

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

1. Vision and hearing ---- are often perceived as an unfortunate but usual part of ageing, and in many cases, remain undetected or untreated.

- A) comparisons B) responses
C) impairments D) estimations
E) participants

2. Intellectual disability is most often caused by changes to the genome that take place in early foetal development and are not found in the parents' DNA, and thus; the risk of ---- in the next child of the family is very small.

- A) sequence B) examination
C) prerequisite D) envision
E) recurrence

3. It was long thought that all Neanderthals had type O blood, however; ---- analysis has shown that they displayed the full range of ABO variability observed in modern humans.

- A) compulsory B) obscure
C) resilient D) extensive
E) incidental

4. Using a cell engineering approach to fight cancer may be a ---- new field, but it allows for a very personalised approach with applications for a wide array of cancers.

- A) relatively B) mutually
C) severely D) reluctantly
E) densely

5. Despite its benefits, advances in artificial intelligence, including activity trackers, smartphones and smartwatches, ---- the privacy of people's health data.

- A) enhance B) integrate
C) persuade D) threaten
E) surpass

6. By revealing that Parkinson's patients find it harder to recognise expressions of emotion in other people's faces and voices, scientists ---- why Parkinson's patients often feel socially awkward.

- A) kept on B) put out
C) took off D) called for
E) found out

7. A nano-sized drug delivery method ---- in recent times ---- both the bacterial growth and inflammation in the mice's lungs, showing a potential new strategy for treating infectious diseases.

- A) developing / would treat
B) developed / can treat
C) being developed / should treat
D) to develop / could have treated
E) to be developed/ used to treat

8. Researchers ---- a special type of stem cell that ---- the amount of the virus causing AIDS, boosting the body's antiviral immunity.

- A) discovered / would reduce
B) are discovering / has reduced
C) have discovered / reduces
D) will discover / may reduce
E) discover / is reducing

9. The 'hygiene hypothesis' is that early childhood exposure ---- microorganisms protects ---- allergic diseases by improving the immune system.

- A) for / on B) from / with
C) over / among D) by / for
E) to / against

10. The use of a non-pharmacological therapy such as green light can be ---- tremendous importance and also helpful to a variety of patients that do not respond ---- medication.

- A) for / in B) at / out
C) from / towards D) of / to
E) into / from

TÜRKİYE GENELİ YÖKDİL SAĞLIK BİLİMLERİ - DENEME SINAVI - I

11. A commonly-used pesticide, chlorpyrifos, banned for use ---- foods in Canada but widely used elsewhere, could be partially responsible ---- the global obesity epidemic.

- A) off / from B) on / for
C) by / with D) in / across
E) at / beyond

12. Cells can self-heal and eliminate viruses, ----; these cells undergo long-term changes, which explains why cured hepatitis C patients are more susceptible to liver cancer for years later.

- A) otherwise B) moreover
C) that is D) for instance
E) however

13. Being socially isolated can be harmful ---- social supports can affect psychosocial well-being and foster healthier behaviours.

- A) so that B) provided
C) because D) unless
E) in case

14. ----electronic disease surveillance decreases the reporting burden on physicians, the challenge of getting the right information to public health officials at the right time has not been completely solved.

- A) Because B) As soon as
C) While D) Before
E) Even if

15. New knowledge on milk composition and quality is highly important to consumers as well as the industry, ----; there are considerable research efforts in milk worldwide all the time.

- A) nonetheless B) therefore
C) rather D) likewise
E) conversely

16. Most heart attack patients are offered lifestyle classes called cardiac rehabilitation ---- there is a particular reason making it unsuitable for them.

- A) unless B) so long as
C) because D) just as
E) but

17. Lifestyle interventions ---- weight loss and exercise reduce the risk of death from cardiovascular diseases in people at risk of diabetes.

- A) contrary to B) such as
C) instead of D) apart from
E) on behalf of

18. Slowing down the speed at which you eat, ---- cutting out after-dinner snacks and not eating late at night help lose weight significantly.

- A) with regard to B) on account of
C) in spite of D) in addition to
E) in terms of

19. The time when children start walking is of no significance as those early walkers turn out later to be ---- more intelligent ---- more well-coordinated.

- A) whether / or B) either / or
C) not only / but also D) such / that
E) neither / nor

20. Since the use of digital devices is on the rise, around half the global population is expected to have myopia by 2050, ---- makes it a health concern that is escalating quickly.

- A) which B) what
C) when D) that
E) how

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

Throughout the day, (21) ---- we experience stress, our bodies automatically react in ways that prepare us to fight or run. This is your body's stress response, otherwise known as your fight-or-flight response. (22) ---- extreme danger, this physical response is helpful. However, a prolonged state of such agitation can cause physical damage to every part of the body. Meditation affects the body in exactly the opposite ways that stress does (23) ---- triggering the body's relaxation response. It restores the body to a calm state, (24) ---- the body repair itself. It can calm your mind and body through quieting the stress-induced thoughts that keep your body's stress response triggered. It also (25) ---- damage from the physical effects of stress.

21.

- | | |
|-------------|------------|
| A) unless | B) when |
| C) although | D) just as |
| E) even if | |

22.

- | | |
|----------------|------------------|
| A) In spite of | B) By means of |
| C) As well as | D) Regardless of |
| E) In case of | |

23.

- | | |
|------------|---------|
| A) over | B) into |
| C) by | D) for |
| E) without | |

24.

- | | |
|-----------------------|------------------|
| A) helped | B) to be helping |
| C) to be helped | D) helping |
| E) having been helped | |

25.

- | | |
|--------------|---------------|
| A) boosts | B) prevents |
| C) disperses | D) encourages |
| E) exhibits | |

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

All foods and beverages have a pH level which stands for power of hydrogen, and it measures the concentration of hydrogen ions in a substance. The pH scale ranges from 1 to 14. (26) ---- it can vary slightly in either direction, most tap and bottled water has a pH around 7, which is neutral. Waters marketed as alkaline have a higher pH – usually between 8 and 9. Consumers can also buy ionising pitchers, or filters that attach to a faucet to make regular tap water alkaline. Your body also has its own pH levels. For example, pH has a (27) ----to be neutral in the blood, lower in the stomach, and higher in the small bowel. The alkaline water industry claims that problems(28) ----when the body becomes acidic, and that their products can neutralise pH and promote a better balance. However, (29) ----the common misconception, our bodies don't actually need help in this area: We have an incredibly sophisticated machinery to keep the pH levels where they should be (30) ----the body.

26.

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

27.

- A) deficiency
- B) tendency
- C) severity
- D) fatality
- E) heritability

28.

- A) may arise
- B) would arise
- C) must arise
- D) had to arise
- E) ought to arise

29.

- A) according to
- B) irrespective of
- C) in terms of
- D) in contrast to
- E) in the name of

30.

- A) into
- B) towards
- C) throughout
- D) beneath
- E) against

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

31. Studies show that the effect of immunotherapy on malignant melanoma can be improved by combining it with other cancer treatments, ----.

- A) even though experts believe that the real number of malignant melanoma cases could be much higher
- B) whereas researchers are now looking for ways to improve the side-effect profile
- C) therefore, the antibodies that are used to suppress adverse effects reactivate the T-cells
- D) just as the scientists' path is leading them towards drug combinations
- E) however, they also show that this combination can lead to an increase in side-effects

32. ----, women are often recommended to have the cysts surgically removed even when they are thought to be benign.

- A) Although ultrasound scans are generally used to diagnose fatal cysts
- B) Since there is a risk of serious complications such as the cyst bursting
- C) On condition that trained ultrasound examiners reliably exclude cancer
- D) Given that women may not need to undergo surgery for non-cancerous ovarian cysts
- E) Even if a local anaesthetic is used to numb the skin during a cyst removal

33. Psychologists suggest that screen time should be strictly monitored----.

- A) although it should be considered a modern-day risk factor for depression and suicide
- B) as if excessive use of some electronic devices is the most likely culprit
- C) so there is a concerning relationship between excessive screen time and risk for death by suicide
- D) because the time teenagers spend on screens is linked to depression and suicide-related behaviours
- E) whereas depression and suicide rates for teens between the ages of 13 and 18 are on the increase

34. ----, because they coordinate and provide direct care and deliver it safely and reliably.

- A) Nurses are important front-line caregivers to hospital patients
- B) Each of patient-care units has an adequate number of nurses during every shift
- C) The proper number of hours nurses work generally depend on the number of patients
- D) Nurse workload means the number of patients or patient days for which nursing care is required
- E) Some hospitals fail to meet their targets over 15 per cent of the time

35. The neuroprotective role of tea consumption on cognitive function is not limited to a particular type of tea ----.

- A) although daily consumption of tea may protect the elderly from cognitive decline
- B) but this long term benefit of tea consumption is due to the bioactive compounds in tea leaves
- C) given that enough study has been conducted about the antioxidant effect of tea
- D) as the tea can be brewed from tea leaves, such as green, black or oolong tea
- E) since our understanding of the detailed biological mechanisms of tea is still very limited

36. The causes of eating disorders in older adults are not well-documented or understood----.

- A) just as they can be triggered by changes in hormone levels
- B) although eating disorders are not exclusive to people under the age of 30
- C) only if hormone fluctuations in women can be a risk factor for the development of eating disorders
- D) even if there is a great lack of research on the factors that trigger these
- E) as there is a misconception that they only affect teenage girls

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37. ----, as there is an increase in growth hormone secretion during this stage of sleep.

- A) One of the most critical functions of deep sleep is the consolidation of new memories
- B) Deep sleep is particularly crucial for young children and teenagers who are still developing
- C) Adults should get more than 7 hours of sleep daily for their optimal well-being
- D) Deep sleep is the stage of sleep where the brain waves are at their slowest
- E) The body goes through many essential processes for the optimal functioning of the brain

38. Because dying cells in the body can keep the immune system in check through a special protective mechanism, ----.

- A) they prevent unwanted immune responses against the body's own tissues
- B) some types of autoimmune diseases come from the body trying to fight specifically against cancer cells
- C) they confront the immune system with large amounts of proteins, which should activate an immune response
- D) autoimmune diseases occur when the immune system attacks the body's own healthy tissue
- E) billions of cells die every day in the human body as part of a highly regulated process called apoptosis

39. Although breast-conserving surgery is increasingly being used to treat older women with non-metastatic invasive breast cancer, ----.

- A) it has been accepted as an alternative to mastectomy in a specific patient
- B) more research is needed to confirm such claims by the pharmaceutical companies
- C) there are still significant socioeconomic and geographic disparities in the use of this therapy
- D) some hospitals continue to offer every woman the highest quality care
- E) women in the northern countries are significantly more likely to receive it than those in the South

40. Memory problems are typically one of the first signs of Alzheimer's, ----.

- A) if several medicines have been officially approved to treat those with the condition
- B) but early-onset Alzheimer's occurs between a person's 30s and mid-60s and is very rare
- C) whereas people with Alzheimer's have trouble doing everyday things like driving a car
- D) even though initial symptoms of the condition may vary from person to person
- E) so some people become worried, angry, or violent as the disease progresses

41. Medications may be the solution for people who are overweight and have weight-related health problems----.

- A) as new weight-loss medications and bariatric surgery have benefits in the long-term
- B) so long as no organ, especially the heart, is damaged due to weight
- C) if lifestyle modifications are not successful in achieving weight reduction
- D) so being overweight or having obesity is a major risk factor for high blood pressure
- E) just as lifestyle behaviours are often not sustained for many years

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TÜRKİYE GENELİ YÖKDİL SAĞLIK BİLİMLERİ - DENEME SINAVI - I

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

42. People living in polluted urban areas are far less likely to be admitted to hospital with asthma if there are lots of trees in their neighbourhood.

- A) Mahallelerinde çok sayıda ağaç olan ve kirli kentsel alanlarda yaşayan insanların, astım nedeniyle hastaneye yatırılma olasılıkları çok daha düşüktür.
- B) Kirli kentsel alanlarda yaşayan insanlar, mahallelerini ağaçlandırdığında astım nedeniyle hastaneye yatırılma olasılıklarını büyük ölçüde azaltırlar.
- C) Mahallelerinde çok sayıda ağaç varsa, kirli kentsel alanlarda yaşayan insanların çok daha azı astım nedeniyle hastaneye yatırılır.
- D) Mahallelerindeki ağaçlandırma miktarı büyük ölçüde artırılırsa, kirli kentsel bölgelerde yaşayan insanların astım nedeniyle hastaneye yatırılma olasılıkları çok daha düşük olacaktır.
- E) Kirli kentsel alanlarda yaşayan insanların, mahallelerinde çok sayıda ağaç varsa, astım nedeniyle hastaneye yatırılma olasılıkları çok daha düşüktür.

43. Owing to industrialised agriculture and changes in dietary habits, the magnesium consumption from natural foods has decreased in populations who consume processed foods.

- A) Endüstriyel tarım ve beslenme alışkanlıklarında meydana gelen değişiklikler, işlenmiş gıda tüketen kimi toplumlarda doğal gıdalardan magnezyum tüketimini azaltmıştır.
- B) İşlenmiş gıda tüketen toplumlarda doğal gıdalardan magnezyum tüketiminin azalması, endüstriyel tarım ve beslenme alışkanlıklarındaki değişikliklerden kaynaklanmıştır.
- C) İşlenmiş gıda tüketen toplumlarda doğal gıdalardan magnezyum tüketiminin azalmasıyla endüstriyel tarım ve beslenme alışkanlıklarında değişiklikler olmuştur.
- D) Endüstriyel tarım ve beslenme alışkanlıklarındaki değişiklikler nedeniyle, işlenmiş gıda tüketen toplumlarda doğal gıdalardan magnezyum tüketimi azalmıştır.
- E) İşlenmiş gıda tüketen toplumlarda doğal gıdalardan magnezyum tüketiminin azalmasının nedeni, endüstriyel tarım ve beslenme alışkanlıklarındaki değişikliklerdir.

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44. Studying the results of several clinical trials focused on patients treated with acupuncture and standard medical care, researchers showed there is significant evidence to demonstrate acupuncture provides considerable improvement.

- A) Akupunkturun kayda değer iyileşme sağladığını gösterebilecek önemli kanıtların var olduğu, akupunktur ve standart tıbbi bakımla tedavi edilen hastalara odaklanan birçok klinik araştırmanın sonuçlarını inceleyen araştırmacılar tarafından gösterilmiştir.
- B) Akupunktur ve standart tıbbi bakımla tedavi edilen hastalara odaklanan birçok klinik araştırmanın sonuçlarını inceleyen araştırmacılar, akupunkturun kayda değer iyileşme sağladığını gösterebilecek önemli kanıtlar var olduğunu göstermiştir.
- C) Akupunkturun kayda değer iyileşme sağladığını gösterebilecek önemli kanıtlar vardır ve bunlar akupunktur ve standart tıbbi bakımla tedavi edilen hastalara odaklanan birçok klinik araştırmanın sonuçlarını ele alan araştırmacılar tarafından ortaya koyulmuştur.
- D) Araştırmacılar akupunktur ve standart tıbbi bakımla tedavi edilen hastalara odaklanan birçok klinik araştırmanın sonuçlarını incelemiş ve akupunkturun kayda değer iyileşme sağladığını gösterebilecek önemli kanıtlar var olduğunu göstermiştir.
- E) Araştırmacıların incelediği akupunktur ve standart tıbbi bakımla tedavi edilen hastalara odaklanan birçok klinik araştırmanın sonuçları ile, akupunkturun kayda değer iyileşme sağladığını gösterebilecek önemli kanıtların var olduğu görülmektedir.

45. Nitric oxide, produced naturally in the human body, plays an important role in health as it relaxes or widens blood vessels to enhance blood flow by allowing oxygen and nutrients to circulate through the body.

- A) İnsan vücudunun doğal yollarla ürettiği nitrik oksit, kan akışını artırmak ve kan damarlarını gevşeterek veya genişleterek, oksijen ve besinlerin vücutta dolaşmasına izin verdiği için sağlıkta önemli bir rol oynar.
- B) İnsan vücudunda doğal olarak üretilen nitrik oksit, kan akışını artırmak için oksijen ve besinlerin vücutta dolaşmasına izin vererek, kan damarlarını gevşettiği veya genişlettiği için sağlıkta önemli bir rol oynar.
- C) Kan akışını artırmak için kan damarlarını gevşeterek veya genişleterek, oksijen ve besinlerin vücutta dolaşmasına izin verdiği için sağlıkta önemli bir rolü olan nitrik oksit, insan vücudunda doğal olarak üretilir.
- D) Kan akışını artırmak için kan damarlarını gevşeterek veya genişleterek oksijen ve besinlerin vücutta dolaşmasına izin veren nitrik oksit sağlıkta önemli bir rol oynar ve insan vücudunda doğal olarak üretilir.
- E) Sağlıkta önemli bir rol oynayan ve insan vücudunda doğal olarak üretilen nitrik oksit kan akışını artırmak için kan damarlarını gevşeterek veya genişleterek, oksijen ve besinlerin vücutta dolaşmasına izin verir.

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46. After a traumatic experience, one person may show symptoms that diminish naturally over time, though another may have long-lasting symptoms that make it difficult to carry out everyday activities.

- A) Travmatik olaylardan sonra, kimi zamanla doğal bir şekilde azalan belirtiler gösterse de, bir başkasının günlük aktiviteleri gerçekleştirmeyi zorlaştıran uzun süreli belirtilere sahip olması mümkündür.
- B) Zamanla doğal bir şekilde azalan belirtiler veya, günlük aktiviteleri gerçekleştirmeyi zorlaştıran uzun süreli belirtiler travmatik olaylardan sonra kişilerde görülebilmektedir.
- C) Travmatik bir deneyimden sonra, bir kişi zamanla doğal bir şekilde azalan belirtiler gösterebilir, fakat bir başkası günlük aktiviteleri gerçekleştirmeyi zorlaştıran uzun süreli belirtilere sahip olabilir.
- D) Travmatik bir deneyimin ertesinde, gerek zamanla doğal bir şekilde azalan belirtiler, gerekse de günlük aktiviteleri gerçekleştirmeyi zorlaştıran uzun süreli belirtiler insanlarda görülmektedir.
- E) Bazı insanlar, travmatik bir deneyimden sonra, zamanla doğal bir şekilde azalan belirtiler gösterir, ancak başkaları günlük aktiviteleri gerçekleştirmeyi zorlaştıran uzun süreli belirtileresahip olabilirler.

47. Bone degradation and subsequent repair are fine-tuned through complex interactions between the cells that degrade the bone, osteoclasts, and those that produce new bone matrix.

- A) Kemik bozunumu ve sonraki onarıma, kemiği bozan hücreler, osteoklastlar ve yeni kemik matrisi üretenler arasındaki karmaşık etkileşimler yoluyla ince ayar yapılır.
- B) Kemiği bozan hücreler, osteoklastlar ve yeni kemik matrisi üretenler arasındaki karmaşık etkileşimler, kemik bozunumu ve sonraki onarımdaki ince ayarları belirler.
- C) Kemik bozunumu ve sonraki onarımdaki ince ayarları belirleyen kemiği bozan hücreler, osteoklastlar ve yeni kemik matrisi üretenler arasındaki karmaşık etkileşimleri de belirler.
- D) Kemiği bozan hücreler, osteoklastlar ve yeni kemik matrisi üretenler arasındaki karmaşık etkileşimler kemik bozunumu sonrasındaki onarımda önemli bir rol oynar.
- E) Kemik bozunumu sonrasındaki onarımdaki ince ayarlar, kemiği bozan hücreler, osteoklastlar ve yeni kemik matrisi üretenler arasındaki karmaşık etkileşimlerin belirlenmesi ile yapılır.

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

48. Kekeme olan insanlara özgü tanınal beyin belirteçlerini bulmak, bilim adamlarının gelecekte bu alanları hedef alan tedaviler geliştirmelerine yardımcı olabilir.

- A) Scientists need to find diagnostic brain markers that are unique to people who stutter to develop treatments that target those areas in the future.
- B) Diagnostic brain markers unique to people who stutter must be found if scientists are to develop treatments targeting those areas in the future.
- C) Finding diagnostic brain markers unique to people who stutter, scientists might be able to develop treatments that target those areas in the future.
- D) Scientists developing diagnostic brain markers that are unique to people who stutter may find treatments that target those areas in the future.
- E) Finding diagnostic brain markers that are unique to people who stutter could help scientists develop treatments that target those areas in the future.

49. Bilim insanları, DNA onarım süreçlerinin nasıl yönetildiğini tam olarak anlamak için DNA'yı onarma ve korumada etkin olan mekanizmaları araştırıyorlar.

- A) Scientists investigating mechanisms at play in repairing and protecting DNA hope to fully comprehend how repair processes are managed.
- B) Investigating mechanisms at play in repairing and protecting DNA, scientists aim to fully comprehend how DNA repair processes are managed.
- C) Scientists are investigating mechanisms at play in repairing and protecting DNA to fully comprehend how DNA repair processes are managed.
- D) That scientists are investigating mechanisms at play in repairing and protecting DNA will help them to fully comprehend how DNA repair processes are managed.
- E) Mechanisms at play in repairing and protecting DNA are being investigated by scientists so that how DNA repair processes are managed can be fully comprehended.

50. Çoğu büyük proteinli ilaç emilmeden önce sindirim sistemindeki enzimler tarafından parçalandıkları için ağızdan verilemez.

- A) As most large protein drugs are broken down by the enzymes in digestive tract before they are absorbed, they cannot be given orally.
- B) Since enzymes in the digestive tract break down most large protein drugs before they can be absorbed, they cannot be given orally.
- C) Most large protein drugs cannot be given orally because enzymes in the digestive tract break them down before they can be absorbed.
- D) We cannot give most large protein drugs orally, given that enzymes in the digestive tract break them down before they can be absorbed.
- E) Not given orally, most large protein drugs are broken down by the digestive tract before they are absorbed.

51. MesoSPIM olarak bilinen yeni mikroskoplar, insan saçından beş kat daha ince olan tek bir nörona kadar beyin dokusunun en küçük ayrıntısını görüntüleyebilmektedir.

- A) The minute detail of brain tissue down to a single neuron that is five times thinner than a human hair can be imaged by new microscopes, known as mesoSPIMs.
- B) New microscopes, known as mesoSPIMs, can image the minute detail of brain tissue down to a single neuron that is five times thinner than a human hair.
- C) Being able to image the minute detail of brain tissue down to a single neuron that is five times thinner than a human hair, new microscopes are known as mesoSPIMs.
- D) Known as mesoSPIMs, new microscopes have the potential to image even the minute details of brain tissue down to a single neuron five times thinner than a human hair.
- E) The new microscopes, also known as MesoSPIM, image the minute details of brain tissue down to a single neuron that is five times thinner than a human hair.

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52. Sosyal medyada günde üç saatten fazla zaman geçiren ergenlerin, sosyal medyayı hiç kullanmayan ergenlere kıyasla yüksek düzeyde içselleştirme davranışları sergileme olasılıkları daha yüksektir.

- A) When adolescents spend more than three hours a day on social media, they are more likely to exhibit high levels of internalising behaviours compared to adolescents who do not use social media at all.
- B) Adolescents who do not use social media at all are not as likely to exhibit high levels of internalising as those who spend more than three hours a day on social media.
- C) Spending more than three hours a day on social media, adolescents exhibit high levels of internalising behaviours compared to those who do not use social media at all.
- D) Adolescents who spend more than three hours a day on social media are more likely to exhibit high levels of internalising behaviours compared to adolescents who do not use social media at all.
- E) More than three hours a day on social media is more likely to cause adolescents to exhibit high levels of internalising behaviours compared to when they do not use social media at all.

53. Çocuk doktorları bazen, yoksulluk gibi yaşam boyu kötü sağlığın en önemli çocukluk etkenleriyle başa çıkmaya yardımcı olacak bir strateji bulamaz ve bundan dolayı sağlık hizmeti sağlayıcıları olarak tam potansiyellerine ulaşamazlar.

- A) Paediatricians sometimes fail to reach their full potential as health care providers, and this is because they cannot find a strategy to help deal with the most important childhood factors of lifelong poor health, such as poverty.
- B) Paediatricians cannot be expected to reach their full potential as health care providers when there is no real strategy to help address the most important childhood drivers of lifelong poor health, such as poverty.
- C) If there is no real strategy to help address the most important childhood drivers of lifelong poor health, such as poverty, paediatricians sometimes simply cannot reach their full potential as health care providers.
- D) Paediatricians are sometimes unable to find a strategy to help deal with the most important childhood drivers of lifelong poor health, such as poverty, and therefore cannot reach their full potential as healthcare providers.
- E) Paediatricians cannot reach their full potential as health care providers unless they are able to find a strategy to help deal with the most important childhood drivers of lifelong poor health, such as poverty.

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

54. Children whose mothers take heartburn medication during pregnancy may have a greater risk of developing asthma. ---- They say that the association could be caused by a separate, linked factor and that further research is needed to determine whether the medicines affect the health of children. Mothers-to-be should follow existing guidelines – to use the medicines as required – and consult with a doctor or nurse if symptoms persist, they recommend.

- A) Yet, heartburn is caused by stomach acid passing from the stomach back into the oesophagus.
- B) Also, the condition is very common in pregnancy because of hormonal changes.
- C) Thus, drugs called H2-receptor antagonists, and proton pump inhibitors help block this acid reflux.
- D) However, according to experts, the potential link from studies on health records is not conclusive.
- E) Similarly, the use of these medicines may increase the risk of allergies in the unborn baby.

55. It is widely assumed that attention and executive functions decline with age. Yet, there are intriguing hints from some studies that raise questions about these assumptions. Such studies indicate that critical elements of these abilities actually improve during ageing, likely because we simply practice these skills throughout our life.---- With further research, it may be possible to deliberately improve these skills for the elderly throughout the globe as protection against brain decline in healthy ageing and disorders.

- A) Advancing age has been documented to cause broad declines in our mental abilities.
- B) This is all the more important because of the rapidly ageing population around the world.
- C) Key brain functions, which allow us to attend to new information, can, in fact, improve in older individuals.
- D) Most of these functions underlie critical aspects of cognition, such as memory.
- E) Alerting is a state of enhanced preparedness in order to respond to incoming information.

56. Malignant tumours are among the leading causes of death worldwide. Current treatment strategies, such as chemotherapy, radiotherapy, stem cell transplantation, or a combination of them, are mostly effective but may induce serious side effects to normal tissues. ---- However, a new approach, where tumour "hybrid" cell lines can induce immune responses against tumour cells in the lab, as opposed to directly attacking them, now offers promise. As a result, the patients' tumour cells, as well as related cell lines, are killed. With tumour cells evolving mechanisms for evading the immune responses, this approach comes at the right time by providing a new solution for this issue.

- A) In addition, tumours are developing resistance against most of these conventional therapies.
- B) But, these fusion cells show enhanced ability to stimulate immune responses in blood cells.
- C) Similarly, there is growing evidence that the immune system plays a role in these therapies.
- D) Still, the methods offer a new way of treating certain cancer patients by inducing tumour-killing cells.
- E) So, activating immune effectors in the right way may offer novel forms of cancer treatment.

57. Researchers have identified taste receptors in the human intestines. Scientists have previously shown that the absorption of dietary sugars in the intestine is mediated by a protein – a sugar transporter – that varies in response to the sugar content of foods. The intestine uses a glucose-sensing system to monitor these variations, but until now, the nature of this system has remained unknown to some extent. The taste receptor T1R3 and the taste G protein gustducin are critical to sweet taste in the tongue. ---- Here, they sense glucose within the intestine. This finding could have implications for diabetes and obesity.

- A) Cells continually assess their energy and nutrient state to maintain growth and survival.
- B) They sense sugar and artificial sweeteners and are not limited to the tongue.
- C) The gut taste cells regulate secretion of insulin and hormones that regulate appetite.
- D) This work may explain why current artificial sweeteners may not help with weight loss.
- E) Research now shows these two proteins are also found in specialised taste cells of the gut.

TÜRKİYE GENELİ YÖKDİL SAĞLIK BİLİMLERİ - DENEME SINAVI - I

58. Scientists are just beginning to consider the impact of gene-diet interactions in different populations with regard to disease. In a new study, researchers reveal how humans of different ancestry process a certain type of fat called PUFA. Their findings suggest that the dramatic increase in a particular type of fatty acid, omega-6 PUFAs, in the American diet, together with a genetic propensity, causes individuals of African descent to more efficiently convert these dietary PUFAs to long-chain PUFAs in the human body. ---- A variety of chronic diseases, including cardiovascular disease, arthritis, allergies and asthma, and diabetes, have been associated with these messengers.

- A) Recently, much progress has been made regarding understanding personalised medicine.
- B) Such observations address the question of why western diets impact African Americans differently.
- C) Long-chain PUFA can then, in turn, be converted to inflammatory messengers.
- D) The current studies on inflammatory messengers are the first to look at populations of African ancestry.
- E) There is a great deal of genetic difference between people of African and European ancestry.

59. All the tissues of our body have the same DNA, but they perform very different functions and have very different aspects. ---- Also, their appearance under the microscope is entirely dissimilar. What gives cells their own identity and differentiates them is their particular epigenetics, the chemical modifications that control gene expression. It has been accepted for decades that the semblance of a tumour cell (its "phenotype") is discordant to the look of its original normal cell. Furthermore, recently, it has been discovered that an extraordinary phenomenon can occur in cancer: one type of cell may become a different type of cell.

- A) Thus, these processes are called transdifferentiation and used by tumour cells to escape from a drug.
- B) Yet, such chemical modification could be directly involved in enabling tissue transdifferentiation.
- C) Similarly, this transdifferentiation example is interesting since it also changes its behaviour.
- D) Even so, this discovery could help avoid the emergent resistance to cancer treatments.
- E) For example, a lymphocyte and a neuron share the same genetic material, but play very different tasks.

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

60. (I) Uveal melanoma, an infrequent form of malignant melanoma, starts in the pigment cells of not the skin, but the eye. (II) It is hoped that this inhibitor would reprogram hidden cancer cells so that they could be detected by the immune cells. (III) For skin melanoma, immunotherapy using "checkpoint inhibitors" has proved effective in many cases, but this has not applied to intraocular melanoma. (IV) Some 80 people get uveal melanoma annually, and half of them get metastases, often in the liver. (V) Patients with metastatic uveal melanoma frequently die shortly after diagnosis.

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

61. (I) There is an urgent need to address factors that are promoting antibiotic resistance in pneumonia patients. (II) Pneumonia is an infection of the lungs that causes fluid and pus to fill air sacs, producing cough, fever, trouble breathing, and other symptoms. (III) Without effective treatment, the infection can be fatal, which is the most common cause of death in young children. (IV) In small children, pneumonia can be caused by viruses, but certain types of bacteria are common sources of infection, too. (V) In high-income countries, Staphylococcus, Streptococcus, and Haemophilus influenza are the most common bacterial causes of pneumonia, which is usually treated effectively with antibiotic therapy.

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

62. (I) As a foetus grows, it is constantly getting messages from its mother. (II) It is not just hearing her heartbeat and whatever music she might play to her belly; it also gets chemical signals through the placenta. (III) These include signals about the mother's mental state. (IV) What slows babies' development is changing conditions. (V) Therefore, if the mother is depressed, that affects how the baby develops after it is born.

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

63. (I) Researchers have discovered how diabetes, by driving inflammation and slowing blood flow, dramatically accelerates atherosclerosis. (II) Experts once believed that atherosclerosis, or hardening of the arteries, developed when too much cholesterol clogged arteries with fatty deposits called plaques. (III) They are known to be the chief trigger of heart diseases. (IV) When blood vessels became completely blocked, heart attacks and strokes occurred. (V) However, today most agree that the reaction of the body's immune system to fatty build-up, more than the build-up itself, creates heart attack risk.

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

64. (I) Cigarette smokers are four times as likely as non-smokers to report feeling unrested after a night's sleep. (II) Smokers also spend less time in deep sleep and more time in light sleep than non-smokers. (III) Researchers speculate that the stimulating effects of nicotine could cause smokers to experience nicotine withdrawal each night. (IV) Smokers commonly experience difficulty falling asleep due to the stimulating effects of nicotine. (V) This may be the reason why smokers experience more disturbances in sleep.

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

65. (I) Taking academic tests can be a stressful time for some young people and especially for those with a history of elevated anxiety. (II) However, a new study shows that anxiety only has a negative effect on test results if memory is also poor. (III) Furthermore, if memory is good, increased anxiety is associated with attaining better marks. (IV) Thus, one is to improve his or her memory in order to avoid anxiety during an exam, not just receive anxiety therapy. (V) The support offered in schools could be targeted in the first instance to those who are at highest risk of poor outcomes.

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

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66. - 68. soruları aşağıdaki parçaya göre cevaplayınız.

The brain uses more energy than any other organ in the human body, and glucose is its primary source of fuel. But what happens when the brain is exposed to an excessive amount of sugar in the diet? In this case, more is definitely not better. It is well-known that excess sugar impairs both our cognitive skills and our self-control. For many people, having a little sugar stimulates a craving for more. Scientists have proposed that sweet foods, along with salty and fatty foods, can produce addiction-like effects in the human brain, driving the loss of self-control, overeating, and subsequent weight gain. In early humans, this stimulus helped lead them to calorie-rich foods, which aided survival when food was scarce. But now, this primitive drive contributes to our epidemics of obesity and diabetes. The behavioural and neuro-biochemical characteristics of substance abuse and overeating are quite similar, and the idea of food addiction is gaining ground among scientists. Additional studies on brain activity have provided evidence supporting the idea that overeating alters our brain's reward system, which then further drives overeating. This same process is thought to underlie the tolerance associated with addiction.

66. It is pointed out in the passage that ----.

- A) early humans knew that foods that contain sugar did more harm than good to their body
- B) addiction to certain harmful foods has existed for thousands of years
- C) further research is needed to prove that excess sugar is detrimental to the brain
- D) substance abuse and overeating have so much in common that many people confuse them
- E) the idea of food addiction is becoming more popular among researchers

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

- A) salty and fatty foods are not as harmful to the brain as foods containing sugar
- B) maintaining a sugar-free diet is the best method to prevent overeating
- C) curbing sugar consumption has a more positive impact on the brain than on other organs
- D) there seems to be a positive correlation between addiction and overeating
- E) the benefits of sugar consumption outweigh its drawbacks in terms of gaining energy

68. The paragraph is mainly about ----.

- A) the relationship between sugar and many diseases
- B) how sugar affects various cognitive abilities
- C) the reasons why some people overeat
- D) why we should reduce the consumption of sugar
- E) the adverse impacts of sugar on the brain

TÜRKİYE GENELİ YÖKDİL SAĞLIK BİLİMLERİ - DENEME SINAVI - I

69. - 71. soruları aşağıdaki parçaya göre cevaplayınız.

In the USA, a new plan to limit pollution from so-called "forever chemicals" will include restricting their release into the environment and speeding the clean-up of contaminated sites. The chemicals, called PFAS (per- and polyfluoroalkyl substances), are used in products ranging from cookware to carpets to firefighting foam. They are increasingly showing up in public drinking water systems and foods and are associated with serious health problems such as cancer and reduced birth weight. For many years, families across America, especially those in underserved communities, have suffered from PFAS. This comprehensive, national PFAS strategy will deliver protections to people who are suffering by advancing concrete precautions that address the full life cycle of these chemicals. The plan will also boost spending on research to find out where PFAS are found and how to prevent their spread. Strict drinking water limits for PFAS will require PFAS manufacturers to reveal the level of toxicity of their products. These precautions will eventually ensure that PFAS clean-ups are conducted safely and that the polluter pays for that.

69. Which of the following can be concluded from the passage about PFAs?

- A) US citizens with higher incomes are exposed to them more than those with lower incomes.
- B) Some do not believe in the benefits of the precautions that will be taken against them.
- C) The US government will allocate more money to conduct research on their adverse impacts.
- D) Their manufacturers have already paid heavy fines as they disobeyed the limits set by the government.
- E) The US government is aiming to take measures to address the problems caused by them.

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

- A) the problems which PFAs can cause are not limited to the USA
- B) the cancer cases diagnosed throughout the USA are on the increase due to PFAs
- C) public drinking water systems in the USA are affected by PFAs the most
- D) several industries make use of PFAs in the items they produce
- E) PFAs are much more hazardous than any other chemicals used in the industry

71. What is main purpose of the author?

- A) To criticise the industries using PFAs in their products despite their harms
- B) To inform the audience about a recent initiative that the US government aims to adopt
- C) To illustrate the negative impacts of PFAs on the environment and people's health
- D) To emphasise the importance of the immediate precautions to address issues threatening the public
- E) To persuade the audience not to purchase products that contain PFAs

TÜRKİYE GENELİ YÖKDİL SAĞLIK BİLİMLERİ - DENEME SINAVI - I

72. - 74. soruları aşağıdaki parçaya göre cevaplayınız.

Chiropractic treatment emphasises the body's ability to heal itself. It typically involves manual therapy, often including spinal manipulation. Chiropractors use hands-on spinal manipulation and other alternative treatments such as exercise and nutritional counselling. The theory is that proper alignment of the body's musculoskeletal structure, particularly the spine, will enable the body to heal itself without surgery or medication. Manipulation is used to restore mobility to joints restricted by tissue injury caused by a traumatic event, such as falling, or repetitive stress, such as sitting without proper back support. Chiropractic treatment is sometimes used in conjunction with conventional medical treatment. Research has shown that this treatment is generally considered a safe and effective treatment for acute low back and neck pain as well as headaches. In addition, some medical conditions such as osteoarthritis and fibromyalgia may respond well to this treatment. Although rare, there have been cases in which treatment worsened a slipped disc or neck manipulation resulting in a spinal cord injury. You should check with your medical doctor to make sure your condition will benefit from chiropractic treatment because it might not work for some health conditions and also can be dangerous.

72. It is stated in the passage that ----.

- A) it is known that chiropractic adjustments reduce pain by increasing the mobility of the patient
- B) chiropractors should be well informed regarding the medical history of patients
- C) studies have not confirmed the effectiveness of some methods used in chiropractic treatment
- D) chiropractic treatment is usually regarded as harmless and effective, especially for some aches and pains
- E) chiropractic treatment has proved to work much better than previously thought

73. Which of the following is true about chiropractic treatment?

- A) It can be dangerous for patients if an untrained person tries to practice it.
- B) It can be used together with conventional treatment methods.
- C) It is a combination of conventional and alternative treatment methods.
- D) It is usually practised after surgery to allow the body to cure itself.
- E) It works better when accompanied by exercise and nutritional counselling.

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

- A) some medicines might prove detrimental to the course of chiropractic treatment
- B) research has recently revealed many drawbacks of chiropractic treatment
- C) chiropractic treatment should not be practised while conventional therapy methods are in use
- D) patients with chronic pain often resort to chiropractic treatment methods rather than conventional ones
- E) the success of the chiropractic treatment might vary according to your medical condition

TÜRKİYE GENELİ YÖKDİL SAĞLIK BİLİMLERİ - DENEME SINAVI - I

75. - 77. soruları aşağıdaki parçaya göre cevaplayınız.

Seasonal affective disorder (SAD) is a type of depression that comes and goes with the seasons. It usually starts in the late fall and early winter and goes away during the spring and summer. Symptoms of SAD may include sadness, gloomy outlook, loss of interest in activities you used to enjoy, low energy and difficulty sleeping or oversleeping. It is more common in women, young people, and those who live far from the equator. You are also more likely to have this condition if you or your family members have depression. Its exact causes still remain a mystery. Researchers have found that sufferers may have an imbalance of serotonin, a brain chemical that affects one's mood. Their bodies also make too much melatonin, a hormone that regulates sleep, and not enough vitamin D. The main treatment for SAD is light therapy which is used to replace the sunshine you miss during the fall and winter months. You sit in front of a light therapy box every morning to get daily exposure to bright, artificial light. But some people with SAD do not respond to light therapy alone. Antidepressant medicines and talk therapy can reduce its symptoms, either alone or combined with light therapy.

75. It is pointed out in the passage that ----.

- A) it is hard to diagnose SAD since its symptoms resemble those of depression
- B) a combination of treatment methods for SAD is better than a single method to reduce its symptoms
- C) most people develop SAD due to a lack of essential vitamins, such as vitamin D, in their diet
- D) artificial light therapy contributes little to the recovery for most people suffering from SAD
- E) heredity is one of the factors that may increase one's risk of developing SAD

76. Which of the following can be concluded from the passage about SAD?

- A) Some researchers believe the main reason for it is hormonal imbalance.
- B) It is highly likely for women who live near the equator to develop it.
- C) The symptoms seen in males and females are quite dissimilar
- D) Researchers cannot accurately determine the factors that cause people to develop it.
- E) For some people, its symptoms may persist for a whole year.

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

- A) adopting only one type of therapy is ineffective for the majority of people with SAD
- B) research shows that people with SAD often experience sleeping problems
- C) your age, gender and location may determine whether you will develop SAD
- D) some people opt for a mixture of therapies for SAD so that they can heal rapidly
- E) hormonal imbalance makes SAD symptoms much harder for sufferers to cope with

TÜRKİYE GENELİ YÖKDİL SAĞLIK BİLİMLERİ - DENEME SINAVI - I

78. - 80. soruları aşağıdaki parçaya göre cevaplayınız.

Public health surveillance is the continuous, systematic collection, analysis and interpretation of health-related data. Disease surveillance data serves as an early warning system for looming outbreaks that could become public health emergencies, enables monitoring and evaluation of the impact of an intervention, helps track progress towards specified goals and monitors the epidemiology of health problems. Furthermore, it guides priority-setting and planning and evaluation of public health policy and strategies. Unfortunately, health emergencies sometimes increase the risk of transmission of infectious diseases and other health conditions such as severe malnutrition. An effective disease surveillance system is essential to detecting disease outbreaks quickly before they spread, cost lives and become difficult to control. Effective surveillance can improve disease outbreak detection in emergency settings, such as in countries in conflict or following a natural disaster. Following the detection of a potential major public health event, centres provide the communications platform to obtain further information from the affected country and other authoritative sources. Once that information is received, they use emergency management tools to support risk assessments.

78. It is clearly stated in the passage that ----.

- A) there are many obstacles that undermine the proper utilisation of public health surveillance
- B) public health surveillance has been employed many times during natural disasters throughout history
- C) health emergencies may occasionally make it easier for diseases to spread
- D) it may become difficult to interpret the vast amount of data gathered through public health surveillance
- E) public health surveillance may come to a halt due to international conflicts

79. The underlined word in the passage 'looming' is closest in meaning to ----.

- A) approaching
- B) preliminary
- C) hindering
- D) conventional
- E) compelling

80. Which of the following could be the best title for this passage?

- A) Milestones in Public Health Surveillance
- B) How to Improve Public Health Surveillance
- C) The Future of Public Health Surveillance
- D) Challenges of Public Health Surveillance
- E) Why Public Health Surveillance Matters

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