

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

1. Recovery from heart damage often is a long and tricky journey because tissues must withstand the constant ---- as the heart beats.

- A) experience B) durability
C) movement D) fracture
E) sufficiency

2. Studying how fat tissue functions in the body is critical for understanding obesity, yet structural differences in fat cells and their ---- throughout the body make doing so challenging.

- A) distribution B) receptor
C) membrane D) protection
E) component

3. Multi-drug resistant tuberculosis represents a huge, ---- burden on healthcare systems, and drug-resistant strains keep appearing everywhere.

- A) incompetent
B) unsustainable
C) dissimilar
D) unremarkable
E) irreplaceable

4. Sesame is the ninth most ---- found childhood food allergy in the US, yet many people do not recognise it on food labels, or it's missing entirely.

- A) urgently B) deliberately
C) temporarily D) commonly
E) objectively

5. Sensors placed on or implanted in skin can ---- health indicators in several ways, such as measurement of sweat and temperature on the skin's surface.

- A) apply B) persuade
C) monitor D) localize
E) conduct

6. The function of the working memory of the brain is to ---- complex cognitive tasks, such as thinking, planning, following instructions or solving problems.

- A) carry out B) account for
C) bring up D) cut off
E) find out

7. A growing number of infections ---- antibiotic resistance these days, which means they ---- harder to treat in the years to come, resulting in higher death rates, longer hospital stays and higher costs.

- A) had developed / may become
B) develop / had become
C) developed / became
D) are developing / will become
E) have developed / would become

8. Life expectancy for people who ---- with spinal cord injuries is significantly lower than people without them and the situation ---- since the 1980s.

- A) would have lived / was not improving
B) should live / had not improved
C) may live / does not improve
D) could have lived / did not improve
E) have to live / has not improved

9. Information from smart devices can provide us with insight ---- patterns of health-related behaviour and disease symptoms as they occur ---- days and weeks.

- A) around / below B) above / by
C) into / over D) at / on
E) through / without

10. As our brains age, small lesions begin to pop up ---- the bundles of white matter that carry messages ---- our neurons, damaging the white matter and leading to cognitive deficits.

- A) through / by B) in / between
C) about / from D) within / below
E) over / among

11. ---- the increased use of especially smartphones, students tend to sit on a couch or chair without a desk, leading to an increase ---- musculoskeletal disorders.

- A) About / for B) On / with
C) In / at D) Against / on
E) With / in

12. A new study found that the risk of younger siblings developing an autism spectrum disorder is 14 times higher ---- an older sibling has the same disorder.

- A) although B) before
C) so that D) if
E) while

13. More than 2 million people die prematurely every year ---- the treatment they need for kidney failure is unavailable in their countries.

- A) unless B) as soon as
C) whereas D) because
E) even if

14. HIV is now a chronic disease demanding lifelong strict adherence to treatment, ----, health systems are not equipped to offer treatment to large numbers of patients lifelong.

- A) thus B) however
C) for instance D) namely
E) instead

15. ---- serotonin is well known as a brain neurotransmitter, it is estimated that 90 percent of the body's serotonin is made in the digestive tract.

- A) Although B) Once
C) Whether D) Suppose that
E) Given that

16. Food was not always available to such excess as it is in western societies today, ----, our metabolism was tailored to the optimum exploitation of energy, as humans, for millennia, had to budget their calories carefully.

- A) otherwise
B) for example
C) also
D) on the contrary
E) similarly

17. Practising sport for more than an hour a day reduces the risk of contracting breast cancer, ---- age, weight or geographical location.

- A) in pursuit of
- B) irrespective of
- C) at the expense of
- D) with regard to
- E) in response to

18. For the vast majority of individuals, sodium consumption does not increase health risks ----those who eat more than five grams a day, the equivalent of 2.5 teaspoons of salt.

- A) in spite of
- B) in the event of
- C) except for
- D) rather than
- E) in view of

19. Cancer cells have ---- a great appetite for glucose ---- this can be used to identify small groups of tumour cells that have spread throughout the body.

- A) both / and
- B) such / that
- C) neither / nor
- D) as / as
- E) whether / or

20. Mind-body interventions such as meditation, yoga and Tai Chi do not simply relax us; they can reverse the molecular reactions in our DNA ---- cause ill-health and depression.

- A) who
- B) whose
- C) whom
- D) which
- E) where

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TÜRKİYE GENELİ YÖKDİL SAĞLIK BİLİMLERİ - DENEME SINAVI - II

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

In recent years, the role of bacteria and other organisms in the gut have become a major focus (21) ---- the increase in the number of people looking to improve health and wellness. Probiotic companies that promise everything from improved digestion to a better mood (22) ---- billions selling their products annually. However, every gut is entirely unique. What may work for you may do little for someone else, (23) ---- it's important to know exactly what your gut needs. A new company called Viome is looking to provide a high-tech way (24) ---- making that happen. Viome is one of the leading companies using RNA sequencing to analyse your gut microbiome. Their technology allows them to provide accurate, personalised diet and nutrition (25) ---- for improved health and wellness.

21.

- | | |
|------------------|---------------|
| A) instead of | B) due to |
| C) as opposed to | D) as well as |
| E) apart from | |

22.

- | | |
|--------------------|-------------|
| A) have made | B) had made |
| C) will have made | D) made |
| E) had been making | |

23.

- | | |
|------------------|-----------------|
| A) however | B) additionally |
| C) therefore | D) otherwise |
| E) to illustrate | |

24.

- | | |
|-------|-------|
| A) of | B) on |
| C) in | D) by |
| E) at | |

25.

- | |
|--------------------|
| A) attitudes |
| B) influences |
| C) recommendations |
| D) consequences |
| E) indications |

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

Scientists have identified a new Achilles' heel of the influenza virus, making progress in the search for a universal flu vaccine. Antibodies against a long-ignored section of the virus, which the team dubbed the anchor, have the (26) ---- to recognise a broad variety of flu strains, even as the virus mutates from year to year. "It's always very exciting to discover a new site of vulnerability on a virus (27) ---- it paves the way for rational vaccine design," says one of the team members. "It also demonstrates that, (28) ---- all the years and effort of influenza vaccine research, there are still new things to discover." By identifying sites of vulnerability to antibodies that are shared by large numbers of variant influenza strains, the team believes they can design vaccines that are less affected by viral mutations. The anchor antibodies (29) ---- in the study bind to such a site. The antibodies themselves can also be developed as drugs (30) ---- broad therapeutic applications.

26.

- | | |
|----------------|------------------|
| A) potential | B) extension |
| C) experiment | D) collaboration |
| E) recognition | |

27.

- | | |
|-------------|------------|
| A) although | B) once |
| C) even if | D) because |
| E) in case | |

28.

- | | |
|------------|---------------|
| A) unlike | B) along with |
| C) besides | D) owing to |
| E) despite | |

29.

- | |
|---------------------|
| A) describing |
| B) having described |
| C) to be described |
| D) to describe |
| E) described |

30.

- | | |
|---------|-----------|
| A) over | B) across |
| C) with | D) among |
| E) into | |

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

31. ----, one-quarter of patients with type 1 or 2 diabetes report using less insulin than prescribed.

- A) Even if cost is undoubtedly a huge barrier to insulin accessibility for many
- B) Although those patients experiencing cost-related underuse discuss the reality with their provider
- C) Given that genetic elements are involved in the development of an autoimmune disorder
- D) Since insulin is a life-saving medicine and an essential component of diabetes management
- E) Because the costs for insulin, which have doubled in the last decade alone, keep increasing

32. Although our bodies and almost everything that makes them are made of tissues, ----.

- A) the conventional thinking is that the proteins actin and myosin act as tiny motors inside cells
- B) the cells produce hyaluronic acid, which is perhaps most well known as an antiwrinkle agent
- C) it is not known how these tissues fold themselves so precisely into such complicated configurations
- D) lab-grown tissues are considered by some a work in progress with a promising future
- E) this will set the foundational groundwork for having cells grow into whatever pattern and shape needed

33. ---- even if individuals who have not been particularly careful with what they eat adopt it later in life.

- A) Research could help scientists understand and prevent several age-related diseases in humans
- B) A restricted diet has an effect on cell senescence, the point at which a cell can no longer replicate
- C) Lifespan continues to extend in the developed world, but 'healthspan' does not
- D) A diet consisting of foods that are low in calories can extend lifespan significantly
- E) "Healthspan" is the years of our lives when we can expect to be healthy and free from illness

34. If scientists can create a complete roadmap of each gene's family of proteins, a major goal of "the Human Proteoform Project" ----.

- A) labs use state-of-the-art mass spectrometry and data analysis to identify proteoforms in cells
- B) having team members across disciplines allows the project to move forward faster
- C) discoveries about disease, aging and new therapeutics will accelerate
- D) physicians must suppress the immune system and monitor transplant recipients
- E) it could broaden our understanding of human biology across immune disorders

35. While significant progress has been made in cancer treatment, ----.

- A) outpatient clinics play an integral role in providing symptom control
- B) approximately half of all patients with cancer eventually die of their disease
- C) there are cancer treatments using medical technologies, including laser treatment
- D) health organisations support early incorporation of palliative care into oncology practice
- E) political leaders work to ensure access to high-quality care for all patients with cancer

36. ----, the strict quality controls the food and drink we consume have to pass are not always sufficient.

- A) Since new methods enable the analysis of more samples in less time, thus enhancing food safety globally
- B) Because it is not possible to know if the bacterium is dead or alive using any technique available
- C) Though it is currently a highly laborious process to detect most bacteria in the foods we consume
- D) When collaborative work is needed in order to try to develop new, faster methods for bacteria detection in food
- E) Given that sometimes certain foodstuffs can give rise to food poisoning, most often caused by micro-organisms

37. ----, training in such skills is therefore essential for the prevention of complications.

- A) Even though keyhole surgery has rapidly gained in popularity in hospitals
- B) Because a laparoscopy calls for different manual skills than 'ordinary' open surgery
- C) Just as laparoscopy in the abdominal cavity is generally less invasive for the patient
- D) Even if minimally invasive surgical techniques are less painful for patients than traditional surgery
- E) Although survival rates following laparoscopic surgery are comparable to those of open surgery

38. ---- it is a complex multifactorial disorder where both genes and environment contribute to its development.

- A) Despite the lack of evidence regarding the exact cause of ADHD
- B) In addition to the increase in ADHD symptoms among offspring at eight years of age
- C) Except for the cases where ADHD does not significantly interfere with life
- D) Just like treatments that aim to simply alleviate the effects of ADHD
- E) Owing to the claims suggesting that ADHD is an overdiagnosed disorder

39. On average, about 5 percent of total cancer research funding is spent on investigating metastases, ----.

- A) because it has been known for some time that metastasis is the key problem in cancer
- B) though research into metastasis does not attract the funding it deserves from organisations
- C) in fact, metastasis is a process in cancer that is very poorly understood
- D) given that metastasis is of central importance to the prognosis and outcome of cancer patients
- E) yet a metastatic disease is the direct or indirect cause of 90 percent of all cancer deaths

40. Stem cells can develop into any cell type of an organism, ----.

- A) still, this raises the question of whether cell size is important for cellular physiology
- B) thus, they perform all sorts of vital tasks such as producing tissues and organs
- C) otherwise, enlargement of stem cells contributes to age-related decline in function
- D) so long as this relationship between cell size and function is conserved in stem cells
- E) in other words, stem cells lose their ability to perform their normal function as they grow larger

41. Studies show no effect of music training on the cognitive abilities of young children, ----.

- A) even if the experimental work on such link is very much in its infancy
- B) although there is little evidence supporting the idea that music enhances cognitive development
- C) as most adults think that music improves children's grades or intelligence
- D) just as this gives parents a strong repertoire of musical activities to use at home with their kids
- E) though it has been embraced by everyone from arts education advocates to parents

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

42. Research aiming to cure diseases such as Alzheimer's reveals that participation in religious and spiritual activities can preserve cognitive function as we age.

- A) Alzheimer gibi hastalıkları iyileştirmeyi amaçlayan araştırmalar, dini ve manevi etkinliklere katılım ile bilişsel işlevin yaşlandıkça korunabildiğini ortaya koymaktadır.
- B) Alzheimer gibi hastalıkları iyileştirmeyi amaçlayan araştırmalar, dini ve manevi etkinliklere katılımın, yaşlandıkça bilişsel işlevi koruyabildiğini ortaya koymaktadır.
- C) Bireylerin yaşlandıkça bilişsel işlevlerini dini ve manevi etkinliklere katılarak koruyabilecekleri, Alzheimer gibi hastalıkları iyileştirmeyi amaçlayan araştırmalarca ortaya konmuştur.
- D) Alzheimer gibi hastalıkları iyileştirmeyi amaçlayan araştırmaların amacı dini ve manevi etkinliklere katılarak yaşlandıkça bilişsel işlevin korunup korunamadığını ortaya koymaktır.
- E) Yaşlandıkça bilişsel işlevi koruyabilmek için dini ve manevi etkinliklere katılım göstermek, Alzheimer gibi hastalıkları iyileştirmeyi amaçlayan araştırmalarca destekleniyor.

43. Anxiety disorders are the most common type of psychiatric illness, yet researchers know very little about factors associated with recovery as it is extremely challenging to keep track of a person's state of mind in the long run.

- A) Uzun vadede bir kişinin zihinsel durumunu takip etmek son derece zor olduğu için araştırmacılar en yaygın psikiyatrik hastalık türü olan kaygı bozukluklarının iyileşmesi ile bağlantılı etmenler hakkında çok az şey biliyorlar.
- B) Kaygı bozuklukları en yaygın psikiyatrik hastalık türüdür, ancak uzun vadede bir kişinin zihinsel durumunu takip etmek son derece zor olduğu için araştırmacılar iyileşme ile bağlantılı etmenler hakkında çok az şey biliyorlar.
- C) Kaygı bozuklukları en yaygın psikiyatrik hastalık türü olsa da, uzun vadede bir kişinin zihinsel durumunu takip etmek son derece zor olduğu için araştırmacılar iyileşme ile bağlantılı etmenler hakkında çok az şey biliyorlar.
- D) En yaygın psikiyatrik hastalık türlerinden biri olan kaygı bozukluklarının iyileşme süreci ile bağlantılı etmenler hakkında araştırmacılar çok az şey biliyorlar, çünkü uzun vadede bir kişinin zihinsel durumunu takip etmek son derece zordur.
- E) Kaygı bozuklukları en yaygın psikiyatrik hastalık türüdür, ancak uzun vadede bir kişinin zihinsel durumunu takip etmenin son derece zor olması araştırmacıların iyileşme ile bağlantılı etmenler hakkında çok az şey bilmelerine yol açmaktadır.

44. Although hearing conservation policies aim to protect workers from noise-related hearing loss, it remains unclear whether stress reactions caused by noise exposure might also lead to other negative health outcomes.

- A) İşitme koruma politikaları, çalışanları gürültüye bağlı işitme kaybından korumayı amaçlasa da, gürültüye maruz kalmaktan kaynaklanan stres tepkilerinin başka olumsuz sağlık sonuçlarına da yol açabilip açamayacağı belirsizliğini koruyor.
- B) İşitme koruma politikaları, çalışanları gürültüye bağlı işitme kaybından korumayı amaçlar, ancak gürültüye maruz kalmaktan kaynaklanan stres tepkilerinin başka olumsuz sağlık sonuçlarına da yol açabilip açamayacağı belirsizliğini koruyor.
- C) Gürültüye maruz kalmaktan kaynaklanan stres tepkilerinin başka olumsuz sağlık sonuçlarına da yol açabilip açamayacağı belirsizliğini korusa da, işitme koruma politikaları ile çalışanlar gürültüye bağlı işitme kaybından korunuyor.
- D) İşitme koruma politikaları, çalışanları gürültüye bağlı işitme kaybından korumayı amaçlasa da, belirsizliğini koruyan şey gürültüye maruz kalmaktan kaynaklanan stres tepkilerinin başka olumsuz sağlık sonuçlarına da yol açabilip açamayacağıdır.
- E) İşitme koruma politikaları sayesinde, çalışanların gürültüye bağlı işitme kaybından korunması amaçlanmakla birlikte, gürültüye maruz kalmanın yol açtığı stres tepkilerinin başka sorunlara da yol açabilip açamayacağı araştırılmalıdır.

45. Allergic diseases, claimed to have a connection with mental health, have never been demonstrated to be in such a causal relationship by any research.

- A) Hiçbir araştırma tarafından hiçbir zaman ruh sağlığı ile bağlantısı olduğu gösterilmemiş olan alerjik hastalıkların böyle bir nedensel ilişki içinde olduğu iddia edilmektedir.
- B) Hiçbir araştırma, ruh sağlığı ile bağlantısı olduğu iddia edilen alerjik hastalıkların böyle bir nedensel ilişki içinde olduğu hiçbir zaman göstermemiştir.
- C) Ruh sağlığı ile bağlantısı olduğu iddia edilen alerjik hastalıkların böyle bir nedensel ilişki içinde olduğu hiçbir araştırma tarafından hiçbir zaman gösterilmemiştir.
- D) Aralarında nedensel ilişki olduğu hiçbir araştırma tarafından hiçbir zaman gösterilmemiş olan ruh sağlığı ile alerjik hastalıkların bağlantısı olduğu iddia edilmektedir.
- E) Hiçbir araştırma hiçbir zaman aralarında bir bağlantı olduğu ispatlanmamış olsa da, ruh sağlığı ile alerjik hastalıkların nedensel ilişki içinde olduğu düşünüyor.

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46. The reason why fat metabolism in the skeletal muscle of obese patients is slower than that of healthy people is believed to result from some abnormal functions that convert nutrients into biological energy.

- A) Besinleri biyolojik enerjiye dönüştüren belli anormal fonksiyonlar, obez hastaların iskelet kasındaki yağ metabolizmasının sağlıklı insanlarıkinden daha yavaş olması sonucunu doğurmaktadır.
- B) Obez hastaların iskelet kasındaki yağ metabolizmasının sağlıklı insanlarıkinden daha yavaş olması, besinleri biyolojik enerjiye dönüştüren bazı anormal fonksiyonlara yol açtığına inanılmaktadır.
- C) Obez hastaların iskelet kasındaki yağ metabolizması sağlıklı insanlarıkinden daha yavaştır ki bu da besinleri biyolojik enerjiye dönüştüren bazı fonksiyonel anormallikler nedeniyledir.
- D) Obez hastaların iskelet kasındaki yağ metabolizması sağlıklı insanlarıkinden daha yavaştır ve bunun besinleri biyolojik enerjiye dönüştüren bazı anormal fonksiyonların bir sonucu olduğuna inanılmaktadır.
- E) Obez hastaların iskelet kasındaki yağ metabolizmasının sağlıklı insanlarıkinden daha yavaş olmasının sebebi, besinleri biyolojik enerjiye dönüştüren bazı anormal fonksiyonlardan kaynaklandığına inanılmaktadır.

47. The power plants of our cells and playing an important role in providing energy for normal function of the tissues in our body, mitochondria, can remain functional despite damage thanks to a metabolic adjustment.

- A) Hücrelerimizin enerji santrali olan ve vücudumuzdaki dokuların normal çalışması için enerji sağlanmasında önemli rol oynayan mitokondriler, metabolik uyum sayesinde hasara rağmen işlevsel kalabilirler.
- B) Hücrelerimizin enerji santrali olan ve vücudumuzdaki dokuların normal çalışması için enerji sağlanmasında önemli rol oynayan mitokondrilerin hasara rağmen işlevsel kalabilmesi, metabolik uyum sayesinde.
- C) Mitokondriler, vücudumuzdaki dokuların normal çalışması için enerji sağlanmasında önemli rol oynayan enerji santrali oldukları için metabolik uyum sayesinde hasara rağmen işlevsel kalabilirler.
- D) Metabolik uyum sayesinde hasara rağmen işlevsel kalabilen mitokondriler, hücrelerimizin enerji santralidir ve vücudumuzdaki dokuların normal çalışması için enerji sağlanmasında önemli rol oynar.
- E) Vücudumuzdaki dokuların normal çalışması için enerji sağlanmasında önemli rol oynayan ve hücrelerimizin enerji santrali olan mitokondriler, metabolik uyum sayesinde hasara rağmen işlevsel kalabilirler.

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

48. Alerjik tetikleyicilerden kaçınmak ve uygun tedavileri almak, polen ve küf gibi alerjenlerden kaynaklanan saman nezlesi semptomlarının sıklığını azaltmanın en iyi yollarıdır.

- A) In order to avoid allergic triggers, receiving appropriate treatments is the best way to reduce the frequency of hay fever symptoms which allergens such as pollens and moulds can cause.
- B) Avoiding allergic triggers and receiving appropriate treatments are the best ways to reduce the frequency of hay fever symptoms caused by allergens such as pollens and moulds.
- C) The frequency of hay fever symptoms caused by allergens such as pollens and moulds can trigger allergic reactions, so the best way of avoiding these allergic triggers is to receive appropriate treatments.
- D) Avoiding allergic triggers and receiving appropriate treatments are the best ways to reduce the frequency of hay fever symptoms that allergens such as pollens and moulds may cause.
- E) Since allergens such as pollens and moulds can increase the frequency of hay fever symptoms, the best ways to deal with the condition are to avoid these allergic triggers and receive appropriate treatments.

49. Yıllar boyunca yapılan birçok araştırma, kırmızı ve işlenmiş et ağırlıklı beslenmeyi kalp hastalığı ve felç riskinin artmasıyla ilişkilendirdi, ancak bu araştırmalar sorunun kırmızı et olduğunu tam olarak ortaya koymadı.

- A) Over the years, many studies that link diets heavy in red and processed meats to a heightened risk of heart disease and stroke have been carried out; however, these studies have not exactly revealed that red meat is the problem.
- B) Although many studies have been carried out over the years to link diets heavy in red and processed meats to a heightened risk of heart disease and stroke, they have not exactly shown that red meat is the problem.
- C) Many studies have been carried out over the years, linking diets heavy in red and processed meats to a heightened risk of heart disease and stroke, but red meat has not exactly been shown as a problem.
- D) Diets heavy in red and processed meats have been linked by many studies to a heightened risk of heart disease and stroke, but, these studies have never exactly shown that the real problem is red meat.
- E) Many studies carried out over the years have linked diets heavy in red and processed meats to a heightened risk of heart disease and stroke, but these studies have not exactly revealed that red meat is the problem.

50. Düşük dopamin seviyelerine sahip kişiler için çeşitli ilaçlar mevcuttur, fakat, dopamin seviyenizi doğal olarak artırmak için yeterince uyumak ve sağlıklı bir diyet sürdürmek gibi kullanabileceğiniz bazı teknikler de vardır.

- A) Although there are several medications available for people with low dopamine levels, there are also some techniques like getting enough sleep and maintaining a healthy diet you can use to increase your dopamine levels naturally.
- B) There are several medications available for people with low dopamine levels; yet, there are also some techniques that could be used, such as getting enough sleep and maintaining a healthy diet in order to increase your dopamine levels naturally.
- C) Some techniques you could use, such as getting enough sleep and maintaining a healthy diet exist to increase your dopamine levels naturally; however, there are also several medications available for people who have low dopamine levels.
- D) There are several medications available for people who have low dopamine levels; however, there are also some techniques such as getting enough sleep and maintaining a healthy diet you could use to increase your dopamine levels naturally.
- E) There are several medications available for people with low dopamine levels, though you can also use some techniques such as getting enough sleep and maintaining a healthy diet so as to increase your dopamine levels naturally.

51. Araştırmalar, bir kişinin tıbbi geçmişinin, hangi antidepresanın ihtiyaçlarını en iyi şekilde karşılayacağını etkileyebileceğini göstermektedir.

- A) Research shows that a person's medical background may have an impact on which antidepressant will meet their needs best.
- B) According to research, a person's medical background may impact which antidepressant they will take to meet their needs best.
- C) Research indicates that a person's medical background may impact which antidepressant will meet their needs best.
- D) Which antidepressants are best for a person to meet their needs may vary depending on their medical background, according to research.
- E) Research reveals that the medical background a person has may impact which antidepressant will meet their needs best.

52. Uzun süreli stres, herkesten nefret ediyormuş gibi hissettiğiniz noktaya kadar tırmanabilen öfke patlamalarına yol açabilir.

- A) Prolonged stress can lead to angry outbursts, and this can escalate to the point where you think you hate everyone.
- B) Caused by prolonged stress, angry outbursts may result in a stage where you feel like you hate everyone.
- C) Prolonged stress can lead you to experience angry outbursts, escalating to the point where you feel as if you hate everyone.
- D) Angry outbursts may result from prolonged stress, which escalate to the point at which you start feeling like you hate everyone.
- E) Prolonged stress can lead to angry outbursts which can escalate to the point where you feel like you hate everyone.

53. Parkinson hastalığının teşhisi karmaşık olabilir, çünkü bu durumdan muzdarip olup olmadığınızı belirleyebilecek belirli bir kan testi veya tarama testi yoktur.

- A) The diagnosis of Parkinson's disease can be complicated because there is not a specific blood test or screening test that can determine whether or not you suffer from this condition.
- B) Since there is not a specific blood test or a screening test to determine whether or not you suffer from Parkinson's, the diagnosis of this condition can become complicated.
- C) To determine whether or not you suffer from the Parkinson's can be complicated, as there is not a specific blood test or a screening test to diagnose this condition.
- D) The diagnosis of Parkinson's disease can be complicated, as there is a lack of a specific blood test or screening test that can be used to determine whether or not you suffer from this condition.
- E) It is because there is not a specific blood test or screening test to determine whether or not you suffer from this condition that makes the diagnosis of Parkinson's disease complicated.

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

54. The effective digital transition of health systems could have many benefits. People who are digitally health literate, those that can gain and use knowledge from electronic sources to solve a health problem, are more able to manage personal health and care issues. ---- For instance, people with lower social and economic status face more barriers to accessing and using information. As a result, they tend to have a higher burden of disease. Ensuring that they benefit from the digital transition requires action within health and other sectors, innovation within states and companies, the development of professionals and services, and wider improvements in education.

- A) This, in turn, can also have positive effects on the efficiency and sustainability of health systems.
- B) Ensuring the digital transition to work for everyone requires cohesive action from many areas.
- C) Yet, there is a risk that the most vulnerable people are left behind in this transition.
- D) Therefore, effective digital transformation in health is vital for empowering citizens and patients.
- E) But the term 'digital health literacy' is not extensively or fully used, so far.

55. Hippocrates was a Greek physician who lived during the 4th century. Though most people attributed sickness to superstition and the wrath of the gods, he thought that all forms of illness had a natural cause. He established the first intellectual school devoted to teaching the practice of medicine. For this, he is widely known as the "father of medicine." Approximately 60 medical documents associated with his name, including the famous Hippocratic oath, have survived to this day. ---- While he may not have written all of them himself, the papers are a reflection of his philosophies.

- A) These were eventually gathered into a collection known as the Hippocratic Corpus.
- B) Through Hippocrates' example, medical practice pointed in a new direction.
- C) Hippocrates is often credited with developing the theory of the four fluids.
- D) Philosophers such as Aristotle and Galen also contributed to the concept.
- E) Although the oath is widely attributed to Hippocrates, it is still unknown whether he actually wrote it.

56. Food poisoning causes vomiting, diarrhoea, and abdominal pains. Symptoms usually go away within a few days, but in severe cases, food poisoning can cause significant morbidity. It occurs when a person consumes food or beverages contaminated by bacteria, viruses, parasites, toxins, chemicals and moulds. This health condition is very common; however, most cases are not severe enough to require hospitalisation. ---- In some severe cases, on the other hand, people may become severely dehydrated from vomiting or diarrhoea. Therefore, they may need to be hospitalised or be prescribed antibiotics to treat the condition.

- A) For instance, food can become contaminated at any time during storage, preparation and cooking.
- B) Everyone is at risk of getting food poisoning, but certain groups of people are more likely to suffer.
- C) *Escherichia coli*, the bacteria found in undercooked meat and raw vegetables, can cause serious problems.
- D) This is because the body can manage the condition by expelling the toxins that make the person sick.
- E) It can be difficult to tell whether a person has food poisoning or another kind of infection.

57. A coronary computed tomography angiogram (CTA), which is a novel approach, uses advanced technology to obtain high-resolution, 3D pictures of the moving heart and vessels. Although coronary CTA examinations are growing in use, coronary angiograms remain the "gold standard" for detecting coronary artery stenosis, which is a significant narrowing of an artery that could require catheter-based intervention, such as placing a coronary artery stent, or surgery. ---- Furthermore, it can noninvasively detect fatty matter in the arteries which has not yet hardened.

- A) Appropriate use of coronary CTA is important because the scan carries some risk from X-ray exposure.
- B) For these types of patients, it can provide important information about the extent of plaque formation.
- C) This new technology does a better job in identifying the narrowing of coronary arteries.
- D) CTA has not yet been proven as effective as the coronary angiogram due to its limitations.
- E) CTA is of limited use in patients with abnormal heart rhythms or who are extremely overweight.

58. Ancient Egypt developed a large, varied and fruitful medical tradition. ---- However, it eventually developed a practical use in the fields of anatomy, public health, and clinical diagnostics. Imhotep, who was responsible for this medical development, is credited with being the founder of ancient Egyptian medicine and with being the original author of the *Edwin Smith Papyrus*. It is an ancient textbook on surgery almost completely devoid of magical thinking and describes in detail the examination, diagnosis, treatment, and prognosis of numerous ailments.

- A) Egyptian medicine, to a considerable extent, dealt with the supernatural in its early stages.
- B) Medical institutions are known to have been established in ancient Egypt as early as 2200 BCE.
- C) Also, the earliest known woman physician, Peseshet, was practised at the time of the 4th dynasty.
- D) Medical information in the *Edwin Smith Papyrus* may date to a time as early as 3000 BCE.
- E) The ancient Egyptians practised medicine with highly professional methods.

59. Acupuncture has been part of traditional Chinese medicine for thousands of years. It involves inserting fine needles into specific points on the skin to restore balance and encourage the body to heal itself. Also, scientists carrying out a systematic review of the evidence for the use of acupuncture to treat other disorders have found that acupuncture is effective to treat dental pain, jaw pain and to control nausea after operations and chemotherapy treatment as well. ---- That's why more research needs to be carried out until it is considered safe and effective.

- A) Even if you do not believe in the underlying philosophy of acupuncture, the treatment can be effective.
- B) Evidence also shows that acupuncture is moderately helpful in a wide range of conditions.
- C) In contrast, the number of acupuncture treatments you need depends on your health condition.
- D) After even a short session of acupuncture, the person will normally feel relaxed and refreshed.
- E) But, for many other conditions, the current evidence to prove that it is effective is not yet established.

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

60. (I) Borderline personality disorder is a serious mental health issue that is characterised by unstable relationships, behaviours, and emotions. (II) Evidence shows that women are far more likely to be diagnosed with borderline personality disorder than men. (III) Left untreated, this condition can cause significant issues in a person's life, disrupting their work, school, and their relationships with others. (IV) Like many psychological disorders, the causes of the condition are complex and not fully known. (V) But with appropriate help and treatment, people diagnosed with borderline personality disorder can live a better quality of life and reduce their symptoms.

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

61. (I) We all know that having a positive outlook on life is good for your mental well-being as well as physical health. (II) However, the problem is that life is not always positive. (III) This is because we all deal with painful emotions and experiences. (IV) It is believed that no matter how dire a situation is, we should maintain a positive approach towards life. (V) Those feelings, while often unpleasant, are important and need to be felt and dealt with openly and honestly.

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

62. (I) Some people are of the opinion that online therapy is not as effective as traditional, in-office therapy. (II) Online therapy is psychotherapy that takes place over the Internet, and services can be offered over the phone, and through video conferencing, rather than in person. (III) Research has shown that 70% of people do not have access to traditional, in-office therapy. (IV) Since online therapy fills this gap, the industry has grown significantly over the last decade. (V) It has also made mental health treatment more affordable and accessible, even if you work unconventional hours or do not have access to reliable transportation.

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

63. (I) Acromegaly is a health condition caused by an excess of growth hormone. (II) It usually develops after the person has reached adulthood. (III) Growth hormone promotes growth in childhood and controls metabolism, muscle and bone mass. (IV) The most obvious signs of this disorder arise from the overgrowth of bones in the face, hands and feet, causing facial disfigurement, large hands and feet. (V) However, these changes occur so slowly that they go unnoticed for a long time.

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

64. (I) Insomnia is a common sleep disorder that affects millions all over the globe. (II) Studies estimate that between 10% to 30% or more of the worldwide population experiences insomnia. (III) How much sleep is enough varies from person to person, but most adults need seven to eight hours a night. (IV) Lack of sleep and tiredness caused by this condition is known to contribute to many serious health concerns, such as depression, anxiety, stress, depression, and cardiovascular disease. (V) Insomnia also takes a significant toll on cognitive ability, working memory, the ability to focus and pay attention, and decision-making.

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

65. (I) There is currently no simple or reliable way to detect Alzheimer's disease. (II) That's why several tests and scans are needed to diagnose the condition. (III) In fact, Alzheimer's disease can be definitively diagnosed only after death by performing an autopsy and studying the brain's tissues microscopically. (IV) Often, the initial symptoms of this condition are mistaken for signs of ageing. (V) Thus, as of now, healthcare providers can only determine whether Alzheimer's is a possibility or probability.

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

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66. - 68. soruları aşağıdaki parçaya göre cevaplayınız.

The ancient medical science known as Ayurveda is a healing method that relies on herbs as medicines to maintain good health. Early Greek medicine embraced many concepts originally described in classical Ayurvedic texts dating back thousands of years. Traditional Tibetan and Chinese medicine also have roots in Ayurveda. The 5,000-year-old system of natural healing originated in India's ancient Vedic culture. In Vedic philosophy, human beings are part of nature, and they are constantly exposed to various changes like weather, diet, work, society, the economy and lifestyle. It is believed that these forces can negatively influence people's state of mind, body and soul. Therefore, an important goal of Ayurveda is to identify the ideal state of balance of a person and offer individualised solutions using diet, herbs, music, massage treatments and meditation to restore the body's balance. Ayurveda and the philosophy behind it were suppressed during the years of foreign occupation, but its medical practices have been enjoying prevalence both in its native land and throughout the world. Over time, Ayurveda has become the science of life, encompassing body, mind and spirit. The majority of the Indian population today uses Ayurvedic medicine, combined with conventional Western medicine, a practice popular throughout Southeast Asia as well.

66. Which of the following is true about Ayurveda, according to the passage?

- A) It was inspired by the medical practices employed in other cultures.
- B) Its medical practices have become prevalent again after a period of oppression.
- C) It was banned in the past as it was believed to have adverse effects on the body and mind.
- D) It states that humans can find relief in nature when sick by reestablishing physical balance
- E) It has been completely replaced by conventional Western medicine in many Asian countries.

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

- A) focuses on healing the mind prior to the body as it is more vulnerable to change
- B) has paved the way for various branches of medicine throughout Asia
- C) considers people a vital part of nature rather than the society in which they face many challenges
- D) has influenced medical practices in different cultures that emerged after itself
- E) is considered a form of medical care equal to conventional Western medicine

68. According to the passage, Ayurveda ----.

- A) benefits from a variety of methods that can be customised according to the needs of people
- B) has positive effects only if it is used in combination with conventional medical care
- C) contains certain herbs that may be harmful if practised improperly
- D) has had an unfavourable impact on the development of conventional medicine in Asia
- E) is effective for treating a broad range of diseases caused by modern lifestyle

69. - 71. soruları aşağıdaki parçaya göre cevaplayınız.

Alopecia areata is a form of hair loss. It is an autoimmune disease that particularly affects the hair on the scalp – the skin on the top of your head. With this condition, the body mistakenly views the hair follicles as an enemy and attacks them, causing some hair to fall out. Although it occurs in people of all ages, it is more common in children and young adults in their early 20s. In many instances, hair loss stops, and the hair will grow back. However, the condition is unpredictable, and the cycle of hair loss and regrowth can repeat itself. In its worst form, this condition can cause people to lose all body hair. Alopecia areata is not tied to stress, as some people believe. Although there is no known cause for alopecia areata, scientists think it may be related to a person's genes. However, the cause remains a mystery and varies by person. There is no cure for alopecia areata, but for larger areas of hair loss, steroid injections may be administered, and this could help regrow one's hair. Other treatments that are also beneficial include hair growth medicines containing steroids that are applied to the skin.

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

- A) medicines for Alopecia areata administered to the skin are more effective than those taken orally
- B) treatment methods for Alopecia areata change according to the age of the sufferer
- C) there is a fierce debate among scientists regarding an effective cure for Alopecia areata
- D) hair loss cannot be reversed in most cases of Alopecia areata
- E) the exact causes of Alopecia areata are not universally agreed on

70. Which of the following can be concluded from the passage about Alopecia areata?

- A) Anyone can suffer from this condition regardless of their age.
- B) Mounting evidence shows that stress is the main culprit for this condition.
- C) The symptoms of this condition bear striking similarities in sufferers.
- D) This condition has been found to be a hereditary disease.
- E) Young adults are more susceptible to this condition than children are.

71. The passage is mainly about ----.

- A) the factors that make it difficult to diagnose Alopecia areata
- B) potential causes of Alopecia areata and several approaches to cure it
- C) different kinds of autoimmune diseases such as Alopecia areata
- D) hair loss that can be triggered by such health conditions as Alopecia areata
- E) the common myths and facts about a health condition called Alopecia areata

72. - 74. soruları aşağıdaki parçaya göre cevaplayınız.

Electroconvulsive therapy (ECT) is a treatment that involves sending an electric current through the brain, causing a brief surge of electrical activity within the brain. The aim of the treatment is to relieve the symptoms of some mental health problems. ECT can provide rapid, significant improvements in the short run in severe symptoms of several mental health conditions, such as depression and mania. It can also be used when other treatments such as medication and talking therapies cannot help people. It is very difficult to know how ECT works, or how effective it is. Many different theories have been suggested, but research has not shown exactly what effects it has or how these might help with mental health problems. That is one of the reasons why the use of ECT is considered controversial. Also, it can sometimes cause memory loss. Recovery is often short-term, but can be long-lasting as well. Moreover, as with any type of medical procedure, especially one that involves anaesthesia, there are risks of medical complications. During ECT, heart rate and blood pressure increase, and in rare cases, that can lead to serious heart problems. Some healthcare professionals see ECT as a helpful treatment, while others say it should not be used.

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

- A) ECT is known to stimulate the development of new brain cells
- B) the mechanisms behind ECT as well as its efficacy still remain a mystery
- C) ECT can often bring about severe heart failure if used excessively
- D) ECT is likely to inflict irreversible harm on the patient unless anaesthesia is practised
- E) People with major depression first receive antidepressant medication rather than ECT

73. It is clear from the passage that ECT ----.

- A) can achieve quick and short-term recovery in some mental conditions
- B) has been shown to cause more harm to memory than to heart
- C) works best when used together with the medications taken by the sufferer
- D) is often used as the main treatment method for patients with mild symptoms of depression
- E) requires a long-term treatment to relieve the severe symptoms of mental conditions

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

- A) ECT is mainly used for patients suffering from depression and mania
- B) the advantages of ECT outweigh its disadvantages according to some healthcare professionals
- C) ECT is used only when patients with severe symptoms fail to respond to other treatments
- D) there is a consensus among experts that the complications ECT may cause can be deadly
- E) there could be both benefits and drawbacks of utilising ECT

75. - 77. soruları aşağıdaki parçaya göre cevaplayınız.

The Persian Muslim polymath Ibn Sīnā, known in the West by the Latinized name "Avicenna", was an eager student who memorised the Quran by age 10, learned arithmetic from an Indian grocer, and studied Islamic philosophy of law with prominent scholars. By age 16, Avicenna was already considered a master of theology, philosophy, mathematics, and astronomy, but he turned his attention to medicine and qualified as a physician at age 18. He soon acquired a wide reputation as an excellent physician across the world. Avicenna was also a prolific author. Since he wrote in Arabic, the lingua franca of the Islamic territories at that time, some later writers have erroneously described Avicenna as an "Arab physician." Although Avicenna never stepped out of Persian territory, he was influential in medieval Europe, especially via his book *Al-Shifa* and his famous *Canon*, which is a one-million-word comprehensive and systematic encyclopaedia of medicine. Avicenna's *Canon* became a standard medical textbook in the medieval and early Renaissance periods in Europe. He was also a pioneer of what is now called "holistic medicine" and emphasised the role of the patient's nutrition, spirit, emotional state, and environment in healing. Because of his achievements, Avicenna has been called by European physicians, "the prince of physicians."

75. One can conclude from the passage that Ibn Sīnā ----.

- A) was more prominent in the West and medieval Europe than in Persia
- B) was influenced by the most eminent philosophers and physicians at his time
- C) became highly knowledgeable about a wide range of fields
- D) travelled to medieval Europe in an attempt to expand his medical knowledge
- E) wrote his books in Arabic in order to reach a wider audience in Islamic countries

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

- A) Ibn Sīnā was not a renowned person until he wrote the books called *Al-Shifa* and *Canon*
- B) European physicians were initially reluctant to adopt the concepts put forward by Ibn Sīnā
- C) Ibn Sīnā was already a reputable medical person across medieval Europe before he turned 18
- D) people thought that Ibn Sīnā was an Arab medical doctor due to his books written in Arabic
- E) European physicians came up with the idea of "holistic medicine" thanks to *Canon* by Ibn Sīnā

77. Which of the following is true about the books of Ibn Sīnā, according to the passage?

- A) They have been translated into many languages throughout the world.
- B) One of them formed the basis of medical instruction in Europe.
- C) His book *Canon* became more widely known than *Al-Shifa*.
- D) They are still used by some healthcare professionals all around the world.
- E) His books paved the way for the development of several new fields of science.

78. - 80. soruları aşağıdaki parçaya göre cevaplayınız.

Chikungunya is a mosquito-borne viral disease that causes fever and severe joint pain. The disease was first recognised in 1952 during an outbreak in southern Tanzania. Chikungunya is transmitted to humans by the bites of infected female mosquitoes. Most commonly, the mosquitoes involved are *Aedes aegypti* and *Aedes albopictus*. These two species can also transmit other mosquito-borne viruses, including dengue fever. Chikungunya occurs in Africa and Asia, although imported cases have been recorded in other countries. Its symptoms last for 2–3 days. The disease is characterised by an abrupt onset of fever, which is frequently accompanied by joint pain. Other common signs and symptoms include muscle pain, headache, nausea, fatigue and rash. Often symptoms in infected individuals are mild, so the infection may go unrecognised or be misdiagnosed. Most patients recover fully, but in some cases, joint pain may persist for several months or even years. Unfortunately, the disease can contribute to the cause of death in older people if serious symptoms last long. There is no specific antiviral drug treatment for chikungunya, so treatment is directed primarily at relieving the symptoms. This is largely achieved by using drugs to reduce fever and optimising the use of pain medication.

78. Which of the following can be concluded from the passage about Chikungunya?

- A) It can be transmitted from one person to another in some cases.
- B) It can only be caused by some species of mosquitoes such as *Aedes aegypti* and *Aedes albopictus*.
- C) It can prove fatal for the elderly provided that its symptoms persist.
- D) Its risk of spreading in certain countries is higher due to infected travellers.
- E) Its symptoms are akin to dengue fever, which is also caused by the bites of certain mosquito species.

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

- A) sudden high fever caused by Chikungunya may be continuous or intermittent
- B) Chikungunya can become deadly for people who suffer from other health conditions
- C) efforts to develop an effective vaccine against Chikungunya are ongoing
- D) people who have been infected once are likely to be protected from future infections
- E) Chikungunya may be mistaken for another condition due to its mild indicators

80. Which of the following is closest in meaning to the underlined word 'optimising' in the passage?

- A) enhancing
- B) interfering
- C) lessening
- D) replicating
- E) deteriorating