D) so having a disability does not mean a person is not healthy.
E) for some health conditions have been found to be more common among children.

34. Although fatigue-related crashes can happen at any time, ----.

A) human beings are designed to work in the daytime.
B) our internal body rhythms cause variations during each 24-hour period.
C) heart rate and blood pressure rise during the day and fall at night.
D) they tend to peak in the early morning.
E) your body temperature drops during the night.

35. ----, the way in which the virus first appears in a human is unknown.

A) Because the natural reservoir host of Ebola viruses has not yet been identified
B) When an infection occurs in humans through direct contact
C) Though there is no evidence that mosquitoes can transmit Ebola virus
D) Although Ebola is not spread through the air, by water, or in general, by food
E) Seeing that the disease can spread quickly within healthcare settings

36. Hypothermia can cause serious problems or death ----.

A) but the body is exposed to cold temperatures.
B) if it is not treated within a short time.
C) though the core body temperature can drop.
D) except that most heat is lost through skin.
E) unless it slows brain activity and breathing.

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37. Although childhood is generally regarded as a carefree time of life, ----.

A) there is no specific line that separates troubling behavior from a serious emotional problem.
B) the criteria that establishes the presence of a mental health disorder are subject to interpretation.
C) there have been many recent advances in understanding the emotional problems of children.
D) parents should bring up issues they believe may influence their child's diagnosis.
E) many children and adolescents experience emotional difficulties growing up.

38. Hyperactivity disorder is a condition, affecting 3%-5% of children, ----.

A) for most physicians prefer to wait until a clear pattern of inattentive behaviors emerge.
B) but medications such as Ritalin or Dexedrine, or a combination of these have been very successful.
C) in which the child shows symptoms of inattention that are not consistent with his or her developmental level.
D) so it is more frequent and severe than is typically observed in individuals at a comparable level of development.
E) yet a few doctors have written articles and suggested that signs of the disorder can be detected in infancy.

39. ---- since many adolescents who have the condition see themselves as overweight and unattractive.

A) In Anorexia, the individual has no realistic idea of the shape and size of his/her body

B) Anorexia can be thought of as a distorted body image disorder

C) Signs of Anorexia include dry skin, hair loss, depressive symptoms, and low blood pressure

D) The earliest warning signs of anorexia can be very difficult to distinguish from normal eating

E) Anorexia symptoms may be dismissed as side effects of prescription drugs

40. ----, people with frontotemporal dementia often have problems maintaining socially appropriate behavior.

A) Though frontotemporal dementia involves progressive damage to the frontal lobes of the brain

B) Because the frontal lobes of the brain control judgement and social behaviour

C) Considering that there are two main presentations of frontotemporal dementia

D) As there are two main forms of temporal or language variant of frontotemporal dementia

E) When semantic dementia involves a gradual loss of the meaning of words

41. Nearly 52 percent of the world's cheese is produced in Europe, ----.

A) since most of them are produced by high income countries.

B) but the biggest single producer is the United States.

C) as it is not a major source of nutrients in these countries.

D) for they are classified according to the post-coagulation operations.

E) while the nutritional profile varies with the type of milk.

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

42. Many studies suggest that psychologically demanding jobs that allow employees little control over the work process increase the risk of cardiovascular disease.

A) Birçok çalışma işçilerin çalışma süresi üzerinde kontrolüne izin vermeyen işlerin kardiyovasküler hastalık riskini artırdığını iddia etmektedir.

B) Psikolojik olarak zorlu işlerin çalışma süresi üzerinde işçilerin çok az kontrole izin vermesinin kardiyovasküler hastalık riskini artırdığını birçok çalışma ortaya koymuştur.

C) Çoğu araştırma göstermiştir ki kardiyovasküler hastalık riskinin artışı çalışanların psikolojik olarak zorlu işlerde iş süresi üzerinde çok az kontrolleri olmasından kaynaklanmaktadır.

D) Birçok çalışma çalışanların iş süreci üzerinde çok az kontrolüne izin veren psikolojik olarak çaba gerektiren işlerin kardiyovasküler hastalık riskini artırdığını göstermektedir.

E) Çalışanların çalışma süresi üzerinde çok az denetimine izin veren psikolojik olarak zorlu işlerin kardiyovasküler hastalık riskini artırması birçok çalışma tarafından kanıtlanmıştır.

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43. Epilepsy is a condition characterized by repeated seizures due to the disorder of the brain cells.

A) Sara, beyin hücrelerinin düzensizliğinden dolayı tekrarlayan nöbetlerle nitelendirilen bir durumdur.

B) Sara, tekrarlayan nöbetlerle karakterize edilen ve beyin hücrelerinin düzensizliğinden kaynaklanan bir hastalıktır.

C) Sara, beyin hücrelerinin karmaşıklığından ötürü yinelenen nöbetlerle nitelendirilen ciddi bir rahatsızlıktır.

D) Sara, beyin hücresi bozukluğu ve tekrarlayan nöbetlerle kendini belli eden bir durumdur.

E) Sara, beyin hücrelerinin bozukluğunun yanı sıra tekrarlayan nöbetlerle de nitelenen bir durumdur.

44. Obesity accounts for 2-6% of total health care costs in several developed countries while some estimates put the figure as high as 7%.

A) Obezite birçok ülkede toplam sağlık giderlerinin yüzde 2-6 oranını meydana getirirken bazıları bunun yüzde 7'ye kadar çıkabileceğini düşünüyor.

B) Obezite birçok gelişmiş ülkenin sağlık masraflarının yüzde 2-6 kadarına denk geliyorken bazıları bu rakamın yüzde 7 kadar yükselebileceğini öngörüyor.

C) Obezite birçok gelişmiş ülkede toplam sağlık harcamalarının yüzde 2-6'sına tekabül ediyorken bazı tahminler bu rakamın yüzde 7'ye kadar yükselebileceğini söylüyor.

D) Obezite pek çok gelişmiş ülkede sağlık giderlerinin yüzde 2-6'sına denk geliyor, ama bazı tahminler bunun yüzde 7'ye kadar artabileceğini belirtiyor.

E) Obezite çoğu gelişmiş ülkede toplam sağlık masraflarının yüzde 2-6'sına tekabül ediyor, ama bazıları bunun yüzde 7'ye kadar çıkabileceğini öngörüyor.

45. People in opposition to the cabbage soup diet claim that weight loss comes from water weight and muscle tissue in the body and not from fat reserves.

A) Lahana çorbası diyetine muhalif olanlar kilo kaybının yağ rezervlerinin aksine vücuttaki su ağırlığı ve kas dokusundan ileri geldiğini belirtmektedir.

B) Lahana çorbası diyetine karşı olanlar vücuttaki kilo kaybının yağ rezervlerinden değil vücuttaki su ağırlığı ve kas dokusundan kaynaklandığını ispat ettiler.

C) Lahana çorbası diyetine itiraz edenler kilo kaybının sadece yağ rezervlerinden değil ayrıca vücuttaki su yoğunluğu ve kilo kaybından kaynaklandığını belirtiyorlar.

D) Lahana çorbası diyetine muhalif olanlar kilo kaybının yağ rezervleriyle ilgisi olmadığını, daha çok vücuttaki su ağırlığı ve kas dokusundan ileri geldiğini iddia ediyorlar.

E) Lahana çorbası diyetine karşı olanlar kilo kaybının yağ rezervlerinden değil vücuttaki su ağırlığı ve kas dokusundan kaynaklandığını iddia ediyorlar.

46. Sleepwalking can range from common behaviors such as walking calmly through the bedroom or house to violent, unusual, or dangerous behaviors such as jumping out of a second story window.

A) Uyurgezerlik, yatak odası veya evde sakin bir şekilde yürümek gibi yaygın davranışlardan ikinci kat penceresinden atlamak gibi şiddet içeren, sıra dışı veya tehlikeli davranışlara kadar değişiklik gösterebilir.

B) Uyurgezerlik, yatak odası ya da evde sakince yürümek gibi davranışlardan ikinci kat penceresinden atlamak gibi şiddet içeren, alışılmadık veya tehlikeli davranışlar arasında değişiklik gösterebilir.

C) Uyurgezerlik, yatak odası veya evde sessiz şekilde yürümek gibi yaygın davranışlardan ikinci kat penceresinden atlamak gibi şiddet barındıran, sıra dışı veya tehlikeli davranışları da içerebilir.

D) Uyurgezerlik, tüm evde sakin bir şekilde dolaşmak gibi yaygın davranışlar ile ikinci kat penceresinden atlamak gibi şiddet içeren, alışılmadık veya tehlikeli davranışlara kadar uzanabilir.

E) Uyurgezerlik, özellikle yatak odasında sakince dolaşmak gibi yaygın davranışlardan ikinci kat penceresinden atlamak gibi şiddet içeren, olağandışı ve tehlikeli davranışlara kadar farklılık gösterebilir.

47. While dieting and disordered eating are generally thought to emerge during adolescence, studies show the onset of dieting behaviors can be found in preadolescent children.

A) Rejim yapma ve düzensiz yemenin genelde ergenlik çağında ortaya çıktığı düşünülürken araştırmalar perhiz davranışlarının başlangıcının ergenlik öncesi çocuklarda bulunabildiğini göstermektedir.

B) Rejim yapma veya düzensiz yemenin çoğunlukla ergenlik çağında arttığı düşünülürken son araştırmalar perhiz davranışının ergenlik öncesi çocuklarda görülebildiğini ortaya koymaktadır.

C) Rejim yapma ya da dengesiz yemenin çoğunlukla ergenlik döneminde ortaya çıktığı düşünülürken araştırmalar perhiz davranışlarının başlangıcının ergenlik öncesi çocuklara kadar uzanabildiğini işaret etmektedir.

D) Yapılan araştırmalar genelde ergenlik dönemi boyunca ortaya çıkan rejim yapma ve düzensiz yemenin ergenlik öncesi çocuklarda da görülebildiğini göstermiştir.

E) Rejim yapma veya düzensiz yemenin zaman zaman ergenlik döneminde ortaya çıktığı düşünülürken araştırmalar perhiz davranışlarının başlangıcının ergenlik öncesi çocuklarda bulunabildiğini işaret etmiştir.

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

48. Halihazırda diyabet teşhisi konmuş insanlar için evde yapılan basit bir diyabet testi kan şekeri seviyesinin denetimi için hayati önem taşır.

A) For those who have already been diagnosed with diabetes, a simple diabetes test is significant for the inspection of blood sugar levels.

B) People who have already been diagnosed with diabetes are suggested to have a simple diabetes home test to control their blood sugar levels.

C) A simple diabetes home test is of vital importance, notably for those who have already been diagnosed with diabetes in order to control their blood sugar levels.

D) For some people that are already diagnosed with diabetes, a diabetes home test is crucial in lowering the blood sugar levels.

E) For people already diagnosed with diabetes, a simple diabetes home test is vital in the control of blood sugar levels.

49. Protein sağlık için faydalıdır ve atıştırma hissini azaltıp kilo kaybını destekleyerek insanların daha uzun süre daha tok hissetmesine yardımcı olabilir.

A) Protein is helpful for good health, and can enable people feel full for longer periods, decreasing the urge to snack and supporting weight loss.

B) Protein is beneficial for good health, and can help people feel fuller for longer, reducing the urge to snack and supporting weight loss.

C) Protein is rewarding for good health, and can also help people feel fuller for longer, lowering the instinct to snack and supporting weight gain.

D) Protein is advantageous for good health in that it can help people feel fuller for longer periods, reducing the need to snack and supporting weight loss.

E) Protein is of great use for health, and can help people feel fuller for longer, lowering the need to snack or supporting weight loss.

50. Kolesterol doğal bir şekilde karaciğer tarafından üretilir ve daha sonra vücutta kan dolaşımı aracılığıyla proteinler tarafından taşınır.

A) Cholesterol is produced naturally by the liver and is carried by proteins in the body with the help of bloodstream.

B) Cholesterol is made in a natural way and then transported by proteins into the body by means of the bloodstream.

C) Cholesterol is produced eventually by the liver and is later carried with proteins throughout the body via the bloodstream

D) Cholesterol is produced naturally by the liver and is then transported by proteins throughout the body via the bloodstream.

E) Cholesterol is produced in a natural way and is later transported by proteins throughout the body by means of the bloodstream.

51. Uzun süreli çalışmalar gösterdi ki erken ve yoğun kan şekeri kontrolü tip 1 veya tip 2 diyabetli kişilerin kardiyovasküler komplikasyonlarını azaltabilir.

A) It is shown by long-term studies that early and intense blood glucose control can decrease cardiovascular complications in people with type 1 or 2 diabetes.

B) Long-term studies have shown that early and intensive blood glucose control can reduce cardiovascular complications in people with type 1 or 2 diabetes.

C) Findings of long-term studies have indicated that early and intensive blood glucose control can lower cardiovascular complications for people with type 1 and 2 diabetes.

D) Long standing studies have pointed out that early and intensive blood glucose management can help reduce cardiovascular complications in people with type 1 or 2 diabetes.

E) Long-term studies have proved that early and intensive blood glucose control can lower cardiovascular complications for people with type 1 or 2 diabetes.

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52. Milyonlarca insan D vitamininin depresyon, bitkinlik ve kas zayıflığını giderebileceği inancıyla besin takviyeleri kullanıyor.

A) Millions of people use dietary supplements with the idea that vitamin D removes depression, fatigue, and muscle weakness.

B) Millions of people have been using supplements with the belief that vitamin D will wipe out depression, fatigue, and muscle weakness.

C) Millions of people use dietary supplements with the opinion that vitamin D can remove depression, fatigue, and particularly muscle weakness.

D) Millions of people use food supplements with the belief that vitamin D can eliminate depression, fatigue, and muscle weakness.

E) Millions of people who believe that vitamin D will eradicate depression, fatigue, and muscle weakness have been using food supplements.

53. Diyabetli kişiler patlamış mısır yiyebilirler ancak patlamış mısırın yüksek karbonhidrat içeriğinden dolayı çeşidini seçmeli ve nasıl piştiğini ve ne kadar yediklerini bilmelidir.

A) Diabetic people can eat popcorn but have to select carefully the kind of popcorn, how it is cooked, and how much they eat because popcorn has a high carb content.

B) People with diabetes are allowed to eat popcorn but need to choose selectively the type of popcorn, how it is cooked, and how much they eat owing to popcorn's high carb content.

C) Diabetic people can eat popcorn so they need to select carefully the kind of popcorn, and know how it is cooked, and how much they consume due to popcorn's high carb content.

D) People with diabetes can eat popcorn but need to choose the type of popcorn due to its high carb content and know how it is cooked and how much they eat.

E) People with diabetes can eat popcorn but have to choose the type of popcorn, how it is cooked, and how much they eat carefully owing to popcorn's high carb content.

54. - 59. sorularda, boş bırakılan yere, parçada anlam bütünlüğünü sağlamak için getirilebilecek cümleyi bulunuz.

54. People with bipolar disorder experience unusually intense emotional states that occur in distinct periods called mood episodes. An overly joyful or overexcited state is called a manic episode, and an extremely sad or happiness state is called a depressive episode. ----. This is called a mixed state. People with bipolar disorder also may be explosive and irritable during a mood episode.

A) It is a brain disorder that causes unusual shifts in mood and energy.

B) They are different from the normal ups and downs that everyone goes through from time to time.

C) Its symptoms can result in damaged relationships, poor job or school performance.

D) It often develops in a person's late teens or early adult years.

E) Sometimes, a mood episode includes symptoms of both mania and depression.

55. In the past 20 years, many studies have looked at the relationship between jobs stress and a variety of ailments. Mood and sleep disturbances, upset stomach and headache are examples of stress-related problems that are commonly seen in these studies. ----. But the effects of job stress on chronic diseases are more difficult to see because chronic diseases take a long time to develop and can be influenced by many factors other than stress. Nonetheless, evidence is rapidly accumulating to suggest that stress plays an important role in several types of chronic health problems.

A) The nervous system is aroused and hormones are released to sharpen the senses.

B) These signs of job stress are usually easy to recognize.

C) This response is important because it helps us defend against threatening situations.

D) As a result, the risk of injury or disease escalates.

E) When stressful situations go unresolved, the body is kept in a constant state of activation.

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56. People with social anxiety tend to fear and avoid social situations. They are very concerned that they will do something embarrassing, or that others will judge them. However, it is normal to feel anxious in social situations from time to time. ---. Social anxiety becomes a problem when it becomes quite distressing and starts getting in the way of your ability to function and enjoy life.

A) There are strategies you can use to help manage your social fears.

B) Social anxiety is one of the most common anxiety disorders.

C) For example, most people feel anxious when they have to speak in front of a large group.

D) People with social anxiety disorder tend to fear different types of social situations.

E) It is a lot easier to manage your anxiety when you have a better understanding of it.

57. Hallucinations are sensory experiences that occur in the absence of a stimulus. These can occur in any of the five senses (vision, hearing, smell, taste, or touch). "Voices" are the most common type of hallucination in schizophrenia. ---. The voices can either be internal, seeming to come from within one's own mind, or they can be external, in which case they can seem to be as real as another person speaking.

A) Many people with this disorder hear voices.

B) Researchers are trying to develop more effective treatments.

C) For some people, these symptoms come and go.

D) The voices warn the person in case of danger.

E) They may sit for hours without moving.

58. ---. Of these overweight children, a quarter are obese, with a significant likelihood of some having multiple risk factors for type 2 diabetes. The prevalence of overweight is dramatically higher in economically developed regions, but it is rising significantly in most parts of the world. In many countries the problem of childhood obesity is worsening at a dramatic rate. Surveys during the 1990s show that in Brazil and the USA, an additional 0.5 % of the entire child population became overweight each year.

A) In developed countries, children in lower-income families are particularly vulnerable because of poor diet.

B) The burden upon the health services cannot be estimated accurately.

C) Ten percent of the world's school-aged children are estimated to be carrying excess body fat.

D) In developing nations child obesity is most common in wealthier sections of the population.

E) Changes in the world food economy have contributed to shifting dietary patterns.

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59. Yellow fever is an acute viral hemorrhagic disease that is endemic in tropical areas of Africa and Latin America. Symptoms of yellow fever usually appear 3 to 6 days after the bite of an infected mosquito. ---. For most patients, these symptoms disappear after 3 to 4 days. However, 15% of patients enter a second, more toxic phase within 24 hours of the initial remission.

A) Vaccination is the most important preventive measure against yellow fever.

B) Several body systems are affected, including the kidneys.

C) Half of the patient who enter this phase die within 10 to 14 days.

D) In the initial phase, they include fever, muscle pain, headache, shivers, and nausea.

E) In addition, the most striking aspect is that the symptoms last forever.

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

60. **(I)** Dyslexia is a specific learning disability that is neurological in origin. **(II)** It is characterized by some troubles with accurate or fluent word recognition and by poor spelling and decoding abilities. **(III)** That is, it appears that dyslexia might be hereditary and run in families. **(IV)** The difficulties typically result from a deficit in the phonological component of language. **(V)** Secondary consequences may include problems in reading comprehension and reduced reading experience.

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

61. **(I)** Borderline personality disorder (BPD) is the most common diagnosed personality disorder. **(II)** The term borderline originally refers to symptoms being on the borderline between psychosis and neurosis. **(III)** Typically, with a diagnosis of BPD, you are likely to have a poor self-image and unstable personal relationships which tend to drive people away. **(IV)** Moreover, you may find it difficult to break away from damaging relationships as you are frightened of being alone. **(V)** On the other hand, others may find it difficult to relate to you as your response tends to be unpredictable, or people may be afraid of your anger.

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

62. **(I)** Contrary to myth, talking about depression makes things better, not worse. **(II)** If you think that someone you know may be depressed and needs help, give the person appropriate opportunities to talk. **(III)** It can be helpful to let the person choose the moment to open up. **(IV)** However, if the person does not initiate a conversation with you about how they are feeling, you should say something to them. **(V)** In fact, you should accept people as they are and have realistic expectations for them.

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

63. **(I)** Although it is uncomfortable, burning diarrhea is not usually a sign of a serious health condition. **(II)** Most cases resolve within a few hours or days on their own, or with the help of basic home remedies. **(III)** Diarrhea occurs when the intestines do not absorb enough fluid from the body's waste. **(IV)** Severe or long-lasting diarrhea, however, can cause malnutrition and extreme dehydration. **(V)** If left untreated, dehydration resulting from long-lasting diarrhea can even lead to death.

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

64. **(I)** Restless legs syndrome is a disorder characterized by the irresistible urge to move the body in an effort to stop uncomfortable or odd sensations, most often in the legs. **(II)** Restless legs syndrome onset can occur at any age, including infancy. **(III)** These feelings are typically described as creeping, crawling, itchy, burning, or tingling feelings. **(IV)** They tend to increase during periods of relaxation, such as while watching or attempting to fall asleep. **(V)** Because these feelings usually occur at night while the individual is attempting to fall asleep, restless legs syndrome often leads to complaints of insomnia.

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

65. **(I)** Having a diagnosis of personality disorder can feel challenging and distressing. **(II)** The reason is that it is a diagnosis that affects not just you, but may also affect the people and relationships in your life. **(III)** You may have to live with it on a long term basis, with an uncertainty about how it may affect you and people around you over time. **(IV)** In other words, whatever your situation, you certainly find it helpful to meet or make contact with other people in a similar position. **(V)** You may also feel that your condition gives you an insight into life that has positive aspects to it.

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

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66. - 68. soruları aşağıdaki parçaya göre cevaplayınız.

Alzheimer's disease, named after the doctor who first described it (Alois Alzheimer), is a physical disease that affects the brain. It affects 12 million old people worldwide. The symptoms of Alzheimer's disease are generally mild to start with, but they get worse over time and start to interfere with daily life. There are some common symptoms of Alzheimer's disease, but it is important to remember that everyone is unique. For most people, common symptoms are inability to think clearly and memory loss. Alzheimer patients are confused about what is happening around them. There are two drugs to treat Alzheimer patients which improve the way the brain works, but they can also have some side effects, such as stomach and liver problems. In China, people use traditional Chinese medicine made from plants which is called "Qian Ceng Ta" to treat Alzheimer patients. It is also much more effective in treating Alzheimer than the drugs that doctors give. Besides, it doesn't have any bad effects on the body.

66. One can infer from the passage that ----.

A) most patients of Alzheimer's disease can remember everything in detail

B) it is inevitable for some patients of Alzheimer's disease to have stomach pains as well as an adverse effect

C) the name and the describer of a disease might be the same

D) it is advisable for the patients of Alzheimer's disease not to use any drugs

E) the patients of Alzheimer's disease can be treated similarly since every patient has the same symptoms

67. We understand from the passage that ----.

A) there are many different kinds of plants that can be used to treat Alzheimer's disease

B) Alzheimer's disease is both a mental and physical ailment

C) Alzheimer's disease can be defined as a progressive disease

D) in China, people prefer taking pills from drugstores

E) Alzheimer's disease doesn't seem to have any impact on people's daily lives

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68. According to the passage, "Qian Ceng Ta" ----.

A) causes stomach and various liver problems

B) affects 12 million people in the world

C) is less effective in treating Alzheimer's disease than other drugs

D) can't be a solution for patients outside China

E) is a conventional method in China for treating Alzheimer's disease

69. - 71. soruları aşağıdaki parçaya göre cevaplayınız.

Many people still catch a cold in the springtime or fall. So, why can't scientists find a cure for the common cold? The answer is easy. There are actually hundred kinds of cold viruses. You never know which one you will get, so there isn't a cure for each one. When a virus attacks your body, your body works hard to kill it. Blood goes to your nose and blocks it. You feel terrible because you can't breathe well, but your body is actually "eating" the virus. Your temperature rises because the heat of your body is trying to kill the virus. You also have a runny nose to stop the virus from entering your body. You may feel miserable, but actually your wonderful body is doing everything to kill the cold. Different people have different remedies for colds. In the United States and some other countries, for example, people might eat chicken soup to feel better. Some people take hot baths and drink herbal teas. Other people take medicines to stop the temperature, and runny nose. There is one interesting thing to note: some scientists say taking medicines when you have a cold is actually bad for you. The virus stays in your body longer because it can't find a way to fight and kill the virus. Your body can do an amazing job itself without medicine.

69. The passage is mainly about ----.

A) the differences between a virus and a cold

B) different remedies applied throughout the world

C) most common symptoms of cold viruses

D) what happens when you catch a cold and how the body reacts

E) the dangers of using medicine in treating cold

70. We understand from the passage that ----.

A) catching a cold isn't common in spring

B) a cure for each kind of cold can be found easily

C) our bodies do their best to fight against cold perfectly

D) the body has the capacity to select and differentiate among the types of viruses

E) the impact of herbal remedies are still under discussion

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71. We understand from the passage that ----.

A) the virus easily enters the body once you can't breathe properly

B) high body temperature is good to fight against the virus

C) people try the same methods to get over the cold

D) the number of viruses which bring about cold is not too many

E) it is hoped that a remedy can be found for each type of cold virus

72 - 74. soruları aşağıdaki parçaya göre cevaplayınız.

Sleep has a powerful influence on all our lives, and a 60-year-old person spends almost twenty years asleep. The traditional theory about sleep is that our brain needs to rest for several hours to refresh itself and to file in our memory everything that has happened to us during the day. We can delay sleeping for a limited period, for example when we go to an all-night party, but sooner or later we have to sleep. If we are not allowed to sleep, we suffer hallucinations, and eventually die. However, Ray Meddis, a scientist at the Sleep Research Unit at Loughborough University, has a fascinating new theory. He suggests that we don't really need to sleep at all. We sleep only because our brain is programmed to do that. He believes that sleep originates from prehistoric times; primitive man was programmed to sleep to protect himself from the darkness and its many dangers. According to Dr. Meddis, the tiredness at the end of the day is produced by a chemical mechanism in the brain, and it makes us sleep. We are programmed to feel tired or sleepy at midnight, even if we have spent the day relaxing on the beach or doing nothing. Dr. Meddis believes that we feel tired when we don't sleep enough, but it's not because we have not rested but because we have disobeyed our brain's programming.

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72. The passage is mainly about ----.

A) the question of why we sleep and some theories about the reasons

B) the reasons for which our brain needs rest to refresh ourselves

C) the negatives effects of not getting enough sleep on our body

D) the studies of Dr. Ray Meddis and his influential ideas on brain chemicals

E) how humans in pre-historic times struggled against the dangers of lack of sleep

73. It is implied in the passage that ----.

A) the influence of sleep on our lives was and is a matter of controversy

B) Dr. Meddis actually favors the traditional theory

C) an average person spends nearly one third of his life asleep

D) Dr. Meddis, despite not working in the area, has tried to figure out the reasons of sleeping

E) the reasons of sleeping and too much sleeping differ a lot

74. According to Ray Meddis, people sleep because ----.

A) they get tired at the end of the day

B) they are not able to have a rest all day long

C) their brain has to file their memory

D) their brain needs resting and refreshing

E) it is a kind of habit for them

75. - 77. soruları aşağıdaki parçaya göre cevaplayınız.

Motion sickness is not just seasickness; it comes in many forms. Ninety percent of the human race is affected by motion sickness of one kind or another. Some people become sick when they sit in the back-seat of a car; others cannot read or look at a map in any kind of moving vehicle. People get motion sickness on airplanes, motorcycles, entertainment park rides, and even on camels. Scientists have learned that motion sickness occurs when the brain is trying to make sense of a situation and there are too many conflicting messages which are sent to the brain from the other parts of the body. While the eyes are sending one message, the ears are trying to send a message about balance. The skin and bone joints, which are sensitive to air pressure, send another message. Many people who have experienced violent motion sickness try to avoid travelling, but that is not always possible. Therefore, travelers should use some well-known strategies to avoid getting sick. The most useful strategy concerns food: eat a light meal before travelling and avoid alcoholic and carbonated beverages, high-fat foods, and spices. Choosing the location of your seat is another important strategy. In a car, sit in the front seat. On a plane, sit near the wings. On a boat, sit at the front and keep your eyes fixed on a point. People who still get sick after trying these strategies can try medical help. Some rely on medications although some of them can make you sleepy. Others use simple herbal capsules to comfort their stomach. A large number of travellers use pressure bands on their wrists to prevent motion sickness.

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75. The passage is largely deals with ----.

A) the consequences of motion sickness in people's social lives

B) causes of motion sickness and some methods to overcome it

C) most common types of motion sickness

D) a few useful strategies to handle motion sickness

E) how motion sickness takes place in human body

76. According to the passage, motion sickness happens when ----.

A) there are a lot of messages for the brain to deal with

B) travelers are not concentrated enough on the road

C) people do many things at the same time in a vehicle

D) the length of travel is longer than it is expected

E) people fix their eyes on one point

77. We understand from the passage that one way to prevent motion sickness is ----.

A) having a meal with high fat

B) getting carbonated drinks

C) sitting in the right place

D) not having long journeys

E) not looking out of the windows

78. - 80. soruları aşağıdaki parçaya göre cevaplayınız.

Autism is a mental disease which prevents people from communicating with the outside world. Autistic people seem to live in an isolated world of their own which, even today, doctors are unable to penetrate. The illness was first given a name in 1943, but doctors have made very little progress in their understanding of the disease since then. According to the statistics, between two and four children out of every 10,000 are born autistics. Often victims are not able to speak, read or write. However, there is something more extraordinary about the illness: many of the children can use their brains in super-human ways. One of the most common skills these autistic children have is calendrical calculation which is the ability to say which day of the week a particular date falls on. Doctors do not know how patients perform such tricks. However, certain common characteristics have been found. The strangest one is that: about 85 % of all the recorded cases are males. In other words, it can be said most of the autistic people are males. No one knows why the range of skills is so limited either. Their skills only include music (usually the piano), calendrical or other mathematical computations, art, extraordinary sensitivity of touch or smell and (more usually) mechanical ability. It has been suggested that autistic people do not suffer. In fact, they are perfectly happy to remain in their own world. They do not actually feel lonely at all. Yet, some victims' families think that a cure is necessary in order to reduce the terrible pain of rejection felt by their autistic children as these children do not suffer from physical pain but they have no friends and even their relatives avoid communicating with them.

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78. According to the passage, a number of autistic children have ----.

A) extremely poor memories

B) larger-than-average brains

C) incredible mental abilities

D) higher than average emotional intelligence

E) great social skills compared to their peers

79. Medical research has discovered that ----.

A) all autistic people have a wide variety of skills

B) autistic people have nothing in common

C) all autistic people have mechanical ability

D) brain functions of autistic people are less developed

E) autism does not equally affect the males and females

80. We understand from the passage that some parents with autistic children think that ----.

A) autistic people suffer from physical pain

B) treatment is a must to end the isolation

C) their relatives should help them bring up their children

D) the medical world cannot understand the tricks of the autistic

E) some autistic children are rejected by their families

TEST BİTTİ.

CEVAPLARINIZI KONTROL EDİNİZ.

YÖKDİL SAĞLIK CHECK-UP





5 ÖZGÜN DENEME

Ercan GÜROYA
Serten ACAR
Kamil KİLCİ
Suat GÜRCAN
Rıdvan GÜRBÜZ

irem yayıncılık

Time for a Check-Up

4

YÖKDİL SAĞLIK BİLİMLERİ
DENEME SINAVI

4

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

1. Job stress has been recognized as a significant occupational hazard that can ---- physical health, psychological well-being and work performance.

A) maintain B) consolidate

C) detect D) overcome

E) impair

2. The success of the operation depends primarily on the ---- of suitable organs belonging to the persons who have recently died.

A) intervention B) failure

C) availability D) resistance

E) progression

3. The hallmark of dementia is the inability to carry out everyday activities as a consequence of ---- cognitive ability.

A) diminished B) considerable

C) former D) occasional

E) permanent

4. When insulin resistance occurs, sugar is unable to enter the cells ----, and too much remains in the bloodstream.

A) accidentally B) successfully

C) similarly D) respectively

E) distantly

5. The family dog could serve as a partner and ally in efforts to help children ---- disabilities incorporate more physical activity ---- their daily lives.

A) of / with B) with / into

C) at / by D) by / of

E) through / at

6. The most common type of dementia is Alzheimer's disease, which ---- approximately 60% of cases of dementia.

A) makes up B) falls behind

C) calls for D) gets through

E) holds back

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

7. Many grandparents ---- their grandchildren practice outdated health and parenting myths that ---- potentially pose serious risks to young children.

A) raised / would

B) to raise / can

C) raising / could

D) having raised / should

E) raise / might

8. Asthma is achronic illness, meaning that most people ---- with the disease ---- it for the rest of their lives.

A) diagnosing / have

B) diagnosed / will have

C) to be diagnosed / had

D) to diagnose / have had

E) having diagnosed / would have

9. Concern about energy drink consumption and caffeine intake ---- in the fall of 2012, when a 14-year-old girl ---- after consuming energy drink.

A) triggered / had died

B) was triggering / has died

C) had been triggered / would die

D) would trigger / die

E) was triggered / died

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10. In early infancy, mothers are too much in the habit of giving thick gruel, panada, biscuit-powder, and such matters, ---- that a diet of a lighter kind ----.

A) to think / does not nourish
B) having thought / did not nourish
C) thinking / will not nourish
D) having thought / is not nourishing
E) thought / would not nourish

11. Until now, doctors ---- a cure to the illness of autism, which is why some parents ---- to experiment with alternative forms of treatment.

A) haven't found / want
B) didn't find / would want
C) don't find / will want
D) hadn't found / wanted
E) can't find / had wanted

12. During the fourteen century, plague ---- as the "black death", ---- an estimated 50 million deaths.

A) has been known / caused
B) had been known / to cause
C) was known / causing
D) is known / to be caused
E) used to be known / being caused

13. Excessive crying may not have a firm definition ---- the crying habit changes from baby to baby.

A) even though B) as if
C) because D) so that
E) whereas

14. Acupuncture is a form of holistic healthcare that is used to prevent and treat certain diseases ---- relieving pain and anesthetizing patients for surgery.

A) contrary to B) as well as
C) despite D) in the case of
E) beside

15. Depression in adolescents is a disorder which occurs ---- persistent sadness, loss of interest, loss of self worth and discouragement.

A) in contrast to B) despite
C) due to D) unlike
E) apart from

16. Students with dyslexia often have strong higher-level oral language skills and are able to get the main idea of a passage ---- their difficulty with the words.

A) aside from B) thanks to
C) along with D) despite
E) as a result of

17. A person may have an episode of bipolar disorder ---- he or she has a number of manic or depressive symptoms for most of the day, for at least one or two weeks.

A) in order that B) except that
C) until D) as though
E) if

18. It is very difficult to find accurate statistics about bulimia nervosa ---- it so often goes undiagnosed and untreated.

A) even if B) so
C) as D) but
E) moreover

19. Many clinicians are reluctant to work with people with personality disorder ---- they believe that they have neither the skills nor the resources to provide an adequate service.

A) though B) because
C) as if D) so that
E) whereas

20. Most individuals experience acne during pubescence and on their face, ---- in some cases it can continue into adulthood and appear on other parts of the body.

A) yet B) or
C) so D) nor
E) for

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21. - 25. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Mobile phones are a portable source of telecommunication **(21)----** electromagnetic radiation has a significant impact on human health globally. Enormous usage of mobile phones in health care settings has paved a way for medical practitioners to **(22)----** potential changes in behaviors that are beneficial in improving health conditions. With **(23)----** in technology, mobile health (mHealth) interventions, especially medical software applications, have been the target **(24)----** providing information related to various health conditions and promotion of certain dynamic health-related activities. Most of the mHealth interventions have focused on adult populations, **(25)----** there is scarcity of information on the effect of mHealth technologies on younger populations.

21.

A) which B) whose
C) what D) when
E) how

22.

A) come up with B) cut down
C) fall behind D) give away
E) pull through

23.

A) challenges B) debates
C) advancements D) emergencies
E) gaps

24.

A) from B) until
C) for D) without
E) against

25.

A) therefore B) besides
C) meanwhile D) even so
E) however

26. - 30. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Bad weather has negative effects on our health and mood. Most of us get depressed **(26)----** the winter, and can't wait for the spring to come. For some people, those dark winter days **(27)----** even cause psychological problems like Seasonal Affective Disorder (SAD). This illness typically occurs in long winters and is characterized by extreme depression. SAD sufferers **(28)----** to concentrate or even finish a daily task because they often feel unhappy or anxious. The winter becomes the most intolerable time of the year for them. The whole problem is caused by lack of sunlight. Travelling to a country with a warm and sunny climate is the best cure, **(29)----** unfortunately most people with SAD don't have the **(30)----** to travel abroad.

26.

A) since B) for
C) during D) while
E) until

27.

A) may B) have to
C) are able to D) must
E) should

28.

A) decrease B) overcome
C) prevent D) fail
E) attempt

29.

A) hence B) also
C) but D) that is
E) given that

30.

A) disappointment B) indication
C) invitation D) opportunity
E) establishment

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31. - 41. sorularda, verilen cümleyi uygun şekilde tamamlayan ifadeyi bulunuz.

31. Your daily rhythm pattern largely determines the timing of your sleep ----.

A) while certain hormones follow the 24-circadian rhythm pattern

B) because your temperature is lowest during the night

C) but certain social factors regulate this rhythm

D) in addition to the timing of other body functions

E) as it is regulated in both humans and animals

32. —, it takes away someone's ability to think, eat, talk, and more.

A) Although Alzheimer's disease becomes more common as people age

B) Because doctors don't usually consider Alzheimer's disease a possibility during midlife

C) Due to the fact that high risks behaviours can be fatal

D) While certain treatments can help against Alzheimer's symptoms

E) As Alzheimer's disease gradually worsens

33. While negative emotions are associated with increased food consumption and unhealthy food choice, ----.

A) the potential of other emotions to undermine weight loss efforts is less clear

B) it was found that chronic stress was the most commonly researched negative emotion

C) all these negative emotions have nothing to do with increased food consumption

D) positive emotions are linked to an even greater degree of overeating in adults

E) understanding the link between emotions and eating patterns will be helpful for better health

34. Although the standard for a healthy blood pressure measure is 120/80 mmHg, ----.

A) this target is not recommended for everyone, especially those who are older

B) other factors that influence blood pressure include gender and age

C) researchers also mention other factors such as cardiovascular diseases

D) individuals should never discuss their blood pressure target goals with clinicians

E) blood is carried around the body in tubes called blood vessels

35. ----, the picture of adolescents today is largely a very positive one.

A) As long as adolescents are attached to their families and communities

B) Despite the negative portrayals that seem so prevalent in the past

C) As professionals can play an important role in shifting perceptions

D) Whenever adolescents need adults and want them to be part of their lives

E) Given that efforts are made to move to a new way of understanding

36. Energy drinks are said to be one of the many products on the market claiming to improve running performance, ----.

A) however, little research has been conducted to prove this claim

B) therefore, one of the most popular and cost-effective methods is running

C) moreover, the results do not give us an insight into how energy drinks work

D) meanwhile, most energy drinks contain ingredients such as caffeine and taurine

E) as a result, there has been very little evidence from scientific research to back them up

37. While the government may recognise dyslexia as a genuine condition, ----.

A) so many parents report that their schools are willing to take action to support dyslexic children

B) children become frustrated and depressed, and are often labelled as lazy or stupid

C) the overall standard of literacy will remain in the lower divisions of international comparisons

D) some children are penalised for having developed coping strategies

E) it is a tragedy that this knowledge is not more widely shared among schools and teachers

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38. Diabetes is a chronic condition that often leads to multiple complications ----.

A) thanks to major advances made in the last few decades

B) some examples of which are decreased kidney function, heart attacks, and strokes

C) although this research is still in its infancy and has only been performed on mice

D) while what causes chronic inflammation has largely been a mystery

E) though the number of diabetes patients keep increasing

39. ----, many individuals do not engage in physical activity, or cease exercising after a short duration.

A) While the benefit experienced from a new behaviour decreases over time

B) Because physical activity becomes a habit for people

C) Given that physical activity is a major contributor to a healthy lifestyle

D) Despite the obvious positive health benefits of exercise

E) Seeing that individuals continue to experience positive emotions during exercise

40. While early touchscreen use does not affect the children's language and gross motor abilities, ----.

A) researchers investigate the negative effects of video games

B) there is no link between the touchscreen use and language development

C) first touchscreen use occurs at 13 months of age

D) touchscreen usage in families increases rapidly

E) it leads to earlier fine motor development

41. Although, from the perspective of both the patient and society, the cost to control asthma seems high, ----.

A) it is a serious health problem throughout the world

B) it can place severe limits on daily life, and is sometimes fatal

C) the cost of not treating it correctly is even higher

D) much is still required to reduce mortality from the disease

E) medications continue to be the major component of the treatment

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

42. A recent study examined the impact of running on various health problems and concluded that running may be the most cost-effective lifestyle medicine from public health perspective.

A) Yakın zamanda yapılan bir çalışma koşmanın sağlık sorunları üzerinde etkisini araştırdı ve kamu sağlığı açısından koşmanın en etkili yaşam ilacı olabileceği sonucuna vardı.

B) Son zamanlarda yapılan bir çalışma gösterdi ki koşmak çeşitli sağlık problemleri üzerinde etkili ve kamu sağlığı açısından en maliyeti düşük yaşam ilacıdır.

C) Yeni yayınlanan bir araştırma koşmanın çeşitli sağlık problemleri üzerindeki etkisini inceledi ve koşmanın kamu sağlığı açısından maliyeti en düşük yaşam ilacı olduğu sonucuna vardı.

D) Son zamanlarda yapılan bir çalışma koşmanın çeşitli sağlık sorunları üzerindeki etkisini inceledi ve kamu sağlığı açısından koşmanın en uygun maliyetli yaşam ilacı olabileceği sonucuna vardı.

E) Yakın zamanda yapılan bir çalışma koşmanın çeşitli sağlık sorunları üzerinde etkisini inceleyip koşmanın kamu sağlığı açısından maliyeti en düşük yaşam ilacı olduğu sonucuna vardı.

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43. Past studies have demonstrated that nutrient deficient maternal diets can result in negative consequences for their offspring, including the development of hypertension and obesity.

A) Geçmiş çalışmalar annelerin yetersiz beslenmelerinin çocuklarında hipertansiyon ve obezite oluşumu dahil olmak üzere olumsuz sonuçlar doğurabileceğini gösterdi.

B) Geçmişteki bazı çalışmalar annelerin yetersiz beslenmelerinin çocukları için ileride hipertansiyon ve obezite oluşumu da dahil olmak üzere olumsuz sonuçlar doğuracağını göstermiştir.

C) Hipertansiyon ve obezite oluşumu da dahil olmak üzere yetersiz beslenme biçimlerinin çocuklar üzerinde olumsuz sonuçlar doğurabileceği geçmişteki çalışmalar ile gösterilmiştir.

D) Geçmiş araştırmalar gösteriyor ki annelerin yetersiz beslenmelerin çocuklar üzerinde ilerde hipertansiyon ve obezite gelişimi de dahil olmak üzere çeşitli sonuçlar doğurması kaçınılmazdır.

E) Önceki çalışmalar gösteriyor ki annelerin yetersiz beslenme biçimleri çocukların yaşamlarında ilerde hipertansiyon ya da obezite oluşumu dahil olmak üzere yıkıcı sonuçlar doğurabilir.

44. Secondhand smoke exposure means breathing the smoke from burning tobacco product and from smoke breathed out from a smoking person.

A) Pasif içicilerin sigara dumanına maruz kalması bir tütün ürününü ve sigara içen birinden çıkan dumanı solumakla olur.

B) Pasif içicilik yanan bir tütün ürününü veya sigara içen birinden çıkan dumanı solumaktır.

C) Pasif içicilerin maruz kaldığı sigara dumanı, yanan bir tütün ürününden gelen ve sigara içen birinin üflediği dumanı solumak anlamına gelir.

D) Pasif içiciliğe maruz kalmak yanan bir tütün ürününü solumakla ve sigara içen birinden çıkan dumanı içine çekmekle olur.

E) Yanan bir tütün ürününü ve sigara içen birinden çıkan dumanı solumak pasif içicilerin maruz kaldığı bir durumdur.

45. Scientists have developed a promising new device which allows for monitoring glucose levels and administers medications in a non-invasive way.

A) Bilim insanları glükoz seviyesini izlemeye izin veren ve müdahalesiz bir biçimde ilaç tedavisini yöneten umut verici yeni bir cihaz geliştirdiler.

B) Bilim insanları yeni geliştirdikleri cihazla glükoz seviyesini izlemeye ve müdahalesiz bir şekilde ilaç tedavisini yönetmeye izin verdiler.

C) Bilim insanları tarafından geliştirilen umut verici yeni cihaz glükoz seviyesini izleme ve müdahalesiz bir biçimde ilaç tedavisi yönetme özellikleri taşıyor.

D) Bilim insanları glükoz seviyelerini izlemek ve müdahalesiz bir şekilde ilaç tedavisi yapmak için umut verici yeni bir cihaz geliştirdiler.

E) Bilim insanları glükoz seviyesini izlemeye yarayan ve müdahalesiz bir biçimde ilaç tedavisi yapan umut verici yeni bir cihaz geliştirdiler.

46. Foot problems are the most common cause of hospitalization in diabetics, of whom one in five patients undergo amputation.

A) Ayak sorunları, beşte birinin uzvunun kesilmesine maruz kaldığı şeker hastalarının hastanede tedavi görmesinin en yaygın nedenidir.

B) Ayak sorunları, şeker hastalarının beşte birinin uzvunu kaybetmesine ve hastaneye yatırılmasına yol açan en yaygın nedenlerden biridir.

C) Şeker hastalarının beşte birinin uzvunun kesilmesine maruz kaldığı ayak sorunları, hastaneye yatırılmanın en yaygın sebeplerinden biridir.

D) Her beş hastadan birinin uzvunun kesilmesine neden olan ayak sorunları şeker hastalarının hastanede tedavi edilmesi ile sonuçlanmaktadır.

E) Ayak sorunları, her beş hastadan birinin uzvunu kaybetmesine ve hastanede tedavi görmesine sebep olan en yaygın sorundur.

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47. Having a family member who knows that you have high blood pressure makes it easier to make the changes that will help you reach your goal.

A) Bir aile üyesinin yüksek tansiyonunuzun olduğunu bilmesi amaçlarınıza ulaşmada yapacağınız değişikleri kolaylaştırır.

B) Hedefinize ulaşmak için yapacağınız değişikleri kolaylaştıracak şeylerin başında yüksek tansiyonunuzun olduğunu bilen bir aile üyesi gelir.

C) Yüksek tansiyonunuzun olduğunu bir yakınınızın biliyor olması amacınıza ulaşmada yardımcı olacak değişiklikleri yapmayı kolaylaştıracaktır.

D) Yüksek tansiyonunuzun olduğunu bilen bir aile üyesinin olması hedefinize ulaşmanıza yardımcı olacak değişiklikleri yapmayı kolaylaştırır.

E) Bir aile üyesinin yüksek tansiyonunuzun olduğunu bilmesi hem amacınıza ulaşmayı hem de yapacağınız değişikleri kolaylaştırır.

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

48. Sağlıklı yeme alışkanlıkları ve aktif bir yaşam biçimi sürdürme ve gerekli ise ilaç kullanma, kan şekeri düzeyinizi amaçlanan aralıkta tutmaya yardımcı olacaktır.

A) Having healthy eating habits or an active life, and using medication, if necessary, will help you keep your blood glucose levels within their target range.

B) Maintaining healthy eating habits and active lifestyle, and taking the medication, when necessary, might keep your blood glucose levels within their target range.

C) With healthy eating habits and an active lifestyle, and using the necessary medication, you will keep your blood glucose levels within their target range.

D) Maintaining healthy eating habits and an active lifestyle, and taking medication, if necessary, will help you keep your blood glucose levels within their target range.

E) Having healthy eating habits and an active lifestyle, and taking medication, when necessary, will make sure you keep your blood glucose levels within their target range.

49. Grip, özellikle insanlar işlerine hasta geliyorsa ve gerekli tedavi için bir doktora gitmiyorsa iş yerinde hızla yayılabilir.

A) Influenza spreads out quickly, particularly if people come to work sick and not see a doctor for appropriate treatment.

B) Influenza can circulate fast if when people come to work sick and not visit a doctor for basic treatment.

C) Influenza might spread out very fast as long as people come to work sick and not see a doctor for necessary treatment.

D) Influenza can become common quickly, notably once people come to work sick and not visit a doctor for treatment.

E) Influenza can spread quickly in the workplace, especially if people are coming to work sick and not visiting a doctor for appropriate treatment.

50. Elektronik sigaraların ABD gençleri arasında kullanımı şu anda normal sigara tüketimini önemli derecede aşan oranları ile her zamankinden daha yaygın.

A) The use of electronic cigarettes is obviously more widespread among US youth, with rates now substantially exceeding those of normal cigarette smoking.

B) The use of electronic cigarettes is more prevalent among US teenagers than it used to be, with rates now significantly exceeding those of regular cigarette smoking.

C) The use of electronic cigarettes among US adolescents is more common than ever before, with rates now significantly exceeding those of regular cigarette smoking.

D) The use electronic cigarettes is more widespread among US youth compared with the past, with rates now substantially surpassing those of normal cigarette smoking.

E) The use of electronic cigarettes is as common among US adolescents as it used to be, with rates now significantly surpassing those of normal cigarette smoking.

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51. Genelde kalbimizin ritmini isteyerek değiştiremezken nefesimizi tutarak veya iç çekerek ve esneyerek nefes alma şeklimizi değiştirebiliriz.

A) When we cannot change our heart's rhythm willingly, we can alter how we breathe as in holding our breath or sighing and yawning.

B) While we generally cannot change our hearts' rhythm by choice, we can alter how we breathe by holding our breath or sighing and yawning.

C) Although we mostly cannot change our heart's rhythm on purpose, we can alter how we breathe by holding our breath or sighing or yawning.

D) We cannot change our heart's rhythm, but we can alter how we breathe through holding our breath or sighing and yawning.

E) It is not always possible for us to change our heart's rhythm willingly, yet we can alter how we breathe as in holding our breath or sighing and yawning.

52. Kafein ister yemeklerde ister ilaç olarak tüketilsin, beyninizin ve vücudunuzun çalışma şeklini değiştirir ve nasıl davrandığınızı ve hissettiğinizi etkiler.

A) Whether caffeine is consumed in food or as a medicine, it changes the way your brain and body work and affects how you behave and feel.

B) Whether caffeine is consumed as food or medicine, it alters the way your brain and body work and has an impact on how you behave and feel.

C) Caffeine is consumed in food or as medicine, also it changes the way your brain and body work and influences how you behave and feel.

D) Whether caffeine is consumed only in food or medicine, it changes the way your brain and body work and has an impact on your behavior.

E) Since caffeine is consumed as food or in medicine, it alters the way your brain and body work and influences how you behave and feel.

53. Son yıllarda dünya çapında artan enerji içecekleri tüketimi ile birlikte hem bilimsel camiada hem de halk arasında bu ürünlerin sağlığa olan etkilerine dair endişeler artmaktadır.

A) With the global consumption of energy drinks in an increasing rate recently, worries about the health effects of these products have been raising not only in the scientific community but also among the public.

B) Along with the universal consumption of energy drinks increasing lately, concerns are expected to raise both in the scientific community and among the general public connected with the health effects of these products.

C) With the global consumption of energy drinks rising in recent years, concerns have been expressed not only by the scientific community but also among the general public as to the health effects of these products.

D) With the worldwide consumption of energy drinks increasing in recent years, concerns have been raising both in the scientific community and among the general public about the health effects of these products.

E) Since the worldwide consumption of energy drinks has been going up in recent years, some worries regarding the effects of such products have been mentioned by the scientific community.

54. - 59. sorularda, boş bırakılan yere, parçada anlam bütünlüğünü sağlamak için getirilebilecek cümleyi bulunuz.

54. It is difficult for someone with an eating problem of any kind to eat in front of other people. ----. This may mean either avoiding situations which involve food altogether or regularly claiming to have eaten already when food is offered. If someone with blumia nervosa does not eat with other people, then they may disappear immediately afterwards. If you notice that someone always visits the toilet after eating, you should be aware that there may be a problem.

A) Anorexia nervosa is interchangeable with the term anorexia, which refers to self-starvation and lack of appetite

B) People with bulimia nervosa do not generally have the dramatic weight loss unlike anorexia nervosa

C) Therefore, people with bulimia nervosa may experience serious money worries which seem difficult to explain

D) For example, those with bulimia nervosa will often make excuses to avoid eating with friends or family

E) If you live with someone who has bulimia nervosa, you may notice other signs as well

55. The affects of caffeine vary from person to person. Some individuals can consume caffeinated products late in the evening without it affecting their ability to sleep. ----. Individuals tend to find their own acceptable level of daily caffeine consumption through trial and error. People who experience undesirable effects can easily adjust their caffeine consumption to meet their needs.

A) Caffeine is normally excreted within several hours of consumption

B) Moderate caffeine consumption should not be classified with addictive drugs

C) When regular caffeine consumption is stopped abruptly, some may experience discomfort

D) Except for infants, children metabolize caffeine more quickly than adults

E) Others find even a small amount of caffeine keeps them awake

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56. **Agoraphobia is the fear of leaving one's home or safe area and venturing into the outside world. It is also found in combination with other phobias or obsessive-compulsive disorder. People suffering from agoraphobia usually have panic attacks when they feel unsafe. ----. Many people suffering from agoraphobia are confined to their homes or even to a specific room in their home.**

A) These disorders are usually characterized by intense anxiety leading to panic attacks

B) These unsafe feelings include when the person is trapped, out of control, or too far from a personal comfort zone

C) First of all, agoraphobia is not a fear of open spaces, nor is it a fear of crowded spaces

D) Agoraphobia can affect any person, regardless of gender, age, religion, race, ethnicity, or economic status

E) A number of famous people have suffered from agoraphobia in the past, including celebrities

57. **Anxiety disorders like social phobia and panic disorder can be treated with a number of medications. ----. It is important, whatever your medical condition, to understand how your medications work. This will help you stay in control of your treatment and your life. Therefore, if you have anxiety disorders, you should understand how benzos work so that you can make the best medical choices for yourself.**

A) It depends on the strength of the drug you are using and your body's specific reaction to it

B) There are a number of side effects to consider if you are thinking about using benzos to treat your anxiety disorder

C) That is, if uncontrolled, the use of these drugs can be very harmful to your health

D) One such class of these medications is benzodiazepines, known as benzos for shorts

E) Other side effects are drowsiness, ataxia, confusing, imbalance, impaired judgment, and forgetfulness

58. **----. While there are many people who can benefit from this form of treatment, there are others who will do better with other treatments. If you are considering cognitive-behavioral therapy, you need to meet two qualifications. First, you have to be motivated to change because if you are resistant to change, you won't do the work required to make cognitive-behavioral therapy work and recovery is not possible. Secondly, you need to have access to a therapist specially trained to deal with cognitive-behavioral therapy.**

A) Anxiety disorders are very difficult medical conditions with which to live

B) Cognitive-behavioral therapy does not work well for absolutely everyone

C) Cognitive-behavior therapy is a combination of cognitive therapy and behavioral therapy

D) Cognitive therapy focuses mainly on patients recognizing certain things within themselves

E) Relaxation and breathing exercises are common with behavioral therapy for anxiety disorder patients

59. **When a person has a panic attack, often they feel so overwhelmed that they forget to simply breathe properly. Many doctors are, therefore, advocating safe breathing practices in order to help calm anyone having a panic attack. In fact, if you've ever had a panic attack in public, someone may have tried to get you to breath into a paper bag. This may or may be a good method for you, but the fact is that you should know and practice your breathing exercise before you are panicking. ----.**

A) To wrap up, have a plan, learn calming and breathing techniques and practice at least twice a day

B) However, some other relaxing practices may also be able to help your panic attack

C) Another point is that you should also be medically prepared for a panic attack

D) In contrast, you can do your best to avoid or minimize these situations

E)) You might even find it difficult to consider meditation when you're having a panic attack

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

60. **(I)** An albino is an animal or a person that is born without any colour. **(II)** Albinos are very rare in nature because they usually do not live very long due to two reasons. **(III)** One reason is that they often become blind and cannot take care of themselves. **(IV)** The other reason is simply the colour. **(V)** In addition, they have pale, whitish fur, feathers, or hair.

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

61. **(I)** Studies have shown that even at birth a child responds positively and specifically to the tones of the human voice. **(II)** Music in particular has been found to have a soothing effect upon a child. **(III)** In one such study a film of a new born baby was taken. **(IV)** When it was examined in slow motion it was found that tiny gestures on the part of the child synchronized with specific tones and syllables from the parents. **(V)** Sounds other than the human voice, however, produced no such responses.

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

62. **(I)** After the brain, the liver is the most complex organ in the human body, with over 500 functions. **(II)** Some of these include making proteins to fight infection and disease, filtering out blood toxins and manufacturing hormones, proteins, and other vital chemicals. **(III)** On the other hand, if the liver is damaged, it can affect the whole body. **(IV)** Heavy drinking can cause fatty acids to collect in the liver and sometimes heavy drinking over a short period, even less than a week, can cause this. **(V)** Once damage begins, it can take a long time to become noticeable, as the liver is generally effective at regenerating and repairing itself and often, by the time the damage is found, it is irreversible.

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

63. **(I)** How can you keep fruits and vegetables fresh in a hot climate when you do not have a refrigerator? **(II)** A teacher in Nigeria has invented a new, nonelectric cooler that does not need ice. **(III)** It is a simple device made of a small clay pot that fits inside a larger pot, with wet sand between them and a damp cloth on top. **(IV)** This cooler can keep eggplants, tomatoes, and peppers fresh for three weeks or more. **(V)** Refrigerators therefore could be extremely useful in keeping everything fresh.

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

64. **(I)** Children who are left-handed tend to have more accidents than right-handed children. **(II)** Doctors have a few theories to explain that. **(III)** One theory says that left-handed children may simply fall and bump into things more often. **(IV)** Most things, such as doors, cars, and toys are designed for right-handed people. **(V)** According to this theory, the problem is not with the children, but with the world around them.

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

65. **(I)** For centuries, men who work as coal miners have had many health problems. **(II)** The worst of these problems is a disease called "Black Lung" which is caused by the coal dust in the mines. **(III)** Until very recently, one miner in every five minutes in the United States got this disease. **(IV)** Since then, the conditions in the mines have improved. **(V)** Thus in 1969 a new law forced the coal companies to improve the working conditions for miners.

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

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66. - 68. soruları aşağıdaki parçaya göre cevaplayınız.

Psychology is literally the study of the mind (or soul) but its area has broadened somewhat in the last century as we have learnt that one cannot consider the mind as totally isolated from the body, and it now includes the study of human personality and behaviour. Psychologists also study the behaviour and brain of animals whenever such studies throw light on human behaviour. It is important to realise that psychologists are first and foremost trained as scientists rather than as medical experts and do not necessarily take much interest in abnormalities of the brain and mental process.

66. It is clear in the passage that psychology ----.

A) is not only concerned with the mind alone, but also with human personality and behaviour

B) has always been confined to the study of mind

C) primarily concentrates on the study of animal behaviour

D) mostly deals with the mental abnormalities of both humans and animals

E) has been interested in human personality for a long time

67. It is pointed out in the passage that ----.

A) a close cooperation between psychologists and medical experts is essential

B) the study of human behaviour alone is what interests present-day psychologists

C) as a branch of science, psychology is no longer to be understood in its literal sense

D) the body and mind function independently in totally separate ways

E) modern day psychologists have an increased sympathy for the abnormalities of the brain

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68. We understand from the passage that ----.

A) there have been no noticeable developments in psychology since the last century

B) the body and mind are separate and different concepts in the eyes of psychologists

C) psychologists give great importance to the study of mental processes for medical purposes

D) psychologists can be basically regarded as scientists instead of medical experts

E) studying animals is of paramount importance for psychologists

69. - 71. soruları aşağıdaki parçaya göre cevaplayınız.

A new study suggests that social media sites have created a new phenomenon known as "Facebook depression." American psychologists have warned parents about the possible dangers of networking websites on their children's mental health. For some teenagers, social media has become the primary way to interact socially. They no longer meet at cafés or a friend's house. A large part of this generation's social and emotional development takes place on the Internet and on mobile phones. The same study shows that 22% of teenagers log on to a social media site more than 10 times a day. Parents need to understand these technologies so that they can enter their children's online world. Psychologists also say that it is important for parents to be aware of how social media sites can affect children and that the Internet is not always a healthy environment for kids. Facebook may help youngsters to express themselves and socialise, but it may also isolate them from society. Therefore, psychologists urge parents to take an active role and discuss problems like bullying, privacy and feeling down because of what's happening on Facebook.

69. According to the passage, networking websites ----.

A) have replaced traditional ways of socialising among young people

B) pose serious danger to people from all walks of life

C) have provided parents with some information about psychology

D) might have a positive effect on teenagers' success at school

E) are not to blame for the emotional development of teenagers

70. Parents should learn how to use the new technologies ----.

A) in order that they can socialise with other parents

B) if they really want to help their children with their problems

C) because there are several websites that teach them help their children

D) to show their children that they have similar interests

E) in order to show that they can keep up with the new developments

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71. One can understand from the passage that ----.

A) parents should not allow their children to use networking websites

B) traditional ways of socializing have the same effect as online socializing

C) teenagers can protect themselves from the negative effects of the Internet

D) internet is not the only tool that affects children's social and emotional development

E) the use of social sites such as Facebook has been banned in some countries

72 - 74. soruları aşağıdaki parçaya göre cevaplayınız.

A health gap refers to how members of one group do not receive the same quality of treatment as another group. For example, a white person in the US may receive very good health care while a black person may receive poor health care. There are different reasons why health gaps exist. One reason is socioeconomic. That is, a person's social and economic level may not allow him or her good access to health care. A doctor's care or services simply might be too expensive. That probably doesn't surprise anyone. But there are also barriers to simply enter the health care system. People of different racial groups may actually face discriminations at a clinic or hospital. Finally, the quality of service can differ. Minorities may not receive the same quality of service as white people, even from the same doctor.

72. The passage is mainly about ----.

A) how black people in the US suffer from the health care system

B) the reasons why some people are treated unequally as regards health care

C) the difficulty of having access to affordable and better health care

D) the health problems of minority groups and how they are discriminated

E) possible solutions to overcome the health problems of disadvantaged groups

73. We understand from the passage that a black person may receive poor health care because ----.

A) there are not enough health care services

B) some barriers such as language play a role

C) minorities want to have their own healthcare system

D) he or she cannot afford the expenses

E) clinics do not have the necessary facilities for everyone

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74. According to the passage, it is understandable if ----.

A) some black people cannot get enough health care

B) there are discriminations against certain groups

C) different types of treatment are offered to patients

D) some obstacles exist that do not allow for treatment

E) a doctor's services are costly for some patients

75. - 77. soruları aşağıdaki parçaya göre cevaplayınız.

How much of the day do you spend with your head buried in your smart phone? Have you ever stopped to notice your posture in the midst of responding to that group text or checking social media? The convenience of staying connected at all times can be addictive, and it may also cause abnormal musculoskeletal wear and tear. While strong evidence links frequent texting to chronic neck pain, surgeons are left wondering what long term effects prolonged smart phone use may have on the spine. As noted in a 2015 observational study, the average person extends their neck while texting, positioning their cervical spine at an angle between 15 and 60 degrees (45 degrees on average). The weight of the human head puts an increasing amount of strain on the spine as the angle increases from 15 to 60 degrees, with the estimated pressure on the cervical spine weighing in at approximately 60 pounds at a flexed neck posture of 60 degrees. With frequent texting linked to neck pain, surgeons are particularly concerned about the risks to spine development posed by such harmful posture and hyper-extension of the neck in this universal age of smart phones, as younger people are using multiple devices more often each day. Clinical studies are necessary to quantify and examine any links between the forward flexed position of the neck while texting and cervical disk degeneration..

75. By starting the passage with some questions, the purpose of the writer is to ----.

A) get attention of the reader and make him question as to the negative effects of frequent texting

B) show how much time people spend using smart phones

C) give information about people's attitude toward social media

D) inform the reader regarding the negative effects of new generation smart phones

E) persuade the reader about the proper use of smart phones

76. We understand from the passage that ----.

A) there is not adequate proof as to the link between the neck pain and texting

B) surgeons are concerned about the detrimental effects of harmful postures on our mental health

C) there is sufficient practical data to examine the link between chronic neck pain and smart phone use

D) surgeons are not certain about the long-term effects of texting on the spine

E) the weight of the human head puts strain on the spine despite harmful postures

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77. According to the passage, spine development is under great risk ----.

A) because of extending the neck too much

B) due to the unknown effects of neck posture

C) because of the 45 degrees angel of the spine

D) owing to young people's indifference to the issue

E) as a result of the lack of clinical studies

78. - 80. soruları aşağıdaki parçaya göre cevaplayınız.

With advances in science and medicine, our population is living to ages that we have not seen before. This comes with a new set of problems and medical conditions that we need to focus on to ensure continued quality of life for our elderly citizens. Frailty is one of these age-associated conditions that can lead to health deficits and eventual mortality. Frailty is a geriatric syndrome characterized by elevated risk of declines of health and function. Elderly humans are more vulnerable to stressors and changes in conditions, and see adverse health effects more frequently than those who are younger. The prevalence of frailty increases with age, but there are changes people can make to delay or limit its effects. Early studies suggest that dietary interventions have a positive impact on people with frailty and that balanced nutrition can limit its effects on function. However, these studies had short term follow up and failed to account for a number of potentially confounding factors.

78. It is implied in the passage that elderly citiziens ----.

A) do not possess the necessary vision to lead a quality life

B) have better health care opportunities thanks to advances in medicine

C) are not taken into consideration in terms of health care and other social services

D) are the most susceptible social group to the fast and external changes in our modern world

E) experience health problems because of a lack of a health care policy

79. According to the passage, frailty ----.

A) is one of the leading factors that makes elderly people experience some difficulties

B) is the most widespread cause behind health deficits and mortality of the general generation

C) incorporates a strong connection with stress-related diseases

D) in elderly humans is becoming less and less apparent these days

E) can be mentioned as an effective factor in child mortality

80. According to the passage, dietary interventions observed in early studies ----.

A) had made a significant contribution in the long term

B) were not able to fully explain all the aspects of frailty

C) did not have any influence in understanding frailty

D) proved that frailty was not as prevalent as it was thought

E) indicated that frailty could threathen the young as well

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TEST BİTTİ.

CEVAPLARINIZI KONTROL EDİNİZ.

YÖKDİL SAĞLIK Serisi-4

YÖKDİL SAĞLIK CHECK-UP



5 ÖZGÜN DENEME

Ercan GÜROVA
Sertan ACAR
Kamil KİLCİ
Suat GÜRCAN
Rıdvan GÜRBÜZ

irem yayıncılık

Time for a Check-Up

5

YÖKDİL SAĞLIK BİLİMLERİ
DENEME SINAVI

5

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

1. **While changes in the brain can ---- across individuals and according to their preference for sprints or long-distance runs, the benefits of running for mental health are valid for everyone.**

A) attribute B) stimulate
C) vary D) determine
E) ensure

2. **As we age, we gradually lose function and activity in many aspects of our bodies such as the ---- in the function of our brains.**

A) launch B) decline
C) reinforcement D) admission
E) necessity

3. **While most sweating is normal, ---- sweating can be a sign of low blood sugar or a damaged nervous sytem in people with diabetes.**

A) excessive B) impeteous
C) reversible D) preventive
E) reasonable

4. **Chronic heart failure is a condition in which the heart no longer pumps blood as ---- as it should.**

A) fortunately B) infrequently
C) efficiently D) partially
E) adversely

5. **Bronchitis is ---- by the inflammation or infection of the lining of the bronchial tubes that carry air into the lungs and affects the lungs.**

A) brought about
B) put off
C) ended up
D) named after
E) recovered from

6. **Fish oil supplements which contain omega-3 fatty acids are thought to be beneficial for people ---- risk of heart disease or diabetes ---- potentially improving fat tissue function.**

A) in / for B) with / over
C) through / about D) during / in
E) at / by

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

7. **The increase in online tobacco marketing ---- questions about the potential influence the ads ---- on encouraging young people to start smoking.**

A) has raised / could have had
B) raises / may have
C) raised / will have
D) was raising / should have had
E) will raise / would have had

8. **During the Renaissance, scientists like Galileo and Newton ---- to use a scientific method, which later ---- to study diseases.**

A) began / was used
B) had begun / used
C) were beginning / will be used
D) begins / will use
E) have begun / would be used

9. **Some scholars ---- that the collapse of the Roman Empire ---- to the spread of plague represented by Roman soldiers returning home from battle in the Persian Gulf in 165 AD.**

A) suggested / should be linked
B) suggest / had been linked
C) have suggested / may be linked
D) had suggested / must be linked
E) would suggest / is linked

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10. It ---- that humans probably acquired influenza when domestication of animals first ----.

A) was hypothesized / would begin
B) had been hypothesized / began
C) has been hypothesized / will begin
D) will be hypothesized / had begun
E) is hypothesized / began

11. Since the Scottish biologist Sir Alexander Fleming ---- enzyme lysozym in 1921, the field of penicilin ---- throughout the medical history.

A) discovers / is developing
B) was discovering / had developed
C) discovered / has developed
D) has discovered / developed
E) had discovered / had been developing

12. Some of the earliest cases of painful headaches ---- by the ancient Egptians and ---- as far as 1200 BC.

A) are recorded / dated back
B) were recorded / date back
C) have been recorded / are dating back
D) had been recorded / would date back
E) would be recorded / have dated back

13. When people have bulimia nervosa they feel ---- their whole life is taken over by the need to either eat excessively or to physically get rid of what you have eaten.

A) as if B) even if
C) though D) until
E) just as

14. There is strong evidence that running provides significant health benefits and prevents chronic diseases, ---- promoting longevity.

A) thereby B) in place of
C) unlike D) contrary to
E) instead of

15. Ibuprofen should not be routinely given to adults with the risk of dehydration due to major concerns regarding renal toxity ---- this serious adverse effect is rare.

A) since B) now that
C) whenever D) so that
E) although

16. Sometimes acne worsens for the first several weeks ---- treatment is initiated and then gradually improves.

A) so far as B) after
C) despite D) in order that
E) as though

17. Nausea after eating and other gastrointestinal problems may occur ---- an organ within the digestive system stops functioning properly.

A) even though B) whereas
C) once D) for fear that
E) whereby

18. At the turn of the 20th century, it was fashionable to chew food ---- it was liquefied, sometimes up to 722 times before swallowing, thanks to the advice of a popular nutrition expert.

A) when B) seeing that
C) as soon as D) until
E) as far as

19. Instagram is the worst social media network for mental health and wellbeing ---- it is associated with high levels of anxiety, depression, bullying and FOMO, or the "fear of missing out."

A) although B) since
C) once D) while
E) in order that

20. Ginger, one of the most widely consumed spices in the world, has a long history of use as an herbal medicine to treat a variety of ailments ---- its various phytochemicals and antioxidants.

A) in spite of B) unlike
C) contrary to D) thanks to
E) rather than

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21. - 25. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Few scientific breakthroughs have had as immediate an impact as Wilhelm Conrad Roentgen's discovery of X-rays, a momentous event that instantly **(21)----** the fields of physics and medicine. The X-ray emerged from the laboratory and into widespread use in a startlingly brief leap: within a year of Roentgen's announcement of his discovery, the application **(22)----** X-rays to diagnosis and therapy was an established part of the medical profession. One of his earliest photographic plates from his experiments was a film of his wife Bertha's hand, with her wedding ring clearly visible. Roentgen **(23)----** the first Nobel Prize in physics in 1901 for his discovery. When asked what his thoughts were at the moment of discovery, he replied, true to form, "I didn't think, I investigated." Today, Roentgen is widely recognized as a brilliant experimentalist **(24)----** never sought honors or financial profits for his research. **(25)----** he accepted the honorary degree of doctor of medicine offered to him by his own university, he never took out any patents on X-rays, to ensure that the world could freely benefit from his work.

21.

A) justified B) obstructed
C) revolutionized D) undermined
E) maintained

22.

A) of B) off
C) during D) among
E) at

23.

A) had been awarded B) has been awarded
C) was being awarded D) is awarded
E) was awarded

24.

A) which B) whose
C) who D) why
E) where

25.

A) Because B) While
C) Now that D) In that
E) As soon as

26. - 30. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Scratchy throats, stuffy noses and body aches all spell misery, but being able to tell if the cause is a cold or flu may make a difference in **(26)----** the flu lasts. That's because the prescription drugs available for the flu **(27)----** soon after the illness sets in although the symptoms can be eased with over the counter medications. As for colds, the sooner a person starts taking over-the-counter remedy, the sooner **(28)----** will come. Cold symptoms such as stuffy nose, runny nose and scratchy throat typically develop gradually, and adults and teens often do not get a fever. **(29)----,** fever is actually one of the characteristic features of the flu for all ages. And in general, flu symptoms including fever and chills, sore throat and body aches come on suddenly and are **(30)----** severe than cold symptoms.

26.

A) what B) when
C) how far D) how long
E) that

27.

A) have been taken
B) were taken
C) should have been taken
D) had to be taken
E) need to be taken

28.

A) relief B) degree
C) approval D) preference
E) conversion

29.

A) Therefore B) However
C) Besides D) That is
E) In the meantime

30.

A) much B) as
C) more D) far
E) a lot

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31. - 41. sorularda, verilen cümleyi uygun şekilde tamamlayan ifadeyi bulunuz.

31. ----, the precise links between these two conditions have not been clearly defined.

A) Though there is no clear definition of asthma and atopy as chronic disorders

B) Although the association between asthma and atopy is well-established

C) Since the clinical manifestations of asthma can be controlled

D) As the presence of airway inflammation remains a consistent feature

E) Thanks to hundreds of reports on the prevalence of asthma and atopy in differing populations

32. Before the measles vaccination program started in 1963, ----.

A) widespread use of them led to a reduction in measles cases

B) vaccinated people continued to get measles while abroad

C) 70 people from 16 states were reported to have some major illnesses

D) an estimated 3 to 4 million people had got measles each year in the US

E) measles was not common in many parts of the world including some European countries

33. Infants and children should be kept in the back seat buckled with the seat's harness ----.

A) until they reach the height limits of their particular seat

B) in order to improve lower body strength and balance

C) since it can have lasting effects on families and communities

D) though hospitalization rates are higher among the elderly

E) as some symptoms might not appear right away

34. ----, it helps with managing body weight and reducing caloric intake when substituted for drinks with calories, like regular soda.

A) Although there is no recommendation for how much plain water adults should drink daily

B) Because it can be obtained from a variety of beverages

C) Since daily fluid intake recommendations vary by age, sex, pregnancy, and breastfeeding status

D) Now that plain water intake is lower in younger children

E) As plain drinking water has zero calories

35. When motorcycles crash, their riders lack the protection of an enclosed vehicle, ----.

A) for the number of deaths in motorcyles has doubled

B) yet serious head injury is common among the injured

C) so they are more likely to be injured or killed

D) or motorcyles are less stable and visible than cars

E) but in recent years more than 300 riders died in crashes

36. ----, they actually represent different psychological states.

A) Since mental health is commonly used in reference to mental illness

B) As people can cope with the normal stresses of life in a mental health

C) Though 17% of US adults are considered to be in state of optimal mental health

D) If the positive mental health is associated with improved health outcomes

E) Despite the fact that mental health and mental illness are related

37. When the body loses water through sweating and urine output, ----.

A) there are many kinds of water available to drink

B) it loses sodium and other minerals in addition to water

C) the lack of minerals would only pose a significant risk

D) the patient should consult with a healthcare professional

E) a variety of beverages contain distilled water

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38. ----, but many patients who use them go on to develop an addiction disorder.

A) Medical profesionals sometimes use opioid drugs
B) There has been an increase in using certain drugs
C) Opioids are known to reduce severe pain
D) Delirium is a mental state characterized by confusion
E) Ketamine might help recovery from anesthesia

39. Though acupuncture has been used for centuries, ----.

A) it is a traditional Chinese medicine
B) it is believed to improve recovery
C) it is known as a conventional treatment
D) its clinical efficiency is unknown
E) it offers an alternative solution to health problems

40. If one does not take antiviral medications, ----.

A) certain professionals may be more at risk for HSV-1 and complications
B) the whitlow will heal itself over a few weeks without any drugs
C) they might end up with medical or dental professionals
D) it is crucial to begin antiviral treatment within the first 48 hours
E) antiviral treatment may reduce the risk for the virus to spread

41. ----, illness and death from malaria can usually be prevented.

A) Because the majority of malaria cases are seen among travellers
B) Given that it may result from a wide variety of symptoms
C) Since 1500 cases of malaria are diagnosed in the US
D) Although it can be a deadly disease
E) As it is transmitted in tropical and subtropical areas

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

42. Because adolescents are much more independent and mobile than they were as children, they are often out of the direct physical control of adults.

A) Gençler, çocukluklarına kıyasla daha özgür ya da hareketli olduklarından dolayı yetişkinlerin doğrudan fiziksel kontrolü dışında kalırlar.
B) Gençler, çocukken olduklarından daha bağımsız ve hareketli oldukları için genellikle yetişkinlerin doğrudan fiziksel denetimlerinin dışındadırlar.
C) Gençler, çocukluk hallerine göre daha serbest ve hareketli olmalarına rağmen çoğunlukla yetişkinlerin doğrudan fiziksel denetimi dışındadır.
D) Gençler, çocukken olduğu gibi daha bağımsız ve hareketli olmalarıyle birlikte genelde yetişkinlerin doğrudan fiziksel kontolü dışında kalırlar.
E) Gençler, çocukken daha bağımsız ve hareketli oldukları için çoğunlukla yetişkinlerin doğrudan fiziksel kontolü dışında kalırlar.

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43. Unhelmeted motorcycle riders injured in a crash and admitted to hospitals face substantially higher healthcare costs than do helmeted riders.

A) Kasksız bir şekilde bir kazaya karışan ve hastaneye kabul edilen yaralılar kask kullanan sürücülere kıyasla yüksek maliyetli sağlık harcamaları ile karşılaşıyorlar.
B) Herhangi bir kazada kasksız bir şekilde yaralanan motorsiklet sürücüleri kask takan sürücülere göre büyük ölçekli sağlık giderleri ile karşı karşıya kalabiliyorlar.
C) Bir motorsiklet kazasında kaskı olmayıp yaralanan sürücüler kaskı olanlara göre çok daha yüksek sağlık bakım harcamaları ile karşı karşıya kalırlar.
D) Kask takmadan bir kazada yaralanan bir motorsiklet sürücüsü kask takana göre oldukça yüksek sağlık bakım giderleri ile karşı karşıya kalabilirler.
E) Bir kazada yaralanan ve hastaneye kaldırılan kasksız motorsiklet sürücüleri kask kullanan sürücülere göre çok daha yüksek sağlık bakım maliyetleri ile karşı karşıya kalırlar.

44. Intellectual disability, also known as mental retardation, is a term used if there are limits to a person's ability to learn at an expected level and function in daily life.

A) Zihinsel gerilik olarak da bilinen entellektüel yetersizlik bir kişinin beklenen bir düzeyde öğrenebilme ve gündelik yaşamda iş görebilme yeteneğinin sınırlarının olması durumunda kullanılan bir terimdir.

B) Zihinsel gerilik olarak da bilinen entellektüel yetersizlik bir kişinin istenen düzeyde öğrenme ve gündelik hayatta çalışma yeteneğinin sınırlı olduğu zamanlar için kullanılan bir terimdir.

C) Zihinsel gerilik olarak da bilinen entellektüel yetersizlik bir kişinin kendisinden beklenen düzeyde öğrenme ve gündelik işlerini yerine getirme yeteneğinin sınırlı olmasına gönderme yapan bir terimdir.

D) Zihinsel gerilik olarak da bildiğimiz entellektüel yetersizlik herhangi bir kişinin beklenen düzeyde öğrenme ve gündelik yaşantısını devam ettirme yeteneğinin sınırlı olması halinde kullanılan bir terimdir.

E) Zihinsel gerilik olarak da bilinen entellektüel yetersizlik bir kişinin beklenen düzeyde öğrenme ve gündelik yaşamındaki işlevlerini yerine getirme kapasitesinin sınırlı olmasını anlatan bir terimdir.

45. The infection can occur in men and women of all ages, though symptoms caused by HSV-1 appear to be more common in children and young adults.

A) Enfeksiyon her yaştaki erkek ve kadında ortaya çıkabilir, ancak HSV-1'in sebep olduğu belirtilerin çocuklar ve genç yetişkinler arasında daha yaygın olduğu görünüyor.

B) Çocuklar ve yetişkin gençler arasında HSV-1'in neden olduğu semptomlar yaygın olsa da enfeksiyon her yaştaki erkek ve kadında görülür.

C) Enfeksiyon her yaştaki erkek ve kadında meydana gelebilse de HSV1'in belirtileri yaygın olarak çocuklarda ve genç yetişkinlerde görülmektedir.

D) HSV-1'in neden olduğu belirtilerin çocuklar ve genç yetişkinler arasında daha yaygın olduğu görünse de enfeksiyon her yaştaki kadın ve erkekte ortaya çıkabilir.

E) Çocuklar ve genç yetişkinler arasında HSV-1'in yol açtığı belirtiler gözükmesine rağmen enfeksiyon her yaştaki erkek ve kadında görülebilir.

46. Some factors that contribute to childhood obesity include the unprecedented constant access to fast foods, as well as the ever-growing infatuation with technology and social media.

A) Hazır yiyeceklere eşi görülmemiş sürekli bir erişim ve teknoloji ve sosyal medyaya karşı durmadan büyüyen bir hayranlık çocuk obezitesine yol açan faktörler arasındadır.

B) Teknoloji ve sosyal medyaya karşı durmadan artan bir hayranlığın yanı sıra hazır yiyeceklere sürekli erişebilme çocuk obezitesine katkıda bulunan birtakım faktörlerin başında gelir.

C) Çocuk obezitesine neden olan bazı faktörler teknoloji ve sosyal medyaya karşı durmadan büyüyen bir hayranlığın yanısıra hazır yiyeceğe olan eşi görülmemiş sürekli erişimi içermektedir.

D) Hazır yiyeceklere eşine rastlanmayan sürekli bir erişim ve bunun yanı sıra teknoloji ve sosyal medyaya karşı durmadan artan bir hayranlık çocuk obezitesine yol açan faktörlere örnek teşkil etmektedir.

E) Çocuk obezitesine yol açan bazı etkenlerin başında hazır yiyeceğe olan eşi görülmemiş sürekli erişim ve teknoloji ve sosyal medyaya karşı durmadan artan bir hayranlık gelmektedir.

47. The circadian clock, also referred to as our internal clock, is a biochemical oscillator that is mainly controlled by the suprachiasmatic nucleus located in the brain's hypothalamus.

A) Daha çok içsel saatimiz olarak tabir edilen sirkadiyen saat beynin hipotalamusunda yerleşik olan üst kiyazmatik çekirdeğin kontrol ettiği biyokimyasal bir salınaçtır.

B) İçsel saatimiz olarak da anılan sirkadiyen saat beynin hipotalamusundaki çoğunlukla üst kiyazmatik çekirdek tarafından kontrol edilen biyokimyasal bir salınaçtır.

C) Sirkadiyen saat, ki sıklıkla içsel saatimiz olarak da anılır, beynin hipotalamusunda var olan üst kiyazmatik çekirdeğin kontrol ettiği biyokimyasal bir salınaçtır.

D) Genelde içsel saatimiz olarak adı geçen sirkadiyen saat beynin hipotalamusunda konumlanan esasen üst kiyazmatik çekirdeğin kontrol ettiği biyokimyasal salınaçlardan biridir.

E) Daha çok içsel saatimiz olarak anılan sirkadiyen saat beynin hipotalamusunda bulunan üst kiyazmatik çekirdeğin kontrol ettiği biyokimyasal bir salınaçtır.

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

48. İşitme kaybı yaşlı nüfus arasında gözlemlenen yaygın bir durumdur ve hasta ve doktor arasında iyi bir etkileşimin kurulmasında bir engel teşkil edebilir.

A) Hearing loss is a prevalent condition especially among the elderly population and serves as an obstacle in building a good interaction between the patient and the doctor.

B) Hearing loss is a widespread condition observed among people and might serve as an obstacle in forming a good interaction between the patient and the physician.

C) Hearing loss is a universal condition seen among the elderly population and it is likely to serve as an obstacle in building a better interaction between the patient and the doctor.

D) Hearing loss is a common condition observed among the elderly population and may serve as an obstacle in establishing a good interaction between the patient and the physician.

E) Hearing loss is a prevalent condition seen among the elderly population; therefore, it may serve as an obstacle in forming a good interaction between the patient and the doctor.

49. Elleri yıkamak için soğuk ya da normal su kullanmak ve akan suyun zamanını sınırlandırmak ciddi enerji ve maliyet tasarrufu sağlayabilir.

A) Using cold or cool water in order to wash hands and restricting the amount of water provide substantial energy and cost savings.

B) Using cold or cool water to wash hands and limiting the amount of time water is running could have significant energy and cost savings.

C) Using cold or cool water for washing hands or limiting the amount of time water is running might have some energy and cost savings.

D) Using cold or cool water to wash hands or restricting the amount of time may provide serious energy and cost savings.

E) Using cold or cool water for washing hands or limiting the amount of time water is running provide significant energy and cost savings.

50. Bazı araştırmalar ağır egzersizi daha güçlü kalple ilişkilendirmekte ancak bu araştırmalar zor egzersiz yapan insanların gün içerisinde de daha fazla enerji sarfettiği gerçeğini dikkate almamış olabilirler.

A) Some studies link excessive exercise to stronger hearts, yet these do not take into account the fact that people who engage in hard exercise might also spend more energy during the day.

B) A few studies may link overexercise to stronger hearts, but they might not have taken into account the fact that people who are interested in hard exercise may also spend more energy during the day.

C) Some studies link vigorous exercise to stronger hearts, but these studies may not have taken into account the fact that people who engage in hard exercise also expend more energy throughout the day.

D) Some studies link excessive exercise to strong hearts, but could not have taken into account the fact that people who do hard exercise definitely spend more energy throughout the day as well.

E) Studies have linked vigorous exercise to stronger hearts, yet they do not take into account the fact that people who engage in hard exercise might also expend more energy during the day.

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51. Üreticiler egzersiz aletlerinin doğruluğunu kapsamlı şekilde test edebilirler ancak tüketiciler için böyle bir bilginin ne kadar doğru olduğunu veya üreticilerin aletleri test ederken kullandıkları işlemi bilmeleri zordur.

A) Manufacturers have the chance to test the accuracy of exercise devices comprehensively, but it is hard for consumers to see how accurate such information is or the procedure that the manufacturers employed in testing the devices.

B) Manufacturers test the accuracy of activity devices inclusively, yet it is harder for consumers to know how accurate such information is or the process that the manufacturers utilized in testing the devices.

C) Manufacturers tested the accuracy of exercise devices, however it was hard for consumers to know how accurate such information is or the procedure that the manufacturers used in testing the devices.

D) Manufacturers can test the accuracy of exercise devices comprehensively, so it is hard for consumers to know how accurate the information is and the procedure that the manufacturers employed in testing the devices.

E) Manufacturers can test the accuracy of activity devices comprehensively, but it is hard for consumers to know how accurate such information is or the process that the manufacturers used in testing the devices.

52. Öyle görünüyor ki özellikle aşılama ve antibiyotik merkezli tıbbi gelişmeler sayesinde yaygın salgın çağı sona erdi.

A) It seems that thanks to medical advances, particularly centred on vaccination and antibiotics, the era of widespread epidemics has ended.

B) Thanks to medical developments, especially with vaccination and antibiotics, it seems that the era of widespread epidemics has passed.

C) Thanks to medical improvements, specifically vaccination and antibiotics at the center, it is assumed that the period of widespread epidemics has ended.

D) Thanks to medical advances, particularly with centralised vaccination and antibiotics, it appears that the era of significant epidemics is about to end.

E) It appears that thanks to medical developments, especially vaccination and antibiotics in the foreground, the age of global epidemics has finally ended.

53. Araştırmaya yatırılan paranın yaşamı değiştiren ilaçlar ile işe yarıyor olması güven verici olmasına rağmen, eğer aşırı bir maliyeti olursa tedavinin bedelini kim ödeyecek?

A) Even though it was comforting to see that the money invested in research pays off with lifechanging medications, who is really ready to pay for the treatment when it comes to extremely high price?

B) Though it is reassuring to see that the money invested in research pays off with lifechanging medications, who is completely ready to pay for the cure when it has an extremely high price?

C) It is comforting to see that the money invested in research pays off with lifechanging medications, but who is really prepared to pay off the expenses if it comes at an excessive high price?

D) Although it is reassuring to see that the money invested in research pays off with lifechanging medications, who will pay for the cure if it comes at an extremely high price?

E) It is reassuring to see that the money invested in research pays off with lifechanging medications, yet who is actually ready to pay off the treatment when it comes to excessive prices?

54. - 59. sorularda, boş bırakılan yere, parçada anlam bütünlüğünü sağlamak için getirilebilecek cümleyi bulunuz.

54. ----. They do, however, often wish that it could be discovered. It is not uncommon for them to leave laxative packets or other clues around hoping that they will be found. Having bulimia nervosa is a huge strain on the emotions and it can be an enormous relief to share some of the worry about the condition with someone else. Friends and family should realise, however, that even if someone wants to talk about their bulimia nervosa, they may become aggressive when the issue is first raised.

A) It is very difficult to talk with other people about some behaviour which you think meaningless

B) Everyone has different ways of approaching their bulimia nervosa

C) Most people with bulimia nervosa are extremely secretive about their problem

D) One of the most frightening aspects of having bulimia nervosa is the feeling that you have no control over your life

E) People may find it helpful to talk with other people who always supporte them regarding their disorders

55. In a population with the same culture and history, some diseases are well known, socially accepted and are not considered to carry a high risk for disability. However, some diseases that are less known, socially disturbing and/or carry a fairly high risk of negative outcomes often cause political challenges for insurers. As an example, many preterm children who in previous generations would have died are now surviving. While the risk of death is well established, the impact of delayed detection of neuropsychiatric conditions downstream in life is less known and accepted. ----.

A) It can be challenging to find longterm studies on preterm births and numerous congenital syndromes

B) Other conditions, such as diabetes and obesity, have strong lobby organisations and media back-up that also require extra attention from the insurers

C) Nevertheless, insurers in some countries, such as Sweden, can now benefit from reports coming out from national quality registers

D) Throughout history, pandemics have killed disproportionately more children than adults

E) However, there are some viruses that may cause concern in the future

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56. **It may surprise you to know that only 30% of the great Britain Pound (GBP)- 498 million spent in the UK2 on cancer research was focused on treatment. This means identifying and testing treatments such as chemotherapy, radiotherapy and surgery, as well as complementary and alternative treatments such as supplements and herbs. ----. For example, how cancer starts, how it progresses, what causes it, how we detect it and how we prevent it. It is only through this type of research that we can arrive at an eventual cure.**

A) This is a huge topic with the potential to have a significant impact on the insurance industry

B) Furthermore, there are over 200 types of recorded cancers

C) Chemotherapy works well for testicular cancer but surgery can be more effective for breast cancer

D) The remainder was spent on improving our understanding of cancer

E) At its very root, cancer is caused by abnormal cells multiplying out of control

57. **----. One of the best ways to overcome this kind of reaction is with plenty of exercise. Daily exercise can help you learn to physically deal with stress by improving your tolerance to stress during exercise. During a panic attack, most people feel short of breath and a pounding heart. A hard workout gives you these same experiences, but in a healthy way.**

A) When you worry that you aren't good enough or are upset about little things, they really add up to hurt you

B) To get enough sleep, make sure that you schedule at least 8 hours for sleeping

C) If you let your stress take control of your life, serious reactions will arise

D) It is advisable that you not eat or drink lots of sugar or caffeine products before bedtime

E) Stress is an internal reaction triggered by external factors like pressure

58. **The first set of teeth, or milk-teeth as they are called, are twenty in number. ----. The first of the milk-teeth is generally cut about the sixth or seventh month, and the last of the set at various periods from the twentieth to the thirtieth months. Thus the whole period occupied by the first dentition may be estimated at from a year and a half to two years. The process varies, however, in different individuals, both as to its whole duration, and as to the periods and order in which the teeth make their appearance.**

A) They usually appear in pairs, and those of the lower jaw generally precede the corresponding ones of the upper

B) No one doubts that first dentition is frequently a period of great danger to the infant

C) However, being aware of a few hints upon this subject may be useful

D) For a child with a healthy manner, the symptoms will be of the mildest kind

E) The child frequently thrusts its fingers, or any thing within its grasp, into its mouth

59. **The use of specific indicators of disease, known as biomarkers, is an accepted tool in the diagnosis of Alzheimer's disease. ----. Both of them, as they develop within the brain, form deposits that can be identified by a brain imaging procedure called a PET scan. Tau has been associated with neurodegeneration, a progressive loss of structure and function in the brain. Neurodegeneration is associated with disorders other than Alzheimer's disease and changes can be seen on a magnetic resonance imaging (MRI) scan.**

A) They set out to measure the presence of amyloid and tau in the brain

B) More than 90% of participants have one abnormality

C) Two of these biomarkers are amyloid and tau protein

D) The researchers will determine if there are any signs of neurodegeneration

E) The goal of the study is to estimate the age-specific and gender-specific frequency of amyloid

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

60. **(I)** Tea had a reputation for being both safe and almost always beneficial. **(II)** However, scientists are now suggesting that tea may not be as safe as we had previously believed. **(III)** The reason is that tea contains caffeine, and caffeine has been linked to sleeplessness and to the unpleasant jumpy feeling some people get when stressed **(IV)** Some people who like tea choose to be safer and drink a beverage from which the caffeine has been removed. **(V)** The reasonable thing to do is probably moderation; continue to enjoy a cup of tea, but don't drink too much.

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

61. **(I)** The term "Hemicolectomy" has been mentioned so often in recent times and people wonder what it is. **(II)** A hemicolectomy can be performed either laparoscopically or using open surgery. **(III)** It is a surgical procedure that involves removing a segment of the colon. **(IV)** It is typically performed to treat colon cancer or a bowel disease, such as Crohn's disease or severe diverticulitis. **(V)** During the surgery, the damaged section of the colon is removed and the healthy parts of the colon are reattached.

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

62. **(I)** Although acupuncture is commonly used for pain control, doubts about its effectiveness and safety remain. **(II)** Investigators from the Universities of Exeter & Plymouth have critically evaluated systematic reviews of acupuncture as a treatment of pain in order to explore this question. **(III)** One might argue that, in view of the popularity of acupuncture, the number of serious adverse effects is minute. **(IV)** Reporting in the April 2011 issue of PAIN®, they have concluded that numerous systematic reviews have generated little truly convincing evidence. **(V)** This inadequate proof is not enough to reveal whether acupuncture is effective in reducing pain, so a growing body of research is underway.

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

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63. **(I)** Obesity has reached epidemic proportions. **(II)** Once mainly associated with higher-income countries it is now very prevalent in low- and middle-income countries, too. **(III)** Its worldwide prevalence more than doubled between 1980 and 2014. **(IV)** It can be prevented as it is a result of a skewed balance between energy intake and energy consumption. **(V)** In addition, new alarming figures show that 42 million preschool children in 2013 were overweight or obese.

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

64. **(I)** Older persons display a spectrum of cognitive abilities ranging from normal, to mild impairment, to obvious dementia. **(II)** Around the globe, the proportion of people aged over 60 is growing faster than any other age group. **(III)** The World Health Organisation (WHO) estimates that for the period 2000 to 2050 the world's population over age 60 will double from around 11% to 22%. **(IV)** The number of people aged over 80 will almost quadruple over the same period to 395 million. **(V)** This change in the global population demographic will bring with it both challenges and opportunities for our industry.

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

65. **(I)** Depression represents a spectrum from dysthymia to major depression. **(II)** From a mortality perspective, major depressive disorder is the most important of these. **(III)** It is characterised by the presence of the core symptoms of a depressed mood and/or reduced interest or pleasure in most things for at least 2 continuous weeks. **(IV)** A number of rating scales have been developed for assessing the severity of depression. **(V)** If an individual meets these criteria for major depression for 2 years or more the condition is called chronic depression.

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

66. - 68. soruları aşağıdaki parçaya göre cevaplayınız.

Eating too much sugar can lead to a wide range of health problems, such as weight gain, obesity, high blood pressure, and diabetes. As a result, many people now prefer to indulge in diet sodas since they do not contain sugar or calories. However, there is a growing body of evidence that suggests artificially sweetened soft drinks may cause more harm than those containing sugar. In a study published last month, it was found that the daily consumption of at least one artificially sweetened beverage was associated with an almost three times higher risk of developing a stroke or dementia compared to once a week consumption. Consumption of beverages sweetened with sugar was not associated with an increased risk of either stroke or dementia. This is the first study to suggest that artificially sweetened beverages, but not sugar-sweetened beverages, may be associated with an increased risk of stroke and dementia. However, these results must be interpreted with caution due to two limitations. First, the study was observational and based on self-reporting of diet and beverage consumption, which is not always reliable. The second, ethnic minorities were not properly represented in this study.

66. According to the passage, weight gain ----.

A) is the most significant health problem that needs to be addressed urgently

B) is just one of the problems resulting from too much sugar intake

C) and obesity can be mentioned as the two problems that are inevitable for most people

D) is directly related to drinking too much diet sodas

E) might emerge from some artificially sweetened soft drinks

67. We understand from the passage that ----.

A) sugar sweetened beverages are likely to lead to dementia

B) both artificial and sugar sweetened beverages are detrimental to our health equally

C) there is no proof that artificial sweetened beverages bring about harm to our bodies

D) contrary to popular belief, artificial sweetened beverages might be more dangerous than sugar itself

E) a stroke may take place as a result of consuming too much sugar sweetened beverages

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68. One reason why the research findings about artificially sweetened beverages are not conclusive enough is that ----.

A) some social groups were not included

B) it needs to be interpreted by different circles

C) the risks of dementia and stroke should be considered

D) it is restricted to just one nation

E) it is the first study that has ever been carried out

69. - 71. soruları aşağıdaki parçaya göre cevaplayınız.

The Swedish social security system with its tax-funded health care has been renowned for decades as providing 'cradle to grave' cover and so it may come as a surprise that private disability insurances for juveniles were initially designed in Sweden as far back as the 1960s. The concept was later exported to neighbouring Nordic countries with similar levels of social welfare benefits. This was the era when numerous social reforms were implemented and children's rights were scrutinised and safeguarded in various ways. In 1955, the Swedish government launched a state benefit for children with severe disability, but it was barely above subsistence level. To meet the need for additional cover above that provided by the state, the industry came up with insurance covers including lump-sum benefits paid out at a certain level of disability.

69. According to the passage, the Swedish concept of social security ----.

A) was surprisingly insufficient at the very beginning
B) was first designed to meet the needs of the disabled
C) goes back as early as the nineteenth century
D) was also adopted by some bordering countries
E) has its benefits as well as its drawbacks

70. The passage is mainly about ----.

A) why the Swedish concept of social security is popular among other countries
B) the effects of the social security system on the disabled
C) the origin and scope of the Swedish social security system
D) how the Swedish government helped its citizens live above subsistence level
E) the success of the Swedish social security system for juveniles

71. In the third line of the passage, by defining the Swedish social security system as "cradle to grave", the author means ----.

A) its poor quality
B) its lifetime process
C) its young population
D) its limitations
E) its government system

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72 - 74. soruları aşağıdaki parçaya göre cevaplayınız.

Chronic migraines are defined as headaches that occur for 15 days or more per month, for more than 3 months. They affect nearly 1-2% of the global population. People with chronic migraines often have a poor quality of life and may have a range of other associated co-morbidities. There are several drugs available for chronic migraines, including topiramate, beta-blockers, and amitriptyline; however, these options are not fully efficacious and are poorly tolerated. As a result, these drugs have low adherence rates, thus highlighting the importance of developing more effective and safe options. Researchers have identified a novel target, implicated in the pathophysiology of migraines, called Calcitonin gene-related peptide or CGRP. Targeting CGRP with small-molecules, like gepants, has proven to be effective in the acute treatment of migraines. Unfortunately, gepants have also been associated with liver toxicity, and therefore their development has been abandoned. Instead, researchers have **shifted** their attention to erenumab, an antibody that targets the CGRP receptor.

72. We understand from the passage that ----.

A) chronic migraines affect a substantial part of the population

B) chronic migraines are mostly observed among economically disadvantaged groups

C) in order to define a headache as "chronic migraine", it should continue at least for a fortnight

D) there are various medications which eliminate chronic migraine entirely

E) people using drugs such as topiramate recover from their chronic migraines in a short period

73. The basic aim of the passage is to ----.

A) inform about chronic migraine and highlight the search for a cure for it

B) give general information about the symptoms of chronic migraine

C) recommend some of the efficacious migraine drugs

D) stress the significance of gene-related peptided

E) warn us against the dangers of toxicity with regard to new methods

74. The underlined word "shift"in the passage is closest in meaning to ----.

A) neglect B) remove

C) change D) implement

E) ignore

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75. - 77. soruları aşağıdaki parçaya göre cevaplayınız.

Obesity is a growing problem in the developed world and it is linked to increased rates of diabetes, stroke, high blood pressure, heart disease, sleep apnea, and other diseases. In the US, over one-third of adults are obese. Many have attributed the rise of obesity in the last several decades to increasingly sedentary lifestyles and unhealthy diets, as well as socioeconomic and demographic factors. However, some individuals may have a genetic predisposition to obesity that is exacerbated by this unhealthy environment. Understanding these gene-environment interactions will help us better target treatments through precision nutrition. Even individuals with healthy diets are more likely to get obesity given particular genetic variants. High-sugar diets are significantly linked to genetic risk scores in populations from Sweden and Costa Rica. In particular, among a population in Costa Rica, high-sugar diets are linked to increased heart attack risk via their interaction of a genetic variant on chromosome 9. Fried foods are also linked to genetic risk of obesity, particularly among individuals with the *FTO* genotype, as are fatty foods, which are associated with a high risk of obesity in individuals with a particular variant in the *APOA2* gene.

75. It is clear from the passage that physical inactivity is ----.

A) on the increase as a result of high obesity

B) the problem most Americans suffer in daily life

C) one of the leading factors that causes obesity

D) relatively rare in developing countries

E) commonly found in certain socioeconomic groups

76. According to the passage, in the development of obesity, genetics ----.

A) can be utilised to determine the course of the diesase

B) may play a role to a certain extent

C) is still not reliable to offer a valid solution

D) should not be taken into consideration

E) is cited as the most influential factor

77. It is emphasized in the passage that having a healthy diet ----.

A) proves to be achievable in Sweden and Costa Rica

B) requires a certain degree of economic affordability

C) will probably turn out to be the best method to fight obesity

D) is slowly falling into disfavour and being replaced by fast food habits

E) does not guarantee a life without obesity

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78. - 80. soruları aşağıdaki parçaya göre cevaplayınız.

Acne has been the scourge of many a prom or grad pictures, but its consequences go well beyond the hormonal surges of adolescence. Left untreated, acne can result in a condition called acne vulgaris that affects up to 8 out of ten adolescents and in most cases, results in some form of scarring. This happens when the damage caused by the infection goes deep into the dermal layers of the skin, well beyond the regenerative capacities found in the outlying epidermis. Dermatologists use descriptive terms for these atrophic scars that are visually accurate – *pock-mark, icepick, rolling,* and *box-car* scars. The psychological impact of facial scarring can persist well into adulthood.Dermatologists traditionally treat the scarring by smoothing out the edges to make the scars less noticeable. The approach is to reduce the surface irregularities by thinning out the areas surrounding the scar. Techniques like mechanical dermabrasion, chemical peels, or laser resurfacing use this principle to create a more even surface. The obvious downside is that one can only go so far in attempting to even things out; there is a limit to the amount of resurfacing that can be done without causing injury to the skin and some scars run too deep for this method to be effective.

78. It is clear from the passage that when acne is not treated ----.

A) it might lead to positive results in some cases

B) it becomes the major reason for abnormalities in the skin

C) it might disappear on its own by its nature

D) it may leave scars on adolescents' faces

E) it will, in the long run, produce unpredictable results

79. We understand from the passage that psychological effect of facial scarring ----.

A) is not only confined to adolescence period

B) is an extremely common condition among adults

C) may cause discomfort but needs not to be taken seriously

D) can be the result of excessive hormonal activities

E) is often likely to give rise to more serious skin diseases

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80. We learn from the passage that techniques such as mechanical dermabrasion, chemical peels, or laser resurfacing ----.

A) have become more preferable over the past years

B) can be beneficial, but can also lead to serious health problems

C) no longer produce as many adverse effects as they did formerly

D) may not cure some deep scars on the face

E) are essential if deep scarring is to be avoided

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

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

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- T.C. Kimlik numaranızı mutlaka işaretleyiniz.
- Yanlış cevaplar değerlendirmede dikkate alınmamaktadır. Bu nedenle boş bırakmamaya dikkat ediniz.
- Yumuşak uçlu kurşun kalem kullanınız.
- Cevap kâğıdını hiçbir şekilde kırıştırmayınız ve yıpratmayınız.
- Cevap kâğıdınızın size ayrılan bölümleri dışında kesinlikle işaretleme yapmayınız ve yazı yazmayınız.

BAŞARILAR DİLERİZ.

NASIL KODLANIR!

YANLIŞ

DOĞRU

CEVAPLAR

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

irem yayıncılık®

YÖKDİL DENEME SINAVI 5

Cevap Kağıdı

ADI SOYADI	
e-mail	
TELEFON	
ADRES	

SOYADI - ADI (Soyadı - Adı arasında bir karakter boşluk bırakınız.)

SINAV DEĞERLENDİRMESİ

Doğru Sayısı : .....

Yanlış Sayısı : .....

YÖKDİL Puanı : .....

Doğru sayınızı 1,25 ile çarparak YÖKDİL puanınızı hesaplayabilirsiniz.

T.C. KİMLİK NO

DİKKAT EDİLECEK HUSUSLAR

- T.C. Kimlik numaranızı mutlaka işaretleyiniz.
- Yanlış cevaplar değerlendirmede dikkate alınmamaktadır. Bu nedenle boş bırakmamaya dikkat ediniz.
- Yumuşak uçlu kurşun kalem kullanınız.
- Cevap kâğıdını hiçbir şekilde kırıştırmayınız ve yıpratmayınız.
- Cevap kâğıdınızın size ayrılan bölümleri dışında kesinlikle işaretleme yapmayınız ve yazı yazmayınız.

BAŞARILAR DİLERİZ.

NASIL KODLANIR!

YANLIŞ

DOĞRU

CEVAPLAR

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

YÖKDİL DENEMELERİ İSTATİSTİK ÇİZELGESİ

	Kelime Gramer (1-20)	Cloze Test (21-30)	Cümle Tamamlama (31-41)	Çeviri İng.-Tur. (42-47)	Çeviri Tur.-İng. (48-53)	Paragraf Tamamlama (54-59)	Bütünlüğü Bozan Cümle (60-65)	Okuma Parçası (66-80)	Toplam
Deneme-1	20	10	11	6	6	6	6	15	80
Deneme-2	20	10	11	6	6	6	6	15	80
Deneme-3	20	10	11	6	6	6	6	15	80
Deneme-4	20	10	11	6	6	6	6	15	80
Deneme-5	20	10	11	6	6	6	6	15	80

YÖKDİL SAĞLIK CHECK-UP 5 ÖZGÜN DENEME CEVAP ANAHTARI

YÖKDİL Deneme Sınavı-1

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

YÖKDİL Deneme Sınavı-2

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

YÖKDİL Deneme Sınavı-3

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

YÖKDİL Deneme Sınavı-4

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

YÖKDİL Deneme Sınavı-5

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