

**YÖKDİL İLKBAHAR**  
**2018**  
**SAĞLIK SORULARI**



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

1. ---- advances in gene technology and knowledge of the body, doctors still fail to fully comprehend why many innate heart diseases occur.

- A) Because of
- B) In case of
- C) Since
- D) In spite of
- E) Thanks to

2. Magnetic Resonance Imaging helps ---- and diagnose pathologies in most tissues in the body.

- A) react
- B) install
- C) invent
- D) detect
- E) defend

3. Recent figures show an 80 percent rise ---- the number of young girls diagnosed ---- anorexia in England since 2004.

- A) with / on
- B) on / by
- C) in / with
- D) at / of
- E) for / off

4. There are viruses that are unfamiliar to our immune system, which means that ---- our natural defences ---- existing vaccines can protect us against them.

- A) if / then
- B) as / well
- C) rather / than
- D) neither / nor
- E) such / that

5. some bacteria are typically harmless, Pseudomonas bacteria that enter a damaged cornea can cause an infection, redness, pain and blurred vision.

- A) Now that
- B) Even though
- C) Provided
- D) Once
- E) Only if

6. The nail matrix, which is the actively growing part of the nail, is ---- thick ---- the pink dermis cannot show through it.

- A) as / as
- B) such / as
- C) so / that
- D) too / to
- E) much / than

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7. More than 60 percent of new infectious diseases in the world have been transmitted from animals to people ---- the last 80 years.

- A) over
- B) without
- C) before
- D) between
- E) about

8. The effects of foetal alcohol syndrome are linked with mental health and social interaction problems ---- learning difficulties.

- A) in order to
- B) in contrast
- C) as though
- D) as well as
- E) despite

9. Cataracts, cloudiness and discoloration of the eye lens, were once a ---- cause of age-related blindness.

- A) leading
- B) missing
- C) beneficial
- D) convenient
- E) disqualified

10. Implantation surgery is very complex because it needs a high level of expertise to reach the surgical site ---- .

- A) heavily
- B) fluently
- C) dominantly
- D) efficiently
- E) accidentally

11. Lycopene emerged in the 1990s as a secondary therapy for prostate-related illnesses and started to be used widely ---- its ability to slow the spread of malignant cells.

- A) as well as
- B) in addition to
- C) because of
- D) such as
- E) as if

12. Personal hygiene helps control body smell, the result of bacterial ---- on the skin interacting with perspiration.

- A) measure
- B) approval
- C) quality
- D) treatment
- E) growth

13. **Insomnia ---- chronic when someone ---- difficulty in either getting to sleep or staying asleep for at least three months.**

- A) became / is going to have
- B) becomes / has had
- C) was becoming / is having
- D) has become / was having
- E) had become / will have

14. **The National Centre for Health ---- periodic Nutrition Examination Surveys since 1960 to determine how much obesity ---- among Americans.**

- A) had been conducting / is increasing
- B) is conducting / was increasing
- C) has been conducting / has increased
- D) was conducting / will have increased
- E) will conduct / increased

15. **The hard outer surface of each tooth is coated in a layer called the pellicle, ---- is made mainly from proteins found in the saliva.**

- A) which
- B) what
- C) in which
- D) where
- E) how

16. **---- medications may affect people in different ways, a patient may not be able to understand their true effectiveness before using them.**

- A) Unless
- B) Since
- C) Once
- D) As soon as
- E) After

17. **Over millions of years retroviruses have been incorporated into our human DNA, where they today ---- almost 10 percent of the total genome.**

- A) turn down
- B) call for
- C) follow up
- D) stand by
- E) make up

18. **Menopause occurs naturally between the ages of 42 and 58, ---- it is caused prematurely by surgery, chemotherapy or pelvic radiation.**

- A) because
- B) despite
- C) unless
- D) before
- E) whatever

19. **For a few years now, the World Health Organization ---- the public against the Zika virus, announcing that governments ---- everything possible to stop its spread.**

- A) has warned / used to do
- B) will warn / had done
- C) was warning / might do
- D) has been warning / must do
- E) had warned / had to do

20. **Although tissue ---- as a group of cells with a similar structure that perform a common function, it does not consist entirely of cells.**

- A) has defined
- B) is defined
- C) defines
- D) is defining
- E) will be defining

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

The best-known form of itch erupts when the body (21) to a simple mosquito bite. After the pest extracts its meal, it leaves behind chemicals and proteins (22) our immune system recognizes as foreign and so mounts an attack at the bite site. Immune cells in the skin release cytokines, tiny chemical messengers that escalate the response. The first inkling of an itch is felt on the skin – just enough (23) scratching. That, in turn, damages the protective outer layer of the epidermis. (24), immune cells then release a surge of histamine, a major itch-inducing chemical, along with other pruritogens. Histamine activates receptors (25) on the fine endings of sensory nerves in the skin, triggering the familiar sensation of itching.

21.

- A) rejects
- B) refers
- C) leads
- D) conforms
- E) reacts

22.

- A) that
- B) what
- C) in which
- D) when
- E) whether

23.

- A) being caused
- B) to be caused
- C) to have caused
- D) to cause
- E) caused

24.

- A) As a result
- B) For instance
- C) Instead
- D) Nevertheless
- E) In contrast

25.

- A) find
- B) finding
- C) found
- D) to find
- E) be finding

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

We used to think of vitamin D supplements as (26) until recent studies showed the opposite. (27) the new advice for widespread vitamin D supplementation is simple in terms of dose, it might lead to overdose in certain cases. Many people already use additional sources (28) the vitamin or they buy high dose supplements on the internet. Patients with very high vitamin D levels (29) routine in clinical practice nowadays. Worryingly, several experiments have reported that patients (30) take large doses of vitamin D might increase the risk of developing certain disorders.

26.

- A) particular
- B) harmless
- C) equal
- D) vacant
- E) confident

27.

- A) While
- B) How
- C) Before
- D) Thus
- E) Due to

28.

- A) up
- B) at
- C) over
- D) into
- E) of

29.

- A) had become
- B) became
- C) would become
- D) were becoming
- E) are becoming

30.

- A) what
- B) who
- C) why
- D) where
- E) when

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

31. ---- that is used for energy production in the body.

- A) Every effort is being made to spot tumours
- B) A great number of reports have recently been issued
- C) Glucose is an essential carbohydrate
- D) Fatty acids are used by many organs to function
- E) We have brought together the relevant information

32. Just as fluoride is important for protecting children's developing teeth, .

- A) they used to work hard on the prevention of tooth decay
- B) the bacteria in the mouth use sugar to produce the acid
- C) the majority of the elderly have some or all of their natural teeth
- D) it is also of benefit to older adults with dental problems
- E) children should be checked for physical problems regularly

33. ----, it is necessary to follow individual patients by taking multiple brain scans over the course of their illness.

- A) To better understand how the brain changes over time in schizophrenia
- B) Because group therapy has proved to be more helpful in certain cases
- C) However, some recent studies focus on the positive effects of exercise over time
- D) Just as a patient shows neither sign of recovery nor willingness to be treated at all
- E) Considering multiple brain scans do not provide any further details

34. Since the establishment of the health program called SEER in 1973 by the National Cancer Institute ---- .

- A) no proven formula of prevention existed in early sciences
- B) symptoms have little to do with your lifestyle and the way you eat
- C) the risk should have been determined at quite an early age
- D) these factors might diminish the risk of developing cancer
- E) there has been a continual decline in cancer-related mortality

35. Developing a vaccine for Zika is challenging ----.

- A) until the World Health Organization stated that priority should be given to developing vaccines
- B) mainly because this problem had already been resolved decades ago
- C) mostly because we have a limited understanding of the epidemiology of the infection
- D) even though pregnancy has repercussions for most suitable vaccine technologies
- E) despite new laws regulating the use of present medications on registered patients

36. Medications that boost red blood cells become necessary to prevent anaemia from progressing; ---- .

- A) in other words, the decrease in red blood cells may be caused by a genetic disorder
- B) that is why doctors prescribe iron pills to increase patients' red blood cells
- C) so, low iron levels impair the body's ability to produce hemoglobin
- D) for example, one must be careful about getting plastic surgery
- E) that is to say, vitamin B12 is normally found in many meats and vegetables

**37. Regular physical exercise is a major part of weight management ----.**

- A) even though it is possible to be overweight without being obese
- B) even though traditional Chinese medicine may cause such heart conditions
- C) before they are given antidepressant medications to treat psychosis
- D) as researchers believe advertising may lead to unhealthy eating styles
- E) because it increases the number of calories burnt by the body

**38. Whether scientists are testing a new drug or mapping the migrations of whales, ---- .**

- A) the population of certain species around the world is declining
- B) after posing such a question, a scientist often uses inductive logic
- C) digital technologies allow the general public to communicate faster
- D) mathematical and statistical calculations are essential
- E) this situation has been beneficial to most biologists

**39. For certain diseases, a focused medical history and physical examination should be performed ----**

- A) in cases in which a physical examination is not necessary
- B) unless the physician needs to inform the patient about this problem
- C) so that a potentially dangerous underlying condition is not overlooked
- D) such symptoms are mostly classified in different categories
- E) provided that it is nothing more than a common cold

**40. ----, the risk of developing the disease increases as people grow older.**

- A) Although Alzheimer's disease is not a normal part of the aging process
- B) Since patients have no difficulty remembering what day or month it is
- C) If medical specialists were able to find an absolute cure for such diseases
- D) Unless families of Alzheimer's patients learn to cope with the stress
- E) Thanks to several advances in the field of progressive brain disorders

**41. Following up on research showing that early intervention can improve motor control, ----**

- A) the scheme involved observing 28 patients with a family history of high blood pressure
- B) a new device was devised long before the research on cerebral palsy was initiated
- C) elderly patients with heart disease will be monitored by a remote device on a daily basis
- D) elderly people with walking difficulties might feel scared to leave the house by themselves
- E) a mechanism has been developed to help increase the physical activity of babies with cerebral palsy

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

**42. Antioxidants, such as vitamins C and E, defend the body against the harmful effects of free radicals, which cause early aging and disease.**

- A) Serbest radikallerden dolayı oluşan erken yaşlanmadan ve hastalıklardan vücudu koruma görevi, C ve E vitamini gibi antioksidanlarıdır.
- B) C ve E vitamini gibi antioksidanlar, serbest radikallerin verdiği zararları önleyerek vücudu erken yaşlanmaya ve hastalıklara karşı koruyabilir.
- C) C ve E vitamini gibi antioksidanlar, vücudu erken yaşlanmaya ve hastalığa neden olan serbest radikallerin zararlı etkilerine karşı korur.
- D) Başlıca antioksidanlardan olan C ve E vitaminlerinin görevi, erken yaşlanmanın ve bazı hastalıkların kaynağı olan serbest radikallere karşı vücudu korumaktır.
- E) C ve E vitaminlerinde bulunan antioksidanlar, serbest radikallerin zararlı etkilerinden olan erken yaşlanmaya ve hastalıklara karşı vücudu korur.

**43. The rise in drug-resistant bacteria is usually associated with the overuse of antibiotics in medicine and farming.**

- A) Genelde antibiyotiğin tıpta ve tarımda aşırı kullanımı, ilaca karşı dirençli bakterilerin artmasında oldukça etkilidir.
- B) Antibiyotiğin tıpta ve tarımda kullanımı ile ilaca karşı dirençli bakterilerin artması arasında bir ilişki söz konusudur.
- C) Antibiyotiğin tıpta ve tarımda aşırı kullanımı, genellikle ilaca karşı dirençli bakterilerin artmasındaki ana nedendir.
- D) İlaça karşı dirençli bakterilerdeki artış, genellikle antibiyotiğin tıpta ve tarımda aşırı kullanımı ile ilişkilendirilir.
- E) İlaça karşı dirençli bakterilerin artışı ile antibiyotiğin tıpta ve tarımda kullanımı arasında bir bağ olduğu düşünülür.

**44. Acupuncture is an ancient method of therapy that originated in China more than 2,000 years ago.**

- A) Akupunktur, 2000 yıldan uzun bir süre önce Çin'de ortaya çıkmış eski bir tedavi yöntemidir.
- B) Bazı kaynaklara göre akupunktur, 2000 yıldan uzun bir süre önce Çin'de ortaya çıkmıştır.
- C) Yaklaşık 2000 yıl önce Çin'de ortaya çıkan akupunktur, oldukça eski bir tedavi yöntemidir.
- D) Akupunktur, yaklaşık 2000 yıl önce Çin'de ortaya çıktığı düşünülen eski bir tedavi yöntemidir.
- E) Eski bir tedavi yöntemi olan akupunktur, Çin'de 2000 yıldan uzun bir süre önce çıkmış olabilir.

45. If the food you eat is not good quality or it is not consumed in the proper quantities, you are likely to experience fatigue.

- A) Yediğiniz yiyeceklerin kalitesine veya miktarına dikkat etmezseniz, yorgunluk yaşamanız muhtemeldir.
- B) Yorgunluk yaşamanız, yiyeceklerinizin kaliteli olmamasıyla veya uygun miktarlarda tüketilmemesiyle ilgilidir.
- C) Yediğiniz yiyeceklerin kalitesi veya miktarı yorgunluk yaşamamıza neden olabilecek sebepler arasında yer alır.
- D) Kaliteli veya uygun miktarlarda besin tüketmezseniz, yorgunluk yaşama ihtimaliniz kaçınılmazdır.
- E) Eğer yediğiniz yiyecekler kaliteli değilse veya uygun miktarlarda tüketilmiyorsa, yorgunluk yaşamanız muhtemeldir.

46. Because proteins, unlike carbohydrates, are not stored in the body, protein-rich foods should be consumed on a regular basis in order to obtain the required amino acids.

- A) Proteinler, karbonhidratlar gibi vücutta depolanmaz, bu nedenle vücudumuzun gereksinim duyduğu amino asitleri dengelemek için belirli ölçülerde protein bakımından zengin besinler tüketmemiz gerekir.
- B) Proteinler karbonhidratlardan farklı olarak vücutta depolanmadığından, gerekli amino asitlerin alınması için protein bakımından zengin besinler düzenli olarak tüketilmelidir.
- C) İhtiyaç duyulan amino asitlerin vücutta depolanabilmesi için, yapıcı karbonhidratlardan farklılık gösteren, protein bakımından zengin besinlerin düzenli olarak tüketilmesi gerekir.
- D) Proteinler karbonhidratlardan farklı olduğundan vücutta depolanmaz, bu nedenle amino asitlerin alınabilmesi için genelde proteinli besinler tüketilmelidir.
- E) Proteinler vücutta depolanabilen karbonhidratlardan oldukça farklıdır ve düzenli olarak tüketildiğinde vücudumuz için gerekli olan amino asitlerin alınabilmesine yardımcı olur.

47. The mental and physical ravages caused by some genetic diseases are preventable only if the diseases are diagnosed and treated in their early stages.

- A) Eğer genetik hastalıklar erken evrelerde teşhis ve tedavi edilirse, hastanın zihninde ve vücudunda yarattıkları bazı hasarların önüne geçilebilir.
- B) Bazı genetik hastalıklardan kaynaklanan zihinsel ve fiziksel hasarlar, ancak hastalıklar erken evrelerinde teşhis ve tedavi edildiği takdirde önlenbilir.
- C) Genetik hastalıkların vücudumuzda yarattığı zihinsel ve fiziksel hasarların önlenbilmesi, ancak hastalığın erken evrede teşhis edilmesiyle mümkündür.
- D) Genetik hastalıkların hastanın zihninde ve vücudunda yarattığı hasarların önüne, ancak bu hastalıkların erken teşhisi ve tedavisiyle geçilebilir.
- E) Bazı genetik hastalıklar erken evrelerde teşhis ve tedavi edildiklerinde, vücudumuzda bırakabilecekleri zihinsel ve fiziksel hasarlar ortadan kalkar.

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

48. Gençlerin ergenlik sırasında geçirdiği değişimler o kadar çarpıcıdır ki birçok biyolog, ergenliği iribaşların kurbağa oldukları zaman geçirdikleri dönüşüme benzetir.

- A) Many biologists compare youngsters to tadpoles since the dramatic changes that they experience during puberty are similar to their metamorphosis.
- B) According to biologists, dramatic changes that young people experience during puberty are similar to the transformation that tadpoles go through to become frogs.
- C) The changes all young people experience during their teen years are extremely dramatic; therefore, biologists think puberty is similar to the period during which tadpoles become frogs.
- D) The changes that young people go through during puberty are so dramatic that many biologists compare puberty to the metamorphosis that tadpoles go through when they become frogs.
- E) According to many biologists, the changes young people experience during puberty are similar to the transformation that tadpoles go through while becoming frogs.

49. Tıbbi ilaç çalışmaları ayrı bir meslek dalı olarak sekizinci yüzyılda ortaya çıkmış olsa da, Avrupa'daki ilk eczane Fransa'da 1180'de açılmıştır.

- A) The first pharmacies in Europe were opened in France in the eighth century; however, the study of medical drugs emerged as a distinct profession in 1180.
- B) Medical drugs were distinctly studied by professionals for the first time in the eighth century; however, the first pharmacy in Europe appeared in France long after that.
- C) The study of medical drugs became a distinct profession in the eighth century while the first pharmacies in Europe were located in France.
- D) Since the study of medical drugs emerged as a separate profession in France in the eighteenth century, the first pharmacy was also opened there in 1180.
- E) Although the study of medical drugs emerged as a distinct profession in the eighth century, the first pharmacy in Europe was opened in France in 1180.

50. Yanma ve kaşıntı şeklindeki çoğu göz ağrısı, gözün kendisinden çok göz çevresindeki yapıları etkileyen küçük ve tedavi edilebilir nedenlerden kaynaklanır.

- A) Much eye pain in the form of burning and itching arises from minor and treatable causes that affect the structures around the eye rather than the eye itself.
- B) Burning and itching caused by much eye pain are considered minor and treatable conditions that affect the structures around the eye as well as the eye itself.
- C) Minor and preventable changes in the structures around the eye might lead to much eye pain in the form of burning and itching.
- D) Burning and itching caused by eye pain are minor and treatable causes that affect not only the structures around the eye but also the eye itself.
- E) Much eye pain due to burning and itching is caused by preventable conditions that affect the structures around the eye as well as the eye itself.

**51. Vertigo nöbeti genellikle sadece birkaç dakika sürmesine karşın, birkaç saat devam eden bulantı, baş dönmesi ve denge kaybına yol açabilir.**

- A) The vertigo episode that lasts only a few minutes may result in nausea, dizziness as well as balance disturbance.
- B) The vertigo episode is known to last only a minute, but it often results in nausea, dizziness and balance disturbance that continue for several hours.
- C) Though the vertigo episode generally lasts only a few minutes, it can result in nausea, dizziness and balance disturbance that continue for several hours.
- D) While the vertigo episode typically lasts a few hours, it can lead to dizziness and balance disturbance that may continue for a longer period.
- E) Since the vertigo episode typically lasts less than a few minutes, it generally results in nausea, dizziness and balance disturbance that continue for several hours.

**52. Eczacıların haklarını korumak için ilaçlar ilk defa Britanya'da 1868'de yasal denetim altına alındı.**

- A) To protect the rights of pharmacists, Britain started to sell drugs under legal control for the first time in 1868.
- B) It was in 1868 that drugs came under legal control in Britain to be able to protect the rights of pharmacists.
- C) Britain was the first and only country to take drugs under legal control to protect the rights of pharmacists in 1868.
- D) Drugs were taken under legal control in Britain for the first time in 1868 to protect the rights of pharmacists.
- E) The rights of pharmacists were protected for the first time in Britain in 1868, when drugs came under legal control.

**53. Önleyici tıp uzmanları bazı önemli hastalıklara yol açan faktörlerin kontrol altına alınması ya da bertaraf edilmesi sürecinde pek çok güçlüklerle karşılaşmaktadır.**

- A) Preventive medicine specialists encounter many challenges in the process of controlling or eliminating the factors that cause some significant health conditions.
- B) The challenges that preventive medicine specialists mostly experienced took place during the process of controlling or eliminating the factors that cause certain health conditions.
- C) According to preventive medicine specialists, the biggest challenge during the process of eliminating some health conditions is controlling the factors causing them.
- D) Preventive medicine specialists experience a lot of challenges when they attempt to control and eliminate the factors that cause some health conditions.
- E) Preventive medicine specialists encounter many challenges prior to the process of controlling and eliminating certain significant health conditions.

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

54. Nutritional guidelines recommend the highest proportion of foods come from fruits, vegetables, whole grains and whole grain products, and low-fat proteins. However, fats and carbohydrates make up the majority of dietary intake for many people. In the United States, the frequency with which people eat out at restaurants and consume fast food is very high. Though a number of restaurants offer fresh vegetables and fruit and feature "heart healthy" menu choices, restaurant meals tend to be high in both fat and carbohydrates. ---- .

- A) Weight loss as a component of weight management requires lifestyle modifications that dieting does not accommodate
- B) So, many dieticians believe that we must consume meat as well as vegetables and dairy products
- C) Many diet aids come with diet plans that advise increased exercise and reduced food intake - the ideal method for weight loss
- D) A plant-based diet may move through the body in 6 to 8 hours, while a high-fat, low-fiber diet may take as long as 26 hours
- E) The same is true of snack foods and prepared foods such as frozen dinners and boxed and canned products

55. Precision medicine sounds like an unarguably good thing. It begins with the observation that individuals vary in their genetic makeup and that their diseases and responses to medications differ as a result. It then aims to find the right drug, for the right patient, at the right time, every time. The notion certainly has its supporters among medical experts. ---- . It seems that the debate resulting from these opposite views will be intensifying over whether this approach to treating disease can truly deliver on its promise to revolutionize health care.

- A) Genetic testing can, without doubt, reveal which individuals might benefit from precision medicine
- B) However, there are others who think that efforts to achieve precision medicine are a waste of time and money
- C) Early attempts to adjust disease treatment to individuals based on their DNA have achieved success
- D) These expected innovations are part of many small-step improvements in hospital management
- E) The same paradox applies to nearly every example of precision medicine you can find in a specific field

56. . Advances in genetics, for example, offer hope of new treatments to cure serious diseases such as cancer, eliminate genetic defects from families, and possibly even slow the aging process. Recent studies also suggest that it may soon be possible to grow replacement organs. However, none of these anticipated breakthroughs would be possible – even thinkable – without the pioneering medical discoveries of the last 1,000 years.

- A) Smallpox was once a much dreaded and common fatal viral infection
- B) Many of the important inventions of the past three decades have only increased the rate of consumption
- C) Medical breakthroughs during the next millennium will probably bring longer and healthier lives
- D) Therefore, diseases and infections have claimed many lives across the world in the last century
- E) Latest developments have created a new market for such child care products

57. Cognitive-behavioural therapy, a type of psychotherapy, has proven effective in treating anxiety disorders. In this type of therapy, the therapist first educates the person about the nature of his or her particular anxiety disorder. ---- . For example, to treat a person with a snake phobia, a therapist might gradually expose the person to snakes, beginning with pictures of snakes and progressing to rubber snakes and real snakes. Then, the patient can use relaxation techniques acquired in therapy to overcome the fear of snakes.

- A) A limited number of drugs can be used to reduce symptoms of anxiety
- B) Medications may work better than psychotherapy when patients discontinue treatment
- C) Some individuals do not feel any anxiety when faced with difficult situations
- D) Many cultures in the world accept the expression of anxiety in public
- E) Then, the therapist helps the person cope with irrational thoughts that lead to anxiety

58. In coronary heart disease, the vessels that supply oxygen-carrying blood to the heart become too narrow to carry a sufficient amount of blood. Most often, they become narrowed because of atherosclerosis, a process in which fatty deposits called 'plaque' build up on the inside wall of an artery. Plaque is made of cholesterol, fibrous proteins, calcium deposits, tiny blood cells known as platelets, and debris from dead cells. ---- . Gradually, this growing plaque thickens the wall of the artery, reducing the space for blood to flow through.

- A) Cardiac muscle cells connect to each other by specialized junctions
- B) The coronary arteries are important because they supply blood to the heart
- C) Heart problems affect millions of people and claim many lives each year
- D) Plaque formation progresses very slowly over the course of decades
- E) The heart operates perfectly in order to pump blood through the body

59. Acupuncture is based on the concept of 'qi', a life force or energy that practitioners say flows through the body along twenty distinct routes called meridians. ---- . Inserting acupuncture needles at specific points along specific meridians is thought to clear those blockages and restore 'qi's natural flow, which in turn restores patients to health. Scientists have long understood that 'qi' is not a legitimate biological entity. But the acupuncture proponents among them have argued that acupuncture itself might still work, albeit by an as yet unknown mechanism.

- A) The lack of scientific support for acupuncture has not stopped enthusiasm for the practice
- B) Blocked meridians are believed to cause illness by disrupting the flow of qi
- C) The procedure to get rid of blockages had been abandoned by the 1800s
- D) Besides, the number of meridians starts to decline as we grow older
- E) Scientists have gained insights that could lead to new methods for treating pain

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

60. (I) Hearing loss, however subtle, may have significant effects on a person's ability to function in, and enjoy everyday life. (II) Researchers have been exploring the aging process for many decades in order to help slow it down. (III) Even mild to moderate hearing loss removes many common sounds from daily experience. (IV) Hearing aids, though they cannot restore normal sound quality and hearing, make it possible to participate in conversation and to hear many of the sounds that provide orientation to one's personal environment. (V) With accommodation, most people with hearing loss are able to fully participate in nearly all activities that those who have normal hearing can experience.

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

61. (I) Physicians can identify some diseases and injuries by feeling the patient's deep organs through the skin. (II) One of the most useful modern imaging techniques is a refined X-ray technology called Computed Tomography. (III) A Computer Tomography scanner is shaped like a square metal nut standing on its side. (IV) The patient lies in the central hole, situated between an X-ray tube and a recorder, both of which are in the scanner. (V) The tube and recorder rotate to take about twelve successive X-ray images around the person's full circumference.

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

62. (I) There exists a wide variety of non-infectious diseases and disorders of the human respiratory system. (II) In many cases, psychological therapy may include the treatment of patients as a couple or family. (III) These conditions can be classified according to the specific anatomical regions of the respiratory tract that they affect. (IV) Thus, there are diseases of the upper airways; diseases of the pleura; diseases of the larynx, trachea, bronchial tree, and lungs; and diseases of the mediastinum and diaphragm. (V) Although these divisions provide a general outline of the ways in which diseases may affect the lung, they are by no means rigid.

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

63. (I) Seasonal Affective Disorder is a subtype of depression usually characterized by the onset of depression in autumn or winter (II) Seasonal Affective Disorder is twice as common in women as in men and is associated with psychomotor retardation, hypersomnia, overeating, and weight gain. (III) To establish the diagnosis, this type of depression must recur for three or more consecutive years. (IV) The treatment of Seasonal Affective Disorder relies primarily on phototherapy, using a full-spectrum light source of 10,000 lux for a minimum of 30 minutes a day. (V) Every year about 10 million Americans have a depressive episode linked to unemployment, but about only 20 percent usually seek treatment.

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

64. (I) If your pharmaceutical system is working properly, the correct chemicals will be dispensed at the appropriate times. (II) If a dog starts chasing you, for example, your internal pharmacist will hand out a shot of adrenaline and a dose of cortisol. (III) It has long been known that listening to music helps to calm the nerves. (IV) The adrenaline will get you ready to run or fight by increasing the oxygen supply to your muscles, directing more blood to your heart and lungs, and releasing extra glucose into your system. (V) The cortisol reaction will further amplify the adrenaline's effects, increasing your blood sugar levels and concentrating energy supplies to your arms and legs.

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

65. (I) The normal cardiac cycle is controlled by an orderly sequence of depolarisation spreading into the ventricular myocardium through specialised conducting tissue. (II) Under the given circumstances, scientists have to find new sources of funding to their projects. (III) In ventricular fibrillation this coordinated sequence is lost and individual muscle cells depolarise in an apparently random fashion with the loss of all coordinated muscular activity. (IV) In such a case, in which muscular activity is lost, the heart stops functioning as an effective pump. (V) In the absence of cardiac output or a functioning pump, the myocardium becomes more ischaemic and irreversible cerebral anoxic damage occurs within a few minutes.

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

66 - 68. soruları aşağıda verilen parçaya göre cevaplayınız.

A recent study has introduced a new treatment for skeletal system injuries. A carbon material, which could lead to more powerful treatments for skeletal system injuries, such as fractures, is included for the first time in such studies. The purpose of the trial is to develop a new kind of medication to repair injured bone using stem cells from human bone marrow as well as these carbon nanotubes. In the study, it is expected that this research could lead to the enhancement of bone regeneration. The use of stem cells taken from human bone marrow has already been tried in fracture treatment due to their potential to regenerate bone in patients who have lost large areas of bone from either disease or trauma, and progress has been made. However, this research has opened up the possibility of developing a new kind of medication that effectively treats skeletal injuries, such as fractures. Furthermore, it may lead to such advancements as making artificial joints and teeth with the use of 3D printing.

66. According to the text, how does the latest study differ from previous ones?

- A) The effectiveness of stem cells in bone regeneration has been determined by their quantity.
- B) Stem cells derived from human bone marrow have proven effective in bone injuries.
- C) Numerous skeletal injuries such as fractures have been successfully treated by it.
- D) An innovative surgical technique has been developed by means of various materials.
- E) A carbon material has been used in the trials to repair skeletal injuries for the first time.

67. It is clear from the text that ---- .

- A) artificial joints are successful alternatives to insufficient stem cell usage
- B) working on stem cells is a new field that has not been practised before
- C) working on stem cells is a new field of study never taken up before
- D) the trial is likely to give rise to further developments in treating bone injuries
- E) skeletal system injuries could not be treated before stem cell studies

68. The text is mainly about ---- .

- A) a new study on skeletal system injuries with some promising results
- B) the developmental steps of using stem cells in bone regeneration after trauma
- C) studies that aim to treat skeletal system injuries using stem cells from human marrows
- D) a new method that has made use of 3D printing techniques to enhance bone regeneration
- E) alternative ways of using stem cells to produce artificial joints and teeth for humans

**YÖKDİL İLKBAHAR 2018 SAĞLIK SORULARI**

**69 - 71. soruları aşağıda verilen parçaya göre cevaplayınız.**

There are many different subtypes of type A influenza virus. These subtypes differ because of certain proteins on the surface of the virus. Infection with certain avian influenza A virus caused by some H5 and H7 strains can cause widespread disease and death among some species of domestic birds. Since 1997, several outbreaks of H5 and H7 influenza have occurred only among poultry in the United States. In some parts of the world, the H5N1 avian influenza virus and H7N9 virus have, however, resulted in bird flu in humans. Bird flu has a high death rate in humans, possibly because people have little immune system protection against avian influenza viruses. Most cases of bird flu infection in people have occurred as a result of contact with infected birds. Infection also may result from contact with contaminated surfaces, from eating undercooked poultry or eggs from infected birds or through contact with a person who has bird flu, which in fact rarely occurs. Researchers look at a number of factors including the genetic markers of each virus to help determine the risk for human infection.

**69. It is clear from the text that ---- .**

- A) proteins surrounding the influenza virus cause deaths in all animal species
- B) the subtypes of influenza virus are defined in terms of the proteins they contain
- C) the types of influenza virus in the United States are exactly the same as those in other parts of the world
- D) migrating birds pose higher risks than poultry in the United States
- E) H5 is the most common type of avian influenza virus in the United States

**70. We understand from the text that ---- .**

- A) spread of the H5 and H7 viruses in the United States has affected poultry since 1997
- B) the number of infected poultry in the United States is much lower than that in other countries
- C) bird flu is not fatal in humans due to their strong immune system
- D) In 1997, the United States faced two serious H7N9 pandemics among poultry
- E) poultry have a stronger immune system protection than other animals

**71. According to the text, ---- .**

- A) the government has stopped the sales of poultry products in many regions
- B) experts have made satisfactory progress and come up with an effective solution
- C) inherited features of avian influenza viruses are one aspect being studied by experts
- D) the United States and other nations are taking steps against migrating bird species
- E) a genetic test must be compulsory in the United States

72 - 74. soruları aşağıda verilen parçaya göre cevaplayınız.

Quality assessment in health care is bedevilled with measurement problems. The measurement of output, or more strictly the agent's effort in producing output, is particularly difficult. Quality can be measured in terms of the quality of inputs, processes, or outcomes. Input quality measurement, for example, would involve assessing the capabilities and training of the labour force, the standard of the capital facilities and equipment, and the input mix. Such an approach is often taken by health care regulators seeking to maintain a register of qualified providers. Process quality measurement, however, would involve assessing whether agents are performing actions that are most likely to generate good quality outputs. In health care, this might involve assessing whether providers are following best-practice guidelines and offering patients effective treatment regimes. Finally, quality output measurement would focus on the benefits that have been achieved for patients, regardless of how they have been achieved. Such benefits should include gains in survival and quality of life and increasingly capture patients' experience of using health care services.

**72. Quality output measurement is basically concerned with ---- .**

- A) specific training designed to meet the needs of the work-force
- B) the importance of experience in survival
- C) the patient's quality of life before treatment
- D) how the health care sector survived financial difficulties
- E) the outcomes of the treatment process

**73. We understand from the text that ---- .**

- A) the only focus of quality measurement is general labour force
- B) measuring quality has led to significant legal problems
- C) quality control assessment in health care has just been initiated
- D) each method of quality measurement focuses on different aspects of health care
- E) assessing input quality is much more challenging than assessing process quality

**74. The text is mainly about ---- .**

- A) different methods used in assessing quality in the health care sector
- B) the essential role of assessment in producing desirable output
- C) problems that lead to the discontinuance of quality assessment
- D) the agent's role in identifying problems related to measurement
- E) the difference between the quality and the produced output

75 - 77. soruları aşağıda verilen parçaya göre cevaplayınız.

The nose is especially vulnerable to impact injuries, and the nasal bones are the most commonly fractured on the face. Injury to the cartilage often accompanies a nasal fracture; these injuries are typically painful and result in significant swelling and bruising. A fracture can displace the bones and the cartilage, altering the flow of air through the nose, and can result in bleeding within the nasal passages. As an immediate action, applying ice to the area as soon as possible helps contain the swelling. To confirm a nasal fracture completely, the doctor may order X-rays of the face. The doctor often can repair a simple nasal fracture by external manipulation done with local anaesthesia. On the other hand, an injury that is more extensive than a simple nasal fracture typically requires surgery to return the bones to their normal positions. The bones become set in about a week; the fracture heals fully in four to six weeks. Nevertheless, most nasal fractures heal effectively and have no long-term consequences.

75. It is clear from the text that ---- .

- A) fracture of the nasal bones is the most common bone injury in the body
- B) taking X-rays of the face is the only way to determine whether there is a nasal fracture
- C) all injuries of the nasal bones are considered minor due to the short healing period
- D) applying ice to the fractured bone is enough to stop the feeling of pain
- E) surgery for positioning the fractured bones is not required for every nose fracture

76. We understand from the text that ---- .

- A) ice should immediately be applied to the fracture following the surgery
- B) an X-ray must be obtained by doctors whether it is a simple nasal fracture or not
- C) when a nasal fracture occurs, the cartilage in the nose is usually injured as well
- D) there is no information about the healing period of the nasal fracture and recovery process
- E) nasal fractures are always treated as serious injuries by doctors

77. A nasal fracture ---- .

- A) must be surgically positioned without anaesthesia
- B) rarely gives rise to bleeding and swelling beyond pain
- C) continues to disturb the patient for the rest of his/her life
- D) can disrupt the flow of air and cause bleeding
- E) is impossible to be repositioned by external intervention

78 - 80. soruları aşağıda verilen parçaya göre cevaplayınız.

Every year in the U.S., doctor's offices and hospitals order billions of laboratory tests to measure everything from cholesterol levels in the blood to the presence of a gene that is thought to increase the risk of developing Alzheimer's disease. Physicians and patients typically assume that they can trust the results of these tests, and most of the time they can. But not all lab tests are equally reliable, and faulty ones can have serious consequences. Sometimes they fail to determine life threatening conditions. Other times they indicate a problem that does not exist, which can lead to unnecessary, perhaps even dangerous treatments. The U.S. Food and Drug Administration (FDA) is now taking steps to restore confidence in the reliability of these tests. In 2017, the agency released proposed guidelines that will subject these tests, for the first time, to federal oversight. Several industry sources believe the final rulings may begin taking effect soon, whereas some lab directors say that the requirements could increase costs and affect medical practice.

78. It is clear from the text that physicians and patients ---- .

- A) are misled by most laboratory tests
- B) are satisfied with the decision made by FDA
- C) often presume that laboratory tests are reliable
- D) believe that laboratories should be monitored
- E) agree on the faulty results of ordered tests

79. It is clear from the text that laboratory tests ---- .

- A) may sometimes fail to provide accurate results
- B) used to cost more than they do now
- C) are now controlled by federal officials in the U.S.
- D) are largely conducted by the FDA in the U.S.
- E) have been disputed and monitored by the FDA for a long time

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

- A) patients are willing to pay the cost of the test themselves
- B) there are disagreements about the measures taken by the FDA
- C) patients demand that medications should be regulated strictly
- D) laboratory tests have been questioned by physicians since 2016
- E) the guidelines that the FDA issued have already taken effect in hospitals

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