

**YÖKDİL KASIM**  
**2019**  
**SAĞLIK SORULARI**



1. Seven out of ten children consume too much salt, and according to health experts, this will have critical ---- for a child's cardiovascular health later in life.

- A) obligations                      B) separations  
C) attempts                         D) substitutes  
E) consequences

4. The body has to ---- regenerate the cells that make up the nails, and it needs a regular, healthy supply of certain nutrients to do so.

- A) approximately                      B) constantly  
C) briefly                                 D) mutually  
E) familiarly

2. A vegetative state can be caused by a traumatic or non-traumatic brain injury, and if non-trauma patients do not make progress in the first few months, they are usually considered beyond hope of ----.

- A) challenge                              B) elimination  
C) examination                         D) recovery  
E) observation

5. Researchers have found that practising yoga for just 25 minutes a day can be good for you, ----.. brain function due to the release of endorphins and increased blood flow.

- A) disturbing                              B) allowing  
C) boosting                                 D) resisting  
E) measuring

3. Although the risks of ---- complications from general anaesthesia are very low, they can include heart attack and even brain damage.

- A) severe                                      B) beneficial  
C) precise                                    D) intentional  
E) accessible

6. Some anti-migraine drugs are known to ---- breast milk and this may cause serious problems in nursing babies.

- A) pass into                                 B) show off  
C) put out                                    D) make up  
E) take off

YÖKDİL KASIM 2019 SAĞLIK SORULARI

7. Findings of a recent study ---- that green teas and carrots ---- a part in fighting Alzheimer's disease, though there is need for more research.

- A) has suggested / would pay
- B) have suggested / should have played
- C) suggest / could play
- D) suggested / used to play
- E) are suggesting / will have played

8. The essential oil ---- from the lavender flower is used in aromatherapy ---- anxiety, insomnia, nervousness, and restlessness.

- A) deriving / to have treated
- B) derived / to treat
- C) to have derived / treated
- D) to be derived / treat
- E) to be deriving / treating

9. Excessive bleeding is the most common cause of anaemia, and the speed ---- which blood loss occurs has a significant effect ---- the severity of symptoms.

- A) to / over
- B) with / on
- C) for / in
- D) from / around
- E) about / at

10. Patients recovering ---- amputations often report that ---- healing, they feel pain or itching from the lost limb.

- A) to / in
- B) at / on
- C) from / during
- D) for / with
- E) of / about

11. Water sources ---- factories may contain numerous bacteria and parasites that can cause illness ---- contact or consumption.

- A) in / for
- B) of / at
- C) from / against
- D) around / with
- E) along / about

12. ---- excess sodium increases blood pressure, potassium decreases tension in blood vessel walls and helps keep blood pressure in check.

- A) as if
- B) while
- C) whether
- D) therefore
- E) by the time

13. Exercise is recommended by many therapists and physicians ---- it can provide relief and improve mobility.

- A) although                      B) because  
C) even if                        D) unless  
E) until

14. ---- most autoimmune diseases individually are rare, collectively they are among the most common diseases.

- A) once                            B) whereas  
C) because                       D) provided that  
E) as long as

15. ---- the bones that make up the skeleton are solid, they have a flexible structure and to a large degree consist of spongy tissues.

- A) although                      B) whether  
C) since                            D) once  
E) if

16. Tiny hairs in our inner ears, called cochlear hair cells, are vital to our natural perception of sound, and ---- we lose them, we do not grow them back.

- A) by the time                    B) as if  
C) even if                         D) once  
E) unless

17. The idea that people with dark skin do not burn is a misconception, as UV rays have the same damaging effects on them as others, so ---- how fair or dark you are, you should use sunscreen when outdoors.

- A) in the hope of  
B) regardless of  
C) thanks to  
D) as a consequence of  
E) by means of

18. ---- the variety of ways celiac disease can manifest itself, it is often not discovered easily.

- A) Due to                            B) In terms of  
C) On behalf of                    D) With the help of  
E) Similar to

19. The presence of cataracts can mask additional eye problems, such as retinal damage, that ---- doctors ---- patients are aware of prior to surgery.

- A) whether / or                    B) the more / the more  
C) so / that                        D) neither / nor  
E) as / as

20. Treatment exists to either control the pain or eliminate the cause, but surgery is a radical procedure ---- indications are inconsistent and dependent on the subjectivity of the physician.

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

**YÖKDİL KASIM 2019 SAĞLIK SORULARI**

Infectious disease control brings up difficult ethical questions because the promotion of the greater good of public health may conflict with other legitimate social aims. **(21)** ----. an epidemic, for example, the measures needed to protect public health can require limiting basic human rights and liberties depending on the disease and other factors, quarantine may sometimes be the best means **(22)** ---- protecting population health. **(23)** ----, quarantine requires interference with the freedom of movement. The ethical question is then whether respecting the individuals' right **(24)** --- freely. This same kind of question **(25)** ---- in relation to numerous other strategies for the control of infectious disease.

**23.**

- A) Likewise  
B) Instead  
C) However  
D) Otherwise  
E) Therefore

**21.**

- A) Contrary to  
B) Apart from  
C) In the event of  
D) Instead of  
E) Similar to

**24.**

- A) to move  
B) being moved  
C) to have moved  
D) having moved  
E) to have been moved

**22.**

- A) for  
B) into  
C) from  
D) at  
E) against

**25.**

- A) avoids  
B) diminishes  
C) fails  
D) suffers  
E) arises

Mental and social health are just as important as physical health for elderly women. **(26)** ---- longer life expectancies for women than men, and the tendency for many women to marry men who are older, most women can expect to spend s of their later years as singles. **(27)** ----, 'single' should not mean 'alone'. Actually, there are a number of options for women **(28)**---- their 70s to prevent this isolation. For example, they may **(29)** ----. new hobbies, such as joining clubs and taking classes, or they can work part-time. In addition, recent studies **(30)** ----. that women who become socially isolated are three times more likely to die from cancer.

26.

- A) Regardless of  
B) In contrast with  
C) Compared to  
D) Because of  
E) In addition to

27.

- A) Similarly  
B) Yet  
C) Thus  
D) Otherwise  
E) For example

28.

- A) for  
B) along  
C) from  
D) on  
E) in

29.

- A) put off  
B) cope with  
C) take up  
D) bring about  
E) turn down

30.

- A) will show  
B) would show  
C) were showing  
D) had shown  
E) have shown

**YÖKDİL KASIM 2019 SAĞLIK SORULARI**

**31. Although hereditary changes in DNA often lead to aggressive tumours including childhood cancers, ----.**

- A) the genetic changes that eventually trigger cancerous growth fall into two main groups
- B) many patients learn that their cancers have mutations for which no drug exists
- C) genetic analysis of tumours has become standard practise for many malignancies
- D) these kinds of genetic mutations are relatively uncommon
- E) researchers refer to the abnormal changes as 'driver mutations'

**32. While traditional X-rays are usually sufficient for picking up fractures, ---- .**

- A) they are increasingly being used for medical applications
- B) they create images of muscles as well as bones
- C) they pass through soft structures and are absorbed by bones
- D) they reveal very little about the surrounding structures
- E) they hit each particle in the section of the body that is being scanned

**33. In order for a farmer to use a drug that stimulates viruses in animals, ----..**

- A) a veterinarian cannot provide certification from the government to visit farms
- B) a veterinarian should provide a prescription and extensive documentation
- C) the use of antibiotics seems to be critical for humans and animals
- D) the government also has agreement from the farm industry in many countries
- E) the number of incidents caused by wrong diagnosis has to be reduced

**34. Thanks to a new effective treatment, called immunotherapy, ---- .**

- A) patients fight cancer with their own powerful immune systems
- B) doctors confirm that early diagnosis is crucial for most types of cancer
- C) most cancer patients cannot find enough resources to at least try drugs
- D) it is nothing like the benefits of chemotherapy in terms of its effectiveness
- E) cancer types like melanoma and leukaemia cannot benefit from it

**35. A nurse must make every effort necessary to detect a patient's pain ----.**

- A) just as pain is exhausting due to the significant amount of energy needed to deal with it
- B) but the previous diagnosis made based on the patient's history may prove incorrect
- C) so that some factors can contribute to the intensity of the pain more than others
- D) although pain assessment should be performed for every hospitalised patient
- E) even if the patient fails to report it in a comprehensible way during examination

**37. People experience and express pain differently; ----.**

- A) therefore, a doctor can distinguish real pain from imagined pain to treat patients
- B) similarly, much progress has been made in pain measurement
- C) otherwise, a doctor can analyse certain parts of the face that are revealing pain
- D) nonetheless, a doctor's prescription can potentially become an addictive painkiller
- E) thus, a doctor cannot precisely estimate the severity of a patient's pain

**36. Even though there are eight recognised types of measles, ----.**

- A) the same vaccine can be used as protection against all of them
- B) those who have not been immunised can suffer more severe symptoms
- C) many viruses live in animals and can easily be transmitted to humans
- D) campaigns against vaccination proved misleading as they led to a surge in measles cases
- E) there is a very high chance of catching any of them during a travel to a third-world country

**38. As we get older, we become more sensitive to salt ----.**

- A) even if we experience some problems after eating sodium-rich meals
- B) because the ageing body simply is not as efficient at removing sodium out of the body
- C) since all salts contain the same amount of sodium by weight
- D) whereas a diet high in salt is linked to high blood pressure
- E) even though excess sodium increases blood pressure

**YÖKDİL KASIM 2019 SAĞLIK SORULARI**

**39. ----, but recent research has suggested that the microbes in our guts could also explain why people react differently to drugs.**

- A) So many factors are known to be involved in the diversity of bacteria in our guts
- B) We know that genetic differences can influence our response to drugs
- C) It is believed that microbes are key to how we metabolise drugs
- D) It is very hard to distinguish the microbe contribution from the human contribution
- E) Microbes break down drugs and produce substances with unwanted side effects

**40. ----, it also makes use of other methods such as herbal remedies, dietary therapy and lifestyle changes.**

- A) Because the original text of Chinese medicine is the Nei Ching
- B) Although acupuncture is the most widely used technique in Chinese medicine
- C) Since acupuncture lessens the unpredicted effects of puncture wounds
- D) As nearly all forms of Oriental medicine have their roots in Chinese medicine
- E) While the oldest known text on acupuncture dates back to 282 AD

**41. The specific causes of autism spectrum disorder in children are not fully understood, ----.**

- A) but they use language abnormally
- B) as they may not be detected until school age
- C) although they are clearly biologically determined
- D) yet children have difficulty communicating
- E) so they can have physical disorders as well

**42. Moderate exercise done before going to bed helps us spend more time in a deep sleep phase, but a high-intensity activity impairs sleep quality.**

- A) Yatmadan önce yapılan hafif egzersiz, derin bir uyku evresinde daha fazla zaman geçirmemizi sağlarken ağır bir aktivite uyku kalitesine zarar verir.
- B) Yatmadan önce yapılan hafif egzersiz, derin bir uyku evresinde daha fazla zaman geçirmemizi sağlar, ancak uyku kalitesi ağır bir aktiviteyle zarar görebilir.
- C) Yatmadan önce yapılan hafif egzersiz derin bir uyku evresinde daha fazla zaman geçirmemizi salar, ancak ağır bir aktivite uyku kalitesine zarar verir.
- D) Yatmadan önce hafif egzersiz yaparak derin bir uyku evresinde daha fazla zaman geçirebiliriz, ancak ağır bir aktivite uyku kalitesine zarar verebilir.
- E) Yatmadan önce yapacağımız hafif egzersiz sayesinde derin bir uyku evresinde daha fazla zaman geçirebiliriz, ancak ağır bir aktivite uyku kalitesine zarar verebilir.

43. A number of imaging studies suggest that brain's frontal areas can dampen the activity of the hippocampus, a crucial structure for memory.

- A) Birçok görüntüleme çalışması, hafıza için çok önemli bir yapı olan beynin frontal bölgelerinin, hipokampüsünün faaliyetini zayıflatabildiğini göstermektedir.
- B) Birçok görüntüleme çalışmasına göre, beynin frontal bölgeleri, hafıza için çok önemli bir yapı olan hipokampüsün etkinliğini zayıflatmaktadır.
- C) Hafıza için çok önemli bir yapı olan hipokampüs, birçok görüntüleme çalışmasına göre, beynin frontal bölgeleri tarafından zayıflatılmaktadır.
- D) Beynin frontal bölgelerinin, hafıza için çok önemli bir yapı olan hipokampüsün etkinliğini zayıflatabildiği, birçok görüntüleme çalışmasıyla bulunmuştur.
- E) Birçok görüntüleme çalışması beynin frontal bölgelerinin, hafıza için çok önemli bir yapı olan hipokampüsün faaliyetini zayıflatabildiğini göstermektedir.

44. Research has shown that 15 minutes of aerobic exercise triggers some changes within the brain and these changes reduce nicotine cravings in smokers.

- A) Araştırmalar, 15 dakikalık aerobik egzersizinin beyinde birtakım değişiklikleri tetiklediğini ve bu değişikliklerin sigara içen kişilerin nikotin isteğini azalttığını ortaya koymuştur.
- B) Araştırmalara göre, 15 dakikalık aerobik egzersizi, beyinde birtakım değişiklikleri tetiklemekte ve bu değişiklikler sigara içen kişilerin nikotin isteğini azaltmaktadır.
- C) Araştırmalar, 15 dakikalık aerobik egzersizinin sigara içen kişilerin beyinde nikotin isteğini azaltacak birtakım değişiklikleri tetiklediğini ortaya çıkarmıştır.
- D) Araştırmalar, 15 dakikalık aerobik egzersizinin beyinde tetiklediği birtakım değişikliklerle sigara içenlerin nikotin isteğini azaltabileceğini göstermiştir.
- E) Araştırmalar, beyinde birtakım değişiklikleri tetikleyen 15 dakikalık aerobik egzersizinin sigara içen kişilerin nikotin isteğini azalttığını göstermiştir.

AKIN DİL EĞİTİM

AKIN DİL EĞİTİM

AKIN DİL EĞİTİM

AKIN DİL EĞİTİM

AKIN DİL EĞİTİM

AKIN DİL EĞİTİM

AKIN DİL EĞİTİM

AKIN DİL EĞİTİM

**YÖKDİL KASIM 2019 SAĞLIK SORULARI**

**45. Some people, no matter what they do, cannot fall asleep until late hours and do not feel rested unless they get up later than most of us.**

- A) Bazı insanlar, ellerinden geleni yaptıkları halde geç saatlere kadar uykuya dalamazlar ve çoğumuzdan daha geç kalkmayınca dinlenmiş hissedemezler.
- B) Her şeyi yapmalarına rağmen geç saatlere kadar uykuya dalamadıklarından, bazı insanlar çoğumuzdan daha geç kalkmadan dinlenmiş hissedemezler.
- C) Bazı insanlar, ne yaparlarsa yapsınlar, geç saatlere kadar uykuya dalamazlar ve çoğumuzdan daha geç kalkmazlarsa dinlenmiş hissetmezler.
- D) Geç saatlere kadar uykuya dalamayan bazı insanlar, ne yaparlarsa yapsınlar, çoğu insandan daha geç kalkmadan dinlenmiş hissetmezler.
- E) Ne yaparlarsa yapsınlar, bazı insanların uykuya dalmaları geç saatlere kadar mümkün olmaz ve çoğumuzdan daha geç kalkmadıklarında dinlenmiş hissetmezler.

**46. Paracetamol is one of the most widely used drugs in the world, but it is not entirely harmless because acute overdoses can cause fatal liver damage.**

- A) Parasetamol, dünyada en yaygın kullanılan ilaçlardan biridir ama tamamen zararsız değildir, çünkü akut doz aşımı ölümcül karaciğer hasarına sebep olabilir.
- B) Parasetamolün dünyada en yaygın kullanılan ilaçlardan biri olması onun tamamen zararsız olduğu anlamına gelmediği gibi, akut doz aşımı da ölümcül karaciğer hasarına yol açabilir.
- C) Dünyada en yaygın kullanılan ilaçlardan biri olan parasetamolün akut doz aşımı, ölümcül karaciğer hasarına sebep olabilir ve bu yüzden bu ilaç tamamen zararsız değildir.
- D) Dünyada en çok kullanılan ilaçlardan olan parasetamol tamamen zararsız değildir ve akut doz aşımında ölümcül karaciğer hasarı ortaya çıkabilir.
- E) Parasetamol dünyada en yaygın kullanılan ilaçlardan biri olsa da tamamen zararsız değildir, çünkü akut doz aşımı ölümcül karaciğer hasarıyla sonuçlanabilir.

**47. While a physical injury might cause pain that leads to psychological problems, loneliness and depression can weaken the immune system.**

- A) Yalnızlık ve depresyon fiziksel bir yarının sebep olduğu acıyla beraber psikolojik problemlere de neden olabilir.
- B) Fiziksel bir yara psikolojik problemlere yol açan bir acıya sebep olabilirken yalnızlık ve depresyon bağışıklık sistemini zayıflatabilir.
- C) Fiziksel bir yara psikolojik problemlerden kaynaklanan bir acıyı ortaya çıkarabileceği için yalnızlık ve depresyon bağışıklık sistemini zayıflatır.
- D) Yalnızlık ve depresyonun bağışıklık sistemine zarar verebileceği gibi, fiziksel bir yara da psikolojik problemleri doğuran bir acıya sebep olabilir.
- E) Yalnızlık ve depresyonun bağışıklık sistemine zarar vermesi, fiziksel bir yaradan kaynaklanan bir acının psikolojik problemler yaratması gibidir.

**48. Genellikle kalp hastalığı olan insanlara aspirin verilir, çünkü aspirin kanın pıhtılaşma sürecini bozarak kan akışını kolaylaştırır.**

- A) Aspirin, which is often prescribed to people with heart disease, eases blood flow, as it impairs the blood's clotting action.
- B) Aspirin is often prescribed to people with heart disease because it impairs the blood's clotting action so that blood can flow easily.
- C) Aspirin is often prescribed to people with heart disease since it impairs the blood's clotting action and thus eases blood flow.
- D) Aspirin is often prescribed to people with heart disease, as it eases blood flow by impairing the blood's clotting action
- E) Aspirin eases blood flow by impairing the blood's clotting action, so it is often prescribed to people with heart disease.

**49. Huntington hastalığının yavaşlatılabilmesi amacıyla huntingtin proteininin üretimini durduran yeni bir ilaç geliştirildi.**

- A) Huntington's disease could be slowed thanks to a novel drug designed to stop the production of the huntingtin protein.
- B) A novel drug that stops the production of the huntingtin protein has been designed in order that Huntington's disease could be slowed.
- C) The production of huntingtin protein, which causes Huntington's disease, can be stopped by a novel drug that has been designed to treat the disease.
- D) So as to treat Huntington's disease, a novel drug has been designed to prevent the production of the huntingtin protein.
- E) A novel drug that has been designed to stop the production of the huntingtin protein could slow Huntington's disease.

**50. Nar antioksidan bakımından zengin bir meyve olduğu için günde bir bardak nar suyu içmek prostat kanserinin ilerlemesini yavaşlatabilir.**

- A) The progress of prostate cancer can be slowed down by drinking a glass of pomegranate juice a day, as the fruit is rich in antioxidants.
- B) Consuming a glass of pomegranate juice a day is beneficial in slowing down the progress of prostate cancer because the fruit is rich in antioxidants.
- C) Pomegranate is a fruit rich in antioxidants, so drinking a glass of pomegranate juice every day may prevent prostate cancer.
- D) As pomegranate is a fruit that is rich in antioxidants, drinking a glass of pomegranate juice a day can slow down the progress of prostate cancer.
- E) One should consume a glass of pomegranate juice a day if they want to slow down the progress of prostate cancer since pomegranate is a fruit rich in antioxidants.

**YÖKDİL KASIM 2019 SAĞLIK SORULARI**

**51. Alerjiler sadece uyku düzenini ve verimliliği etkilemekle kalmaz, aynı zamanda solunum yolu enfeksiyonu riskini de artırabilir.**

- A) Allergies can not only affect sleep patterns and productivity, but also increase the risk of respiratory infections.
- B) Affecting sleep patterns and productivity and increasing the risk of respiratory infections are among the effects of allergies.
- C) Allergies may affect sleep patterns and productivity, but they certainly increase the risk of respiratory infections
- D) There are many consequences of having allergies, some of which are related to sleep patterns, productivity and the risk of respiratory infections.
- E) Allergies can cause respiratory infections, affect sleep patterns negatively and decrease productivity.

**52. Araştırmacılar genel olarak sosyal destek ve sağlık arasında bir bağlantının olduğunu kabul eder; başka bir deyişle, yüksek seviyede sosyal destek alan kişiler almayanlardan daha sağlıklıdır.**

- A) According to researchers, people receiving high level of social support are healthier than others, as there is a link between social support and health.
- B) Researchers generally agree that a link between social support and health might explain why people who receive high levels of social support are healthier than those who do not
- C) Researchers generally agree that a link exists between social support and health; in other words, people who receive high levels of social support are healthier than those who do not.
- D) Researchers generally agree that people who receive high levels of social support are healthier than those who do not, and there exists a link between social support and health
- E) Researchers who generally think that there is a link between social support and health agree that people

**53. Bitkisel hayat, bitkisel hayattaki kişinin gözlerinin açık olduğu dönemler ve gözlerinin kapalı olduğu dönemler olmasının dışında, işlev açısından komadan çok farklılık göstermez.**

- A) In terms of function, vegetative state does not differ much from coma, although a person in a vegetative state might have periods of time when the eyes are open and periods when the eyes are closed.
- B) Vegetative state and coma might not be much different from each other when function is considered, apart from the fact that a person in vegetative state has periods of time when the eyes are open and periods when the eyes are closed.
- C) Vegetative state does not differ much from coma in terms of function, except that a person in vegetative state has periods of time when the eyes are open and periods when the eyes are closed.
- D) Coma does not differ much from vegetative state with regard to function, only if a person in vegetative state might have periods of time when the eyes are open and periods when the eyes are closed.
- E) -----

54. Improving a child's formal education involves massive interventions. According to studies, family life affects the child's scholarly standing, for children who watch or 5 hours daily score poorly on standardised tests. ---- Such conditions may be changed only through altering the treatment children receive from their parents. Education of parents in the proper care and nurturing of the child is required in order to prepare the child for best school performance.

- A) Many parents are concerned that their children are alone at home after school while they are at work
- B) Some studies show income and happiness are directly related to the quality of education
- C) Other limiting factors include absences from school, and parents who do not read to their children
- D) In most countries, the father's occupational status has a great impact on student achievement
- E) -----

55. The idea of getting enough sleep to get well or remain healthy seems to have been very popular among people for centuries. .... Unfortunately, estimating a precise sleep need with regard to general health or in relation to an absolute minimum necessary for survival is difficult. Also, the exact amount of sleep loss over a period of time required for identifiable pathology awaits further investigation.

- A) In popular culture, lack of adequate sleep is often blamed for increasing one's susceptibility to illness
- B) Usually sleep need is conceptualised as an amount of sleep required nightly on a regular basis
- C) In extreme circumstances of sleep insufficiency, any sleep is better than no sleep
- D) It is difficult to say how much sleep people require over the previous 24 hours to perform a task safely
- E) There is a general estimate that performance declines about 25 percent for every 24 hours without sleep.

56. For a century, antibiotics have saved us from diseases that once killed human populations, such as whooping cough, cholera, and pneumonia. ---- Our old enemies that we thought we had defeated are stronger than ever. Drugs that once conquered these deadly bacteria are now worthless. And antibiotics that are effective today could become useless in the future.

- A) But today, antibiotic-resistant bacteria are on the rise.
- B) Yet, more drugs that can resist the bacteria are being developed
- C) Also, antibiotics are becoming increasingly powerful.
- D) In contrast, fewer people believe in the effectiveness of antibiotics.
- E) Meanwhile, more and more children suffer from the side effects of antibiotics.

**YÖKDİL KASIM 2019 SAĞLIK SORULARI**

**57. Approximately 5-10% of all cancers are classified as hereditary, that is, genetic. ---- This poses a greater risk for that particular type of cancer in certain descendants of the family. However, having a cancer-causing gene does not necessarily mean that one will automatically get cancer. Rather, it means that the person is more likely to get this cancer when compared to the general population.**

- A) Certain hormones have been shown to have an effect on the growth of a particular cell line.
- B) There is scientific evidence that environmental factors play a role in most cancers.
- C) This means that a faulty gene that leads to a cancer is passed from parent to child.
- D) A malignant tumour invades surrounding tissue and can spread to other parts of the body.
- E) If cancer cells spread to the surrounding tissues, the tumour is likely to recur.

**58. Pain perceived as coming from the face and head is referred to as headache, a common experience with about 45 million adults in the United States having frequent headaches. ---- Among them are tension headaches, migraine headaches, cluster headaches, sinus headaches, and rebound headaches. Very rarely a headache may signal an infection such as meningitis or a tumour in the brain.**

- A) Tension headaches are the most common type of headache.
- B) Medications are the usual approach for recurring headaches.
- C) There are numerous types of headache resulting from various causes.
- D) About 28 million Americans experience chronic migraine headaches.
- E) The nerves in the head, neck, and face transmit the pain signals familiar as headache.

**59. Develop ways of lessening pain and treating physical and mental problems. Initially, many of the ways of treating these problems undoubtedly came through trial and error, using various plants and other methods. ---- In fact, some of these became responsible for carrying out healing ceremonies, religious rituals, and other rites designed to ensure the safety and health of their communities.**

- A) Those treatments are not commonly believed to fit within the framework of modern medical practice.
- B) Understandably, folk illnesses are shaped by the cultural and ethnic groups from which they emerge.
- C) It is important to understand that some folk illnesses have common symptoms that are treated by Western medical practitioners.
- D) Overtime, individuals within family and tribal groups became more skilled at helping the sick and injured.
- E) In addition, there have also evolved healing practices that are not appreciated by modern doctors.

**60. (I) If you consume too much sugar, it could be disrupting your sleep even if you do not realise it. (II) A study by Columbia University found that participants with diets high in sugar experienced much poorer sleep, shifting from deep sleep to light sleep or waking up completely, than those who ate fewer sweets. (III) Therefore, it is important for people an eye on their sugar intake during the day. (IV) Thus, if you are faced with a snack attack before bed, prefer a low-sugar treat like lightly salted popcorn. (V) As popcorn is a delicious snack, its popularity has increased in recent years.**

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

61. (I) At the start of the 20th century many illnesses went unidentified, the human body was largely unmapped, and medical treatments remained limited. (II) However, the mapping of our genomes and the development of CAT and MRI scans have given us unparalleled medical insight. (III) Antibiotics have revolutionised the battle against bacteria, antiviral drugs control deadly viruses, and widespread inoculations have all but eliminated smallpox, diphtheria, and polio. (IV) Cancer and heart disease continue to be among the world's biggest killers and cause many to die even at early stages of their lives. (V) As a result, life expectancy has risen from under 50 to over 80 in some countries.

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

62. (I) Cardiovascular disease is the main cause of death in the US, Canada, UK, Ireland, and Europe. (II) It accounts for more than 40% of deaths in these countries. (III) Some patients with heart disease may require heart transplantation. (IV) Many of these deaths are due to heart failure. (V) For example, heart failure affects approximately five million Americans with more than half a million new cases diagnosed annually.

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

63. (I) Tooth brushing is of great importance for dental health in young children. (II) Dental fluorosis is a hypomineralisation of tooth enamel during the period when unerupted teeth are developing. (III) Normal mineralisation of permanent teeth occurs from about the time of birth until about six years of age. (IV) After that time, teeth are mineralised to such an extent that they cannot be affected by fluorosis. (V) Nor is it possible after that time to diminish any existing fluorosis.

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

64. (I) The most significant health risks the nervous system faces occur long before birth. (II) The most vulnerable period in nervous system development takes place before most women have missed a menstrual period or suspect they are pregnant. (III) Within the first three weeks after conception the rudimentary nervous system, the neural tube, forms and rapidly differentiates into the brain and spinal cord. (IV) Numerous factors, environmental and genetic, can disrupt this process to cause structural defects of the brain or the spinal cord. (V) Folic acid, prescribed in the first trimester of pregnancy, supports the development of the fetus.

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

65. (I) If you have ever heard someone claim they have cured their hay fever by spending time outdoors or that a daily serving of honey, which contains pollen grains, has built up their immunity, do not fall for it. (II) Health experts think that there is not strong evidence for such an approach. (III) Similarly forcing yourself to eat peanuts if you are allergic to them is a bad idea, as is living with a pet in the hope that one day you will get along fine. (IV) Immunotherapy seems to work well for cat allergies, but is less effective for other types of allergies. (V) However, the idea is grounded in sensible science which has proven that clinical injections of small, increasing doses of an allergen can make the immune system less reactive to some allergies.

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

**YÖKDİL KASIM 2019 SAĞLIK SORULARI**

In 2010, a team of neurologists studied what happens in the bodies of mice when they have needles inserted into their skin and rotated, just like what happens in acupuncture treatment. They revealed an increase of the quantity of adenosine in the tissue around the needle. Adenosine functions as a neurotransmitter which helps cells repair the tissue after damage. However, it also has a marked effect on the nerve cells that send pain signals to the brain. The scientists discovered that adenosine blocks pain signals in the mouse, so the brain's centre of pain is not activated just as much as previously. In order to make sure that the effect was not a type of placebo effect, the scientists produced genetically modified mice, whose nerve cells did not react to adenosine. They were subjected to the same acupuncture treatment as the ordinary mice, but they experienced no pain relief. Thus, the scientists found that the effect on the mice was not placebo. Since then, they have also demonstrated that ordinary mice, but they experienced no pain relief. Thus, the scientists found that the effect on the mice was not placebo. Since then, they have also demonstrated that acupuncture causes a local increase in the quantity of adenosine around the needle in humans, as well. But it still remains unknown if this increase in adenosine has the same pain-relieving effect as in mice.

**66. According to the passage, the study demonstrates that .....**

- A) adenosine might prevent pain signals from reaching the brain
- B) the relief from pain with adenosine is nothing but a placebo effect
- C) some nerve cells are not affected by adenosine while sending signals
- D) signals are transmitted from the body to the brain with adenosine
- E) it is possible to deactivate the brain's centre of pain by blocking adenosine

**67. According to the passage, the scientists discovered that ----.**

- A) acupuncture may help people suffering from various painful diseases
- B) acupuncture makes humans and mice produce more adenosine than usual
- C) the pain signals are blocked in human brain as quickly as in mice
- D) while mice produce more adenosine with acupuncture, humans often do not
- E) if patients are subjected to acupuncture, they would definitely feel less pain

**68. The passage mainly focuses on ----.**

- A) an experiment that demonstrates acupuncture can trigger the release of adenosine, which affects nerve cells
- B) a scientific test that investigates methods of increasing adenosine levels for pain relief in humans
- C) a study of neurologists that reveals the pain-relieving influence of acupuncture in humans
- D) a project that aims to amplify the benefits of adenosine in lessening the pain of acupuncture needles
- E) research that investigates the chances to use acupuncture treatment instead of painkillers for animals

.....

unclear whether these changes are cause or effect. Now a lack of certain gut bacteria has been found to cause faulty patterns of connections between brain cells in mice. The microbes are a group called Bifidobacteria, among the most common in babies and children. In his study, James Versalovic at Baylor College of Medicine in Texas bred mice with no gut bacteria, then put Bifidobacteria into one group while leaving the other as it is. By adulthood, the brains of mice lacking gut bacteria had an unusually large number of defective patterns of connections.

**69. It is clear from the passage that Bifidobacteria**

---- .

- A) can lead to fewer connections in the brain
- B) are evidently regarded as deadly microbes
- C) can be found in humans at early ages
- D) are injected to humans to cure mental illnesses
- E) can lead to longer life span in mice

**70. It can be inferred from the passage that mice with Bifidobacteria in the study ----.**

- A) became more vulnerable to brain disorders compared to other animals
- B) were more likely to have healthy connections in the brain
- C) had a higher possibility to change the form of bacteria in the brain
- D) have frequently been used in many experiments
- E) showed more resistance to disease resulting in brain failure

**71. It can be understood from the passage that the impact of a lack of gut bacteria on n the human brain ----.**

- A) is the root cause of many terminal illnesses
- B) affects adults more adversely than children
- C) is considered a scientific breakthrough
- D) is yet to be proven through research
- E) has caused previous theories to be ruled out

**YÖKDİL KASIM 2019 SAĞLIK SORULARI**

Stress almost seems to have it out for women. In an annual survey by the American Psychological Association, women have repeatedly reported higher levels of tension than men and sometimes even more stress-related physical and emotional symptoms, including headache, upset stomach, fatigue, irritability, and sadness. What's more, midlife women have been found to experience more stressful events than both men and women of any other age, reports an ongoing study by the University of Wisconsin-Madison's Institute on Aging. Stress overload may even lead to chronic diseases. Long-term pressures at home and work in addition to stress from traumatic events almost double the risk of type 2 diabetes in midlife women, according to a recent study at the University of California, in San Francisco. These women are also more prone to stress-induced mental health problems such as depression and anxiety disorders.

**72. It is pointed out in the passage that stress ----.**

- A) is more dangerous when experienced at work and home in the long run
- B) may lead to several health problems in midlife women
- C) causes fewer mental problems for midlife women when compared to the younger
- D) may sometimes cause serious misunderstandings between men and women
- E) is likely to double in the event of traumatic experiences

**73. One can understand from the passage that that women and men ----.**

- A) are similar in terms of their tendency to suffer from depression and anxiety problems
- B) have been reported to experience more stressful events at early ages
- C) encounter higher levels of pressure with accompanying headaches and upset stomach
- D) generally quarrel due to the higher levels of tension experienced by women
- E) differ with respect to stress-induced physical and emotional symptoms

**74. It can be inferred from the passage that the author ----.**

- A) clarifies why stress is a highly influential element for both men and women in achieving their goals in life as well as maintaining their mental and physical health
- B) aims to criticise insufficient scientific research on the differences between men and women regarding their stress levels
- C) informs readers about the fact that stress is experienced differently across gender and for women at different ages
- D) explains why and how men and women differ in terms of perceiving and responding to stress-loaded events at home and work
- E) has a serious concern about the risk of type 2 diabetes in midlife women and thus attempts to make a list of stress-inducing contexts and events to avoid them

The most effective protection against noise exposure is to avoid it. As this is not always practical or possible, health experts recommend wearing hearing protection for exposure to sound at 90 decibels (dB) for longer than eight hours and for any exposure that exceeds 90 dB. Earplugs are the main way to protect your hearing. They fit easily into the auditory canal and block sound waves from travelling to the middle and inner ear. They are available in various materials and in different sizes and shapes, so finding earplugs that fit properly and comfortably can take some experimentation. Customised earplugs are also available, made specifically to fit an individual's ears. A common complaint about earplugs, however, is that they block so much sound that conversation is difficult. This weakening of the sound is called attenuation. Some designs of earplugs contain channels that allow sounds at certain frequencies to pass through. This improves the ability to hear and understand speech. Customised earplugs for musicians can block selected sounds so the musician can hear the tones and pitches necessary to play or sing.

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

- A) customised earplugs are not as effective as regular ear plugs
- B) the effectiveness of an earplug depends on the material it is made of
- C) the design of an earplug is more important than the material used to produce it
- D) not all regular earplugs will fit all people in the same way
- E) most people do not use earplugs even when they should

75. In which of the following situations would experts recommend using hearing protection?

- A) Prolonged exposure to sound less than 90 dB
- B) Any exposure to sound that is more than 90 dB
- C) Exposure to sound that may affect the inner ear
- D) More than eight hours of exposure to sound at any decibel
- E) Any amount of exposure to sound at any decibel

77. What is the primary purpose of the author?

- A) To promote the use of earplugs in the music industry
- B) To convince people to have customised earplugs
- C) To raise awareness about the importance of hearing protection
- D) To describe a specific type of earplug
- E) To explain how to properly use earplugs

**YÖKDİL KASIM 2019 SAĞLIK SORULARI**

Regular moisturising can help to relieve eczema symptoms. The overarching goal in using the moisturiser after showering is to 'lock in' the moisture to protect the skin barrier. When this is compromised, irritants can sneak in and water escapes, resulting in dry, itchy patches of skin. Heat is another influential factor because it removes fats and oils from the skin, which are what an eczema care regime is trying to preserve. Very hot water can stimulate mast cells, which encourages the release of histamines that trigger the itch-scratch cycle. Therefore, using lukewarm water for showers and baths is recommended. Yet another significant factor that eczema sufferers need to consider is that they are highly susceptible to environmental irritants such as smoke, dust, adhesives, formaldehyde from household disinfectants, isothiazolinones (an antibacterial in personal-care products) and overheating. Keeping track of such triggers and how they affect the symptoms might reduce a patient's chances of activating flare-up.

**78. It is stated in the passage that heat ----.**

- A) is dangerous when combined with disinfectants
- B) causes irritants on the skin to be deactivated
- C) removes the existing fats and oils on the skin
- D) blocks the release of histamines
- E) formulates the basis for an eczema care regime

**79. According to the passage environmental irritants ----.**

- A) could worsen the symptoms experienced by eczema sufferers
- B) are the most important factor contributing to eczema flare-up
- C) come from man-made sources, not from natural ones
- D) are mainly responsible for the onset of eczema cases
- E) do not cause any chronic problems on healthy skin

**80. One can understand from the passage that the author mainly aims to ----.**

- A) criticise the conventional ways eczema patients are treated
- B) propose skincare solutions to relieve eczema symptoms
- C) offer dermatologists alternative methods of treatment for eczema
- D) advise eczema patients to avoid the use of chemical skincare products
- E) explain why the heat triggers eczema symptoms even in healthy skin

**YÖKDİL SAĞLIK 2019 KASIM**  
**CEVAP ANAHTARI**

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