



2012-ÜNİVERSİTELERARASI KURUL YABANCI DİL SINAVI  
(ÜDS)

(İlkbahar Dönemi)

İNGİLİZCE  
SAĞLIK BİLİMLERİ TESTİ

18 MART 2012

T.C. KİMLİK NUMARASI :

ADI :

SOYADI :

SALON NO. :

SIRA NO.:

**Soru kitapçık numarasının cevap kâğıdına kodlanmamasının veya yanlış kodlanmasının sorumluluğu adaya aittir.**

SORU  
KİTAPÇIK  
NUMARASI :

**TEMEL SORU KİTAPÇIĞI**

Bu numarayı cevap kâğıdınızdaki ilgili alana kodlamayı unutmayınız.

**DİKKAT! SINAV BAŞLAMADAN ÖNCE AŞAĞIDAKİ UYARILARI MUTLAKA OKUYUNUZ.**

1. T.C. Kimlik Numaranızı, Adınızı, Soyadınızı, Salon Numaranızı ve Sıra Numaranızı, Soru Kitapçığı üzerindeki ilgili alanlara yazınız.
2. Soru Kitapçık Numaranız yukarıda verilmiştir. Bu numarayı cevap kâğıdınızdaki ilgili alana kodlayınız ve aşağıdaki ilgili alanı imzalayınız. Salon görevlisinin de hem soru kitapçığındaki hem de cevap kâğıdınızdaki ilgili alanı imzalamasını sağlayınız. Bu kodlamayı cevap kâğıdınıza yapmadığınız veya yanlış yaptığınız takdirde, sınavınızın değerlendirilmesi mümkün değildir.
3. Bu sayfanın arkasında yer alan açıklamayı dikkatle okuyunuz.

**Adayın imzası:**

Soru kitapçık numarasını doğru kodladım.

**Salon görevlisinin imzası:**

Adayın soru kitapçık numarasını cevap kâğıdına doğru kodladığını onaylıyorum.

## AÇIKLAMA

1. Bu kitapçıkta İngilizce / Sağlık Bilimleri Testi bulunmaktadır.
2. Bu test için verilen cevaplama süresi **180 dakikadır (3 saat)**.
3. Testteki 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 değerlendirilmesi doğru cevap sayısı üzerinden yapılacak, yanlış cevaplar dikkate alınmayacaktır.** Bu nedenle, her soruda size en doğru görünen cevabı işaretleyerek cevapsız soru bırakmanız yararınıza olabilir.
6. Cevaplamaya istediğiniz sorudan başlayabilirsiniz. Bir soru ile ilgili cevabınızı, cevap kâğıdında o soru için ayrılmış olan yere işaretlemeyi unutmayınız.
7. Sınavda uyulacak diğer kurallar bu kitapçığın arka kapağında belirtilmiştir.

ÖSÜM

# SINAVDA UYULACAK KURALLAR

- 1. Cep telefonu ile sınava girmek kesinlikle yasaktır.** Çağrı cihazı, telsiz, fotoğraf makinesi vb. araçlarla; cep bilgisayarı, kol ya da cep saati gibi her türlü bilgisayar özelliği bulunan cihazlarla; silah ve benzeri teçhizatla; müsvedde kâğıdı, defter, kitap, sözlük, sözlük işlevi olan elektronik aygıt, hesap cetveli, hesap makinesi, pergel, açölçer, cetvel vb. araçlarla sınava girmek kesinlikle yasaktır. Bu araçlarla sınava girmiş adayların adı mutlaka Salon Sınav Tutanağına yazılacak, bu adayların sınavı geçersiz sayılacaktır. **Sınava kalem, silgi, kalemıraş, saat vb. araçla ve kulaklık, küpe, broş vb. takı, herhangi bir metal eşya ile girmek de kesinlikle yasaktır. Yiyecek, içecek vb. tüketim malzemeleri de sınava getirilemez. Adaylar sınava şeffaf şişe içerisinde su getirebilecektir.**
2. Bu sınav için verilen toplam cevaplama süresi **180 dakikadır.** Sınav başladıktan sonra **ilk 135** ve **son 15** dakika içinde adayın sınavdan çıkmasına kesinlikle izin verilmeyecektir. **Bu süreler dışında, cevaplamaı sınav bitmeden tamamlarsanız cevap kâğıdınızı ve soru kitapçığınızı salon görevlilerine teslim ederek salonu terk edebilirsiniz.**
3. **Sınav salonundan ayrılan aday, her ne sebeple olursa olsun, tekrar sınava alınmayacaktır.**
4. Sınav süresince görevlilerle konuşmak, görevlilere soru sormak yasaktır. Aynı şekilde görevlilerin de adaylarla yakından ve alçak sesle konuşmaları ayrıca adayların birbirinden kalem, silgi vb. şeyleri istemeleri kesinlikle yasaktır.
5. Sınav sırasında, görevlilerin her türlü uyarılarına uymak zorundasınız. Sınavınızın geçerli sayılması, her şeyden önce, sınav kurallarına uymanıza bağlıdır. Kurallara aykırı davranışta bulunanların ve yapılacak uyarılara uymayanların kimlik bilgileri Salon Sınav Tutanağına yazılacak ve sınavları geçersiz sayılacaktır.
6. Sınav sırasında kopya çeken, çekmeye kalkışan, kopya veren, kopya çekilmesine yardım edenlerin kimlik bilgileri Salon Sınav Tutanağına yazılacak ve bu adayların sınavları geçersiz sayılacaktır. Görevliler kopya çekmeye ya da vermeye kalkışanları uyararak zorunda değildir, sorumluluk size aittir.  
Adayların test sorularına verdikleri cevapların dağılımları bilgi işlem yöntemleriyle incelenecek, bu incelemelerden elde edilen bulgular bireysel ya da toplu olarak kopya çekildiğini gösterirse kopya eylemine katılan adayın/adayların sınavı geçersiz sayılacaktır.  
Sınav görevlileri bir salondaki sınavın, kurallara uygun biçimde yapılmadığını, toplu kopya girişiminde bulunulduğunu raporlarında bildirdiği takdirde, ÖSYM takdir hakkını kullanarak bu salonda sınava giren tüm adayların sınavını geçersiz sayabilir.
7. Cevap kâğıdında doldurmanız gereken alanlar bulunmaktadır. Bu alanları doldurunuz. Cevap kâğıdınızı başkaları tarafından görülmeyecek şekilde tutmanız gerekmektedir. Cevap kâğıdına yazılacak her türlü yazıda ve yapılacak bütün işaretlemelerde salon görevlisinin atacağı imzalar hariç, kurşun kalem kullanılacaktır. Sınav süresi bittiğinde cevapların cevap kâğıdına işaretlenmiş olması gerekir. Soru kitapçığına işaretlenen cevaplar geçerli değildir.
8. Soru kitapçığınızı alır almaz kapağında bulunan ilgili alanlara kimlik bilgilerinizi yazınız. Sayfaların eksik olup olmadığını, kitapçıkta basım hatalarının bulunup bulunmadığını ve soru kitapçığının her sayfasında basılı bulunan soru kitapçık numarasının, kitapçığın ön kapağında basılı soru kitapçık numarasıyla aynı olup olmadığını kontrol ediniz. Soru kitapçığının sayfası eksik ya da basımı hatalıysa değiştirilmesi için Salon Başkanına başvurunuz.  
Size verilen soru kitapçığının numarasını cevap kâğıdınızdaki "Soru Kitapçık Numarası" alanına yazınız ve kodlayınız. Cevap kâğıdınızdaki "Soru kitapçık numaramı doğru kodladım." kutucuğunu işaretleyiniz.  
**Soru kitapçığı üzerindeki Soru Kitapçık Numarasını doğru kodladığınızı beyan eden alanı imzalayınız ve salon görevlisinin, kodlamanın doğru yapıldığını beyan eden hem soru kitapçığındaki hem de cevap kâğıdınızdaki ilgili alanı imzaladığından emin olunuz. Salon görevlisi imzasını tükenmez kalemle atmalıdır.**
9. Sınav sonunda soru kitapçıkları toplanacak ve ÖSYM'de tek tek incelenecektir. Soru kitapçığının bir sayfası bile eksik çıkarsa sınavınız geçersiz sayılacaktır.
10. Cevap kâğıdına ve soru kitapçığına yazılması ve işaretlenmesi gereken bilgilerde bir eksiklik ve/veya yanlışlık olması hâlinde sınavınızın değerlendirilmesi mümkün olamamaktadır, sorumluluk size aittir.
11. Soru kitapçığının sayfalarındaki boş yerleri müsvedde için kullanabilirsiniz.
12. Soruları ve/veya bu sorulara verdiğiniz cevapları ayrı bir kâğıda yazıp bu kâğıdı dışarı çıkarmanız kesinlikle yasaktır.
13. Sınav salonundan ayrılmadan önce, soru kitapçığınızı ve cevap kâğıdınızı salon görevlilerine teslim etmeyi unutmayınız.

*Bu testlerin her hakkı saklıdır. Hangi amaçla olursa olsun, testlerin tamamının veya bir kısmının Merkezimizin yazılı izni olmadan kopya edilmesi, fotoğrafının çekilmesi, herhangi bir yolla çoğaltılması, yayımlanması ya da kullanılması yasaktır. Bu yasağa uymayanlar gerekli cezai sorumluluğu ve testlerin hazırlanmasındaki mali külfeti peşinen kabullenmiş sayılır.*

Bu testte 80 soru vardır.

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

1. Insight into the ---- by which the human brain came to exist and acquire its remarkable abilities can be gained by studying animals that are far simpler than us.
- A) outcome                      B) process  
C) response                      D) result  
E) task
2. About 60 million people had to leave Europe before World War II, which caused an ---- migration to the US.
- A) indifferent                      B) explanatory  
C) intuitive                      D) ambiguous  
E) immense
3. One of the many individuals ---- fascinated by reports of the early balloon flights was George Cayley, who later made the first serious attempt at heavier-than-air flight.
- A) suspiciously                      B) tremendously  
C) confidentially                      D) daringly  
E) reluctantly
4. Anaesthetics are drugs given to patients before undergoing surgery to ---- the sense of feeling either in a localized area or across the whole body.
- A) attract                      B) reflect                      C) reduce  
D) approve                      E) evaluate
5. Our skin is one of the most wonderful germ-proof surface layers in the world, thus very few disease-germs can ---- its natural protection as long as it remains unbroken.
- A) get through                      B) take after  
C) call for                      D) back up  
E) carry on

6. A gene that has gone through a significant change in humans may ---- the rapid evolution of our brain.

- A) settle down                      B) account for  
C) make up for                      D) end up at  
E) get back

7. In the 2004 movie *Eternal Sunshine of the Spotless Mind*, Clementine ---- a big fight with her boyfriend, Joel, so she ---- him erased from her mind by using a machine.

- A) had / is getting  
B) would have / had got  
C) has had / would have got  
D) has / gets  
E) will have / is to get

8. By the late 20<sup>th</sup> century, the patterns of disease in the US ---- so dramatically that the major causes of death ---- from infectious diseases to chronic diseases.

- A) changed / will have shifted  
B) change / were shifting  
C) had changed / shifted  
D) are changing / had shifted  
E) have changed / would have shifted

9. ---- a new 3.6 metre telescope, astronomers ---- more than 50 new exoplanets, which are defined as planets that orbit other stars.

- A) Being used / discovered  
B) To be used / would discover  
C) Having used / discover  
D) To use / had discovered  
E) Using / have discovered

10. - 17. sorularda, cümlede boş bırakılan yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

10. The best way to lose weight ---- exercise is to do high-intensity training combined with a general increase ---- your overall level of activity.

- A) by / from                      B) on / to  
C) with / into                     D) through / in  
E) over / of

11. Theatre is thought to have emerged ---- rituals and ceremonies whose actions together with their rehearsals and repetitions paved the way ---- theatre.

- A) behind / to                     B) along / at  
C) across / on                     D) within / by  
E) from / for

12. Much of the current concern ---- climate change centres ---- the greenhouse effect, which is causing global warming and making our planet warmer year by year.

- A) with / from                     B) at / upon  
C) into / through                 D) over / around  
E) by / towards

13. ---- the substance causing the allergy has been identified, avoiding it and applying some simple treatments will be enough to overcome skin reactions such as itching and scaling.

- A) As if                                B) While  
C) Even though                     D) Whether  
E) Once

14. Memory often works best when we have a visual representation of past events, ---- this mental picture will help us bring out many details.

- A) as                                  B) although                     C) whereas  
D) otherwise                       E) but

15. ---- compared to their butter-loving American counterparts, Italians consume 24 times the amount of olive oil per person.

- A) As though                        B) Until                            C) When  
D) Unless                             E) Just as

16. In social terms, ---- membership in a particular society ---- behaviour such as crime is sufficient to define a subculture.

- A) both / also                      B) neither / nor  
C) so / that                         D) less / than  
E) even / more

17. According to new research by US biologists, the fearsome roars of lions and tigers are ---- the unusual shape of their vocal chords.

- A) in terms of                      B) rather than  
C) on behalf of                    D) due to  
E) as well as



18. - 22. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Fear of flying refers to a level of anxiety so great that a person refuses to travel (18)---- air or finds doing so extremely distressing. Experts estimate that at least 10% of Americans have such a phobia. They worry that they will crash or even die of their own fear. In extreme cases, an individual suffers a panic attack: a sudden feeling of intense anxiety that is often (19)---- by shortness of breath, chest pain, nausea and dizziness. (20)---- intense fear may prevent a person from travelling to distant destinations on vacation. Also, it (21)---- with the careers of those who have to travel for their jobs. Fortunately, fear of flying can usually be helped by treatments such as hypnosis. (22)----, the most effective technique involves forcing a patient to face what he or she fears the most: flying in a plane.

18.

- A) at                      B) upon                      C) into  
D) towards                      E) by

19.

- A) neglected                      B) weakened  
C) separated                      D) accompanied  
E) improved

20.

- A) Less                      B) So                      C) Such  
D) Little                      E) All

21.

- A) used to interfere  
B) ought to interfere  
C) had to interfere  
D) must interfere  
E) can interfere

22.

- A) Therefore                      B) Similarly  
C) Otherwise                      D) Accordingly  
E) However

23. - 27. sorularda, aşağıdaki parçada numaralanmış yerlere uygun düşen sözcük ya da ifadeyi bulunuz.

Skiing is a winter sport which first requires sitting on a chairlift at -5°C with a wind chill factor of -40°C, thus making even (23)---- devoted fans wonder why they are not sitting on a beach. As any skier will tell you, it is all (24)---- fear or going beyond. At a certain speed, the thrills (25)---- the fear. Thrills, in fact, (26)---- why people love skiing. Then, there is the scenery. Skiers often speak of how wonderful sights ski resorts offer to people. (27)---- it is true that many people are so busy concentrating on tree avoidance that the bigger picture is often missed, few pleasures measure up to the feeling of exhilaration after a steep descent.

23.

- A) the most  
B) all  
C) fewer  
D) the only  
E) rather

24.

- A) across  
B) towards  
C) about  
D) without  
E) through

25.

- A) has been overcoming  
B) overcome  
C) were overcoming  
D) overcame  
E) had overcome

26.

- A) perceive  
B) conceal  
C) abandon  
D) explain  
E) restrict

27.

- A) While  
B) Only if  
C) Until  
D) Now that  
E) Unless

28. - 37. sorularda, verilen cümleyi uygun şekilde tamamlayan ifadeyi bulunuz.

28. If the human brain can be reduced to finite bits of information, ----.
- A) it would have been possible to treat all forms of mental illnesses
  - B) what we expect is the slowing of the aging process of the body
  - C) then all that is needed to copy a person's memories is a powerful computer
  - D) nothing could have been compared with the power of the mind
  - E) the working patterns of the brain are yet to be discovered
29. Whereas Shostakovich remained in the Soviet Union and wrote mostly works about Soviet life or history, ----.
- A) in Russia, several distinct and important voices emerged during the productive decades of the 20<sup>th</sup> century
  - B) European composers as diverse as Britten and Berio would make settings of folk songs of their own countries
  - C) music since 1900 has developed in a wide variety of styles, many of them strongly influenced by social and technological changes
  - D) the Australian composer and pianist Percy Grainger is equally industrious, collecting music from various parts of the world
  - E) Prokofiev moved to the West, and was influenced by the Neo-Classicism he found in Paris

30. When the gene responsible for certain speech defects was detected, ----.
- A) the remarkable human talent for speech developed as the need for communication emerged
  - B) it provided conclusive evidence that the ability to speak is encoded in our DNA
  - C) a few species like parrots were able to learn vocal patterns by imitating their parents or owners
  - D) many children have initial problems in reproducing certain sounds
  - E) its role in normal speech development needs to be clarified
31. Once individuals lose status, either through separation from a partner or loss of "resource earning potential" like job, money or home, ----.
- A) the common phenomenon known as depression is usually the result of failure
  - B) the proposed ranking hypothesis fits very well with the psychoanalytic model
  - C) modern evolutionary psychology emphasizes a more adaptational aspect to evolution
  - D) they become vulnerable to aggression and displacement from high-ranking types within their social group
  - E) biological models concentrate much more on the individual and his or her internal workings

32. Although over a hundred types of headaches exist, ----.

- A) people with chronic headaches exhibit high sensitivity to pain
- B) the underlying causes of the most common ones remain unclear
- C) serious medical conditions are generally associated with them
- D) anxiety and depression may be linked to stressful events
- E) it can be a severe problem that requires medical assistance

33. A regimen of mineral supplements should be discontinued, ----.

- A) if it has negative results in terms of one's health
- B) now that clinics work with health care practitioners who recommend minerals
- C) when the chronic symptoms of an illness are described in detail
- D) whether the patient has regular follow-up visits to maintain his good health
- E) while a blood test can warn the practitioner before things get worse

34. Scientific mysteries and huge surprises await all space explorers ----.

- A) even if we could have the opportunity to take a scenic journey through space and time with a cosmic flight simulator
- B) whether they are viewing the Earth from outer space or seeking out other planets
- C) whereas the claim that black holes are crucial to enable galaxies to form is highly controversial
- D) since humans would have undoubtedly asked how the Earth evolved
- E) until the suppositions concerning the universe were experimentally tested in order to gain validity

35. Nationalism first gained strength in many places around the world as part of the reaction against strict monarchy, ----.

- A) since the new national patriots demanded the recognition of nationalism as a political philosophy
- B) whereas political scientists studied various forms of romanticism, republicanism and liberalism
- C) because intellectuals found it necessary to define the idea of nationality itself
- D) but it also drew its power from specific cultural traditions and social norms in each country
- E) therefore preoccupation with politics revealed itself in the ideology of many ancient philosophers

**36. Dehydration is not as likely as overhydration to present a life-threatening situation, ----.**

- A) since drinking water is one of the best ways to maintain a healthy life
- B) which means no lasting adverse effects on the person consuming it
- C) though it can contribute to a problem, heat stroke, when the temperature is high
- D) if preventing them depends entirely on medical attempts
- E) while great amounts of weight losses are typical of people who exercise a lot

**37. Austria is linguistically homogeneous, with 98 per cent of the population speaking German, ----.**

- A) so the linguistic differences among this majority cannot be denied
- B) since people in most German-speaking countries do not have much difficulty in understanding each other
- C) unless most Austrians learn to speak at least one foreign language
- D) yet there are considerable dialectal differences between the various regions
- E) even if the resulting linguistic differences contribute to the cultural diversity in the country

**38. - 41. sorularda, verilen İngilizce cümleye anlamca en yakın Türkçe cümleyi, Türkçe cümleye anlamca en yakın İngilizce cümleyi bulunuz.**

**38. When sociologists mention the development of industrial societies, they usually mean the broad historical process through which these societies acquired their modern occupations, institutions and organizations.**

- A) Sanayi toplumlarının gelişmesinden bahsedildiğinde toplum bilimcilerin dikkat çektikleri nokta; genellikle bu toplumların çağdaş meslek, kurum ve kuruluşlarını elde ettikleri geniş tarihsel süreçtir.
- B) Toplum bilimcilerin sanayi toplumlarının gelişmesinden kastettikleri; bu toplumların geniş bir tarihsel süreç içerisinde ilerlerken elde ettikleri meslek, kurum ve kuruluşlardır.
- C) Toplum bilimcilere göre; sanayi toplumlarının gelişimi anlatılırken bu toplumların geniş bir tarihsel süreç içerisinde elde etmiş oldukları çağdaş meslek, kurum ve kuruluşlardan sıklıkla bahsedilmelidir.
- D) Sanayi toplumlarının gelişmesi, toplum bilimcilere göre; genellikle bu toplumların geniş ve tarihsel bir süreçte elde etmiş oldukları çağdaş meslek, kurum ve kuruluşlarla ilgilidir.
- E) Toplum bilimciler sanayi toplumlarının gelişmesinden bahsederken genellikle bu toplumların çağdaş meslek, kurum ve kuruluşlarını elde ettikleri geniş tarihsel süreci kastederler.

**39. Until about a hundred years ago, pain was frequently assumed to be a direct consequence of physical injury, and its intensity was generally thought to be proportional to the degree of tissue damage.**

- A) Yaklaşık yüz yıl önce acının fiziksel yaralanmanın bir sonucu olarak görülmesinin nedeni, yoğunluğunun doku hasarının derecesiyle orantılı olduğunun düşünülmesiydi.
- B) Yüz yıl öncesine kadar acının doku hasarıyla ilişkili olduğu düşünülmekteydi ve bu durum sıklıkla fiziksel yaralanmanın bir sonucu olarak görülürdü.
- C) Fiziksel yaralanma, yüz yıl öncesine kadar doğrudan acıyla ilişkilendirilirdi ve yoğunluğunun genellikle doku hasarının derecesine denk olduğu varsayılırdı.
- D) Yaklaşık yüz yıl öncesine kadar, acının sıklıkla fiziksel yaralanmanın doğrudan bir sonucu olduğu varsayılırdı ve yoğunluğunun genellikle doku hasarının derecesiyle orantılı olduğu düşünülürdü.
- E) Acının yaklaşık yüz yıl öncesine kadar fiziksel yaralanmanın doğrudan bir sonucu olarak görülmesi, yoğunluğunun da genellikle doku hasarının derecesiyle orantılı olduğunu düşündürürdü.

40. Teknolojik kaynaklardaki sürekli gelişmeler, belirli soruları cevaplama potansiyelleriyle birlikte, son yıllarda birkaç farklı alanda ortaya çıkmıştır.

- A) Continuous improvements in technological resources, as well as their potential to answer certain questions, have appeared in a number of distinct areas in recent years.
- B) Continuous improvements in technological resources have been used to answer certain questions that have appeared in a number of distinct areas lately.
- C) Potential improvements in technological resources, as well as the possibility of using them to answer many questions, have appeared in a number of distinct areas in recent years.
- D) Potential improvements in technological resources and the possibility of using them to answer certain questions have appeared in a number of distinct areas lately.
- E) Continuous improvements in technological resources, as well as their potential to answer certain questions, have been wasted in a number of distinct areas in recent years.

41. Pek çok çalışma; sigara içenlerin sigara içmeyi bıraktıklarında yaklaşık olarak on gün sürebilecek huzursuzluk, endişe ve baş ağrısı gibi geçici belirtilere rağmen daha iyi uyduklarını göstermiştir.

- A) Recent studies have shown that when smokers quit smoking, they need to sleep in order to recover from symptoms such as restlessness, anxiety and headache, which can persist for about ten days.
- B) Numerous studies have shown that when smokers quit smoking, they sleep better for a period of up to ten days even though they may experience restlessness, anxiety and headache.
- C) Recent studies have shown that when smokers experience restlessness, anxiety and headache, they lose sleep for a period which can last up to ten days.
- D) Numerous studies have shown that restlessness, anxiety and headache cause smokers to lose sleep for a period of time, but this only lasts up to ten days.
- E) Numerous studies have shown that when smokers quit smoking, they sleep better in spite of temporary symptoms such as restlessness, anxiety and headache, which can persist for about ten days.

**42. - 45. soruları aşağıdaki parçaya göre cevaplayınız.**

The Marylebone Health Centre in London, which opened in 1987, was the first National Health Service practice to employ complementary therapists, and it is the subject of a long-term research study into the effectiveness of integrated medicine. The team comprises three full-time and two part-time family doctors, an osteopath, homeopath, naturopath, acupuncturist, massage therapist and a counsellor. Conventional medicine is still the foundation of the practice, but doctors have the option of suggesting a therapy if they consider it appropriate for the patient's condition. Dr. Sue Morrison, who is in charge of the practice, says that she could not now imagine working without complementary therapies. "We have found that we can contain problems – emotional as well as physical – that are usually difficult to look after in normal practice." Integrated medicine may also be a part of the reason why the Marylebone Health Centre has a low referral rate to specialists and a drug-prescribing rate that is half of the national average. At the Marylebone Health Centre, patient care is "relationship-centred", meaning that the alliance of patient and practitioner is central to all treatment and healing, which is a key element in integrated medicine.

**42. According to the passage, the Marylebone Health Centre ----.**

- A) is at the forefront of conventional medicine and practices it exclusively
- B) combines the conventional approach to medicine with other beneficial therapies
- C) operates with only a full-time staff of licensed medical doctors
- D) has opened its doors to the public only recently
- E) has banned its doctors from the practice of conventional medicine

**43. According to the passage, Dr. Sue Morrison ----.**

- A) believes that complementary therapies are needed to fully take care of a patient
- B) refers many patients to specialists outside of the Marylebone Health Centre
- C) thinks that emotional problems are difficult to treat at the Marylebone Health Centre
- D) believes that the practice of integrated medicine may require consultation with more specialists
- E) thinks that treating emotional problems first may eliminate physical problems



44. It can be understood from the passage that the Marylebone Health Centre ----.

- A) refutes conventional medicine in favour of complementary therapy
- B) sends patients to various specialists in the field of medicine
- C) tries to bring together patients with different health problems
- D) uses a lot less medicine in the treatment of patients
- E) focuses on treatments involving prescription drugs

45. It is understood from the passage that all of those working in the Marylebone Health Centre ----.

- A) specialize only in conventional medicine
- B) are employed as full-time family doctors
- C) put communication with the patient at the centre of their practice
- D) have become experts in all complementary therapies
- E) work as part-time counsellors that give detailed information about therapies

46. - 49. soruları aşağıdaki parçaya göre cevaplayınız.

Psychology's involvement in health dates back to the beginning of the 20<sup>th</sup> century, but at that time, few psychologists were involved in medicine. The psychosomatic medicine movement sought to bring psychological factors into the understanding of disease, but that view gave way to the biopsychosocial approach to health and disease. By the 1970s, psychologists had begun to develop research and treatment aimed at chronic disease and health promotion. This research and treatment led to the founding of two new fields: behavioural medicine and health psychology. Behavioural medicine is concerned with applying the knowledge and techniques of behavioural research to physical health, including prevention, diagnosis, treatment and rehabilitation. Health psychology strives to enhance health, prevent and treat disease, identify risk factors, improve the health care system and shape public opinion regarding health issues. Health psychology overlaps with behavioural medicine, and the two professions have many common methods of diagnosis and treatment. However, behavioural medicine is an interdisciplinary field, whereas health psychology is a speciality within the field of psychology that is concerned with issues of physical health.

46. According to the passage, the psychosomatic medicine ----.

- A) requires that chronic diseases are treated through biopsychosocial approach
- B) emerged as a result of comprehensive research by medical health care providers
- C) involves using psychology to increase our comprehension of diseases
- D) involves treating diseases based on the research findings dating back to the start of the 20<sup>th</sup> century
- E) defines an approach that makes people more aware of chronic diseases

47. According to the passage, behavioural medicine and health psychology differ from each other in terms of ----.

- A) their approach to physical health
- B) the methods of treatment they use
- C) the patients they aim to treat
- D) the fields they relate to
- E) the methods they use for diagnosis

48. The main purpose of this passage is to ----.

- A) compare the contributions of psychology in medicine with respect to other disciplines
- B) provide information on the contributions of psychology to health care
- C) introduce health psychology which is a relatively new speciality
- D) discuss the uses of the biopsychosocial approach to health and disease
- E) give a detailed history of the relationship between psychology, medicine and researchers

49. According to the passage, behavioural medicine ----.

- A) became the primary concern of psychologists in the early 20<sup>th</sup> century
- B) is only concerned with the diagnosis and rehabilitation of the patients
- C) aims to raise awareness about health issues among the elderly population
- D) is a specific branch of psychology that especially contributes to chronic diseases in children
- E) collaborates with behavioural research as a means to contribute to physical health

50. - 53. soruları aşağıdaki parçaya göre cevaplayınız.

Insulin, a hormone released from the pancreas, controls the amount of sugar in the blood. When people eat or drink, food is broken down into materials, including the simple sugar glucose, that the body needs to function. Sugar is absorbed into the bloodstream and stimulates the pancreas to produce insulin. Insulin allows sugar to move from the blood into the cells. Once inside the cells, it is converted to energy, which is either used immediately or stored as fat or glycogen until it is needed. The levels of sugar in the blood vary normally throughout the day. They rise after a meal and return to normal within about 2 hours after eating. Once the levels of sugar in the blood return to normal, insulin production decreases. The variation in blood sugar levels is usually within a narrow range, about 70 to 110 milligrams per decilitre (mg/dL) of blood. If people eat a large amount of carbohydrates, the levels may increase more. People over 65 tend to have slightly higher levels, especially after eating. If the body does not produce enough insulin to move the sugar into the cells, the resulting high levels of sugar in the blood and the inadequate amount of sugar in the cells together produce the symptoms and complications of diabetes.

50. It is clearly stated in the passage that insulin ----.

- A) makes it possible for sugar to move from the blood into the cells
- B) is converted to energy to be primarily stored as fat
- C) produces a hormone released from the pancreas to control the human body
- D) is broken down into numerous materials when people eat or drink
- E) is produced when the body needs to function physically

51. The main focus of the passage is on the ----.

- A) treatment that doctors can provide for patients with diabetes
- B) interaction between sugar intake and insulin production
- C) variation in blood sugar levels throughout the day
- D) levels of energy provided by regular sugar intake
- E) relationship between insulin and eating habits

52. According to the passage, ----.

- A) sugar is converted into energy once it is in the bloodstream
- B) the levels of sugar return to normal immediately after a meal
- C) blood sugar levels are slightly lower in people older than 65
- D) insulin production correlates with the amount of sugar in the blood
- E) the range in which blood sugar levels vary is quite wide

53. When the pancreas fails to produce sufficient insulin to carry the sugar into the cells, ----.

- A) the combination of high sugar levels in the blood and the inadequate supply of sugar in the cells leads to diabetes
- B) doctors often have to intervene to compensate for the loss of carbohydrates that supply sugar to the blood
- C) the symptoms and complications of diabetes can be diagnosed and treated with the cooperation of a fully specialized team of doctors
- D) doctors tend to prefer to describe the complication as not-so-much of a threat to the well-being of the patient
- E) the severity of diabetes is dramatically lessened, thus enabling the patient to respond to treatment more quickly

**54. - 57. soruları aşağıdaki parçaya göre cevaplayınız.**

The hygiene hypothesis was first described in 1989 by David P. Strachan, a British epidemiologist, who noticed that the more children in a family, the lower the rates of allergies and eczema. Children in large families tend to exchange colds and other infections more often than children with fewer siblings, and this increased exposure to pathogens perhaps protected these children from allergies. That same year, Erika von Mutius, an epidemiologist at Munich University, was looking into the effect of hygiene on asthma. Children from dirtier East Germany, she was shocked to find, had dramatically less asthma than their West German counterparts living in cleaner, more modern circumstances. The East German children had likely been exposed to many more viruses and bacteria. According to the hygiene hypothesis, exposure in early childhood to infectious agents programs the immune system to mount defences against disease-causing viruses, bacteria and parasites. Better sanitary conditions deprive the immune system of this training, so the body fights against harmless particles as if they were deadly threats. The resulting allergic reaction leads to the classic signs of asthma. However, although much data supports the hygiene hypothesis for allergies, the same cannot be said for asthma. Contrary to expectations, asthma rates have increased drastically in urban areas in the US that are not particularly clean.

**54. It can be understood from the passage that allergies ----.**

- A) are a recent health concern among children
- B) often affect whole families and therefore may have a genetic component
- C) are often the result of frequent infections
- D) may be more common among children living in European countries
- E) may occur less frequently in those who have had early exposure to viruses and bacteria

**55. The surprising aspect of von Mutius's study was that ----.**

- A) West German children were not as well-cared for as previously thought
- B) East German children were living in such unsanitary conditions that they had more problems related to asthma
- C) unsanitary conditions seemed to result in fewer respiratory problems
- D) differences in the standard of living had no effect on the development of diseases
- E) East German children had received better medical treatment for their respiratory problems than the West German children

56. Regarding the hygiene hypothesis, it can be inferred that ----.

- A) the human immune system has evolved to become weaker and less effective at fighting illnesses
- B) it is only applicable to the problem of asthma in children and has no bearing on health problems of adults
- C) bacteria and viruses multiply more quickly in clean environments
- D) more research is necessary to determine to what extent it explains the development of asthma
- E) it is a useful model for describing the transmission of all illnesses

57. According to the passage, Strachan's and von Mutius's studies ----.

- A) seemed to support the same hypothesis despite being conducted with quite different populations
- B) are similar in that they both involve populations of children suffering from the same illness
- C) were incomplete in their assessments as they both focused on children living in poor conditions
- D) cannot be compared since they were carried out in different countries with different people
- E) were both intended to disprove the hygiene hypothesis but ended up doing the opposite

**58. - 61. soruları aşağıdaki parçaya göre cevaplayınız.**

“You are what you eat” says an old proverb. Yet, what if it were literally true? What if material from our food actually made its way into the control centres of our cells, taking charge of fundamental gene expression? That is in fact what happens, according to a recent study in China of plant-animal microRNA transfer. MicroRNAs are short sequences of nucleotides – the building blocks of genetic material. For the study, blood samples from 21 volunteers were tested for the presence of microRNAs from crop plants, such as rice, wheat, potatoes and cabbage. The results of the study revealed that the subjects’ bloodstream contained 30 different microRNAs from commonly eaten plants, and it appears that they alter cell function. For example, a specific rice microRNA was shown to inhibit the genetic receptor that controls the removal of cholesterol from the bloodstream. The suggestion that plant microRNAs play a role in controlling human physiology highlights the fact that our bodies are highly integrated ecosystems. These findings may also illuminate our understanding of co-evolution, a process in which genetic changes in one species trigger changes in another. For example, our ability to digest the lactose in milk arose after we domesticated cattle. Could the plants we cultivated have altered us as well?

**58. According to the passage, microRNAs ----.**

- A) are less important than other gene sequences
- B) serve as the control centres that regulate bloodstream
- C) are what distinguish plant genes from animal genes
- D) provide the mechanism for converting food to usable energy
- E) are elements of the genetic makeup of certain living organisms

**59. The study mentioned in the passage focuses on ----.**

- A) how certain crop plant cells are transformed through digestion
- B) how the function of plant cells is altered by human blood
- C) the changes that plant microRNAs can cause in human cells once they enter the body
- D) how plant microRNAs alter the blood of patients with high cholesterol
- E) which plant microRNAs remain in the bloodstream after consumption



60. The results of the study point to the fact that ----.

- A) microRNAs interfere with all of the natural processes that maintain optimal health
- B) human cells can experience changes as a result of environmental factors such as food consumption
- C) only certain foods will have a lasting effect on genetic health
- D) there remains much disagreement among scientists about the nature of human physiology
- E) human beings can quickly improve their genetic makeup through their diet

61. It can be inferred from the passage that ----.

- A) understanding changes in plant genetics may provide clues to how humans evolved from lower species
- B) humans are able to consume animal products because of genetic similarities between species
- C) humans' cultivation of plants and domestication of animals resulted in the prevention of normal human evolution
- D) human destruction of the world's ecosystems has also harmed their own physiology
- E) human activities may play a role in the evolution of human physiology

**62. - 65. soruları aşağıdaki parçaya göre cevaplayınız.**

A key strategy in keeping the body free from infection is to prevent the entry of harmful organisms in the first place. Barrier, or passive immunity, acts as a first line of defence against pathogens, providing protection via the physical and chemical barriers presented by the various surfaces of the body. These include both external surfaces such as the skin and mucus-lined internal surfaces like the airways and the gut. Each body surface forms an initial physical barrier to infection, and this is then supplemented by a variety of secreted substances that exhibit antimicrobial properties such as enzymes, which break down bacteria. Additional vital mechanisms function to expel or flush out microbes from the body like coughing, sweating and urination. If barrier immunity is breached, for instance by a skin wound, and pathogens enter the body, the innate immune system then becomes actively involved. Key to this is the activation of an inflammatory response and the deployment of immune cells. Tissue damage results from inflammation, which helps to prevent microbes from spreading. The capillary walls in the affected area become more penetrable, enabling immune cells to access the infected tissue. Damaged cells release chemicals that attract immune cells once they have migrated from the bloodstream.

**62. According to the passage, the body uses a defence system which acts to ----.**

- A) keep itself from getting infected as a first precaution
- B) weaken its various surfaces
- C) balance the physical and chemical barriers present in it
- D) break down its external and internal surfaces
- E) improve the effectiveness of medicines prescribed by doctors

**63. According to the passage, coughing and sweating ----.**

- A) function superior to the way antimicrobial enzymes do
- B) play a minor role in helping to remove microbes from the body
- C) act to remove microbes before they penetrate the immunity barrier
- D) are a common reaction to mild bacterial skin infections
- E) help to break down bacteria that enter the body through skin wounds

64. Once microbes enter the body through the skin, ----.

- A) they are immediately removed from the body through urination
- B) it becomes more difficult for immune cells to access the infected area
- C) damaged cells prevent the release of immune cells
- D) barrier or passive immunity is activated to stop the infection from spreading
- E) the area becomes inflamed as a bodily response to prevent further infection

65. According to the passage, ----.

- A) the physical barriers against infection are more effective than chemical barriers
- B) the physical and chemical mechanisms work together to protect the body against infections
- C) chemical barriers present a more effective response against infection than physical ones
- D) neither the chemical nor the physical barriers are very effective against bacterial infections
- E) both physical and chemical barriers need to be strengthened by artificial drugs to be effective

**66. - 70. sorularda, karşılıklı konuşmanın boş bırakılan kısmını tamamlayabilecek ifadeyi bulunuz.**

66. Dr. Jones:  
– **Hello, this is Dr. Jones speaking. How can I help you?**
- Patient:  
– **Hello doctor. There's a terrible pain in my stomach.**
- Dr. Jones:  
– ----
- Patient:  
– **I'm afraid that's just impossible. I can't even get out of bed.**
- A) It's probably a good idea to rest and see how you feel in 24 hours.  
B) I think it's best if you made an appointment to come and see me.  
C) This is quite difficult to diagnose over the telephone.  
D) I hope someone is with you. It sounds quite serious.  
E) Would it be better if I contacted one of our local nurses to check on you?

67. Clark:  
– **I've got this terrible flashing in my eye.**
- Doctor:  
– ----
- Clark:  
– **Only when I enter a dark room or wake up at night.**
- Doctor:  
– **Okay, I'll just need to have a look at the retina.**
- A) How do you deal with it?  
B) Does it tend to be a white or yellow light?  
C) Can you see better during the day?  
D) Has any doctor treated these symptoms before?  
E) Do you get it often?

68. Harry:  
– **Research seems to suggest that there are genuine differences in the way men and women view the world.**
- Sue:  
– **Do you mean that it's genetic?**
- Harry:  
– **Partially. How else can you explain men's superior ability to visualize 3D shapes?**
- Sue:  
– ----
- Harry:  
– **Yes, but nowhere near as well as men can.**
- A) Well, can you explain it to them?  
B) I'm afraid I can't give you an answer.  
C) Women can do this, too.  
D) Both men and women have this ability.  
E) I think it can't be associated with genes.

69. Bill:  
– **I was shocked to see that there are still children suffering from rickets.**
- Joe:  
– **Actually, there is no cause for such a disease to still exist.**
- Bill:  
– ----
- Joe:  
– **Just a simple treatment of vitamin D is enough.**
- A) What needs to be done to stop this disease?  
B) What is the reason for this?  
C) Do doctors have any idea what still causes it?  
D) Does it only affect children or do adults also suffer from it?  
E) How long has this disease been around?

70. Research Assistant:  
– I'm planning to carry out research into the possibility of swine flu leading to a pandemic, but I'll probably need your assistance.

Professor:

- That's an admirable area of research, but don't you think it is beyond the scope of just a couple of people?

Research Assistant:

- Well, of course, it's not just us. I'm talking about setting up a team.

Professor:

– ----

- A) Research into what makes a pandemic is quite unreliable.  
B) I can't help you because I don't believe swine flu exists.  
C) Why are you focussing on the treatment of swine flu?  
D) In that case, you have my full support.  
E) What is the purpose in setting up a team?

71. - 75. sorularda, boş bırakılan yere, parçada anlam bütünlüğünü sağlamak için getirilebilecek cümleyi bulunuz.

71. A virus is an infectious organism that is much smaller than a fungus or bacterium, and it needs a living cell in order to reproduce. The virus attaches to a cell, often a specific type of cell. Once inside the cell, the virus releases its DNA or RNA, which contains the information needed to create new virus particles, and takes control of some aspects of the cell's metabolism. ----

- A) The body has a number of specific and nonspecific defences against these viruses of animal origin.  
B) Bacteria-caused diseases, however, are treatable through simple antibiotics.  
C) The components of the virus are then manufactured inside the cell.  
D) The most common viral infections are probably those of the lungs and airways.  
E) Vaccines resembling the virus can be given to people to help them overcome the infection.

72. Most countries that put a value on individual liberty allow competent adults to refuse any medical treatment even if it is life-saving. A patient, for example, may refuse an essential blood transfusion, although it is vital. ---- In legal terms, this would amount to committing a crime.

- A) If doctors were to impose treatment against the will of the patient, they then would be violating the bodily integrity of the person without consent.  
B) Now that the patient thinks his health will affect his ability to make decisions in the future, he can make an advance decision to refuse medical treatment.  
C) Unless the patient is 18 or over, his decision to refuse medical treatment will not be valid and accepted by health care professionals.  
D) Moreover, by law, a valid advance decision refusing life-saving treatment means that the patient cannot be treated.  
E) Even if the patient does not want treatment that is available, he could allow a new one.

73. Anorexia simply means loss of appetite, something experienced by most people from time to time. ---- The result, inevitably, is severe loss of weight. Anorexia nervosa is common in models, actresses, dancers and others who are much concerned with the appearance of their bodies. In a minority of cases, it is a symptom of a serious underlying psychiatric disorder such as schizophrenia.

- A) Even after normal weight has been regained, a young woman who has had anorexia nervosa may need to remain under psychiatric care.
- B) Furthermore, many anorexics come from close-knit families that are often obsessional in their habits.
- C) Thus, anorexia nervosa demands skilled treatment in hospital under the care of those experienced in the condition.
- D) However, it can develop into a serious disorder of perception that causes the sufferer, almost always a young woman, to believe that she is too fat.
- E) Often a system of rewards could be effective, in which privileges, such as visits, are rewarded for weight gained.

74. Many people choose to take a daily multivitamin as a form of nutritional health insurance. Many refined and processed foods often lack nutritional value. In these situations, a multivitamin can initially make up for any possible shortfall in your diet. ---- For example, a recent study showed that a regular multivitamin and mineral supplement improved the immune system and reduced the risk of infections in a group of elderly people.

- A) Even a well-balanced diet cannot always provide all the vitamins and minerals the body requires for its special needs.
- B) The vitamin A is usually synthesized from vegetable sources and therefore is suitable for vegetarians.
- C) Multivitamin intake may also help to boost your body's defences against infections and other minor illnesses.
- D) Nutrition plays an important role in the development of the brain, but supplements will not enhance intelligence.
- E) Most children's multivitamins normally include sugars or sweeteners, sometimes as a high proportion of the chewable tablet.

75. We tend to think that stress is like a pair of slippers – one size fits all. Either we are stressed or we are not. But the fact is that it comes in different shapes, sizes and levels of intensity. ---- However, the danger is that stress, which often increases as we age, is a major driver of health problems. Stress diminishes our immune system and it alters variability of our heart rates, which may lead to fatal health problems.

- A) For example, stress heightens all of our biological systems so that we can deal with a potential threat.
- B) Furthermore, some of us certainly worry more than others and some of us are much better equipped to cope with emergencies than others.
- C) The big difference between stress today and stress yesterday is not the fact that cavemen did not have e-mail; it's that their stress was temporary.
- D) Too much stress can lead to a number of problems like heart attacks, cancer and disabling accidents.
- E) In contrast, there seems to be a direct relationship between stress and aging; more stress means faster aging.

**76. - 80. sorularda, cümleler sırasıyla okunduğunda parçanın anlam bütünlüğünü bozan cümleyi bulunuz.**

76. (I) Magnesium is a co-factor in energy-producing reactions and when people lack sufficient amounts of it, they may not have regular energy release. (II) As magnesium is needed for the pumping of the heart muscle, low levels can also result in palpitations. (III) Eyelid or facial twitches and some other muscle spasms may indicate a lack of magnesium as well. (IV) Moreover, deficiency of this mineral can sometimes lead to increased anxiety or even mild depression. (V) For example, it plays a vital role in the correct functioning of our nerves and muscles because of its close connection with the nervous system.

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

77. (I) Restricting an animal's calorie intake is the most famous intervention known to extend life span. (II) Discovered more than 70 years ago, calorie restriction is still the only one absolutely proven to have an effect on it. (III) The restricted regime typically involves reducing an animal's food consumption by 30 to 40 per cent compared with what is considered normal for its species. (IV) Therefore, understanding this mechanism and developing medicines that reproduce its health benefits have been goals for decades. (V) Animals ranging from rats to dogs and possibly primates that remain on this diet not only live longer but are far healthier during their prolonged lives.

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

78. (I) Parkinson's disease is the second most common neurological degenerative disease after Alzheimer's disease. (II) Parkinson's disease is a chronic condition that usually affects older people, although it can occur in younger people in some cases. (III) While there is no cure for Parkinson's disease, there are treatments to control symptoms. (IV) Sufferers, however, often do not swing their arms while walking and have reduced facial movements, which makes them look depressed. (V) Drugs, in particular, can help with sleep disturbances, mood disorders and bladder problems.

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

79. (I) Health and well-being are too complex to be simply a medical matter. (II) There is a direct relationship between susceptibility and disease: low susceptibility implies a high resilience. (III) In various realms of the "body-mind", there are aspects of life that build us up and break us down. (IV) If we are under strain in one realm, it may be possible to compensate by strengthening the others. (V) For example, playing tennis reinforces the release of "feel-good" chemicals that can offset the damaging effects of emotional stress.

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

80. (I) During each heartbeat, both sides of your heart relax to draw in blood and then contract to squeeze blood either to the lungs or the rest of the body. (II) Today, heart transplants are quite routine and can give people with serious heart disease a new lease on life. (III) This operation was first pioneered in 1967 by South African surgeon Christiaan Barnard. (IV) He took the heart from a young woman who had just died in a car crash and used it to replace the heart of a man in his 50s who was dying from heart disease. (V) Unfortunately, the man lived for just 18 days, but Dr. Barnard showed that a heart transplant was possible.

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

İNGİLİZCE  
SAĞLIK BİLİMLERİ TESTİ

18 MART 2012

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