Soru No: 1

Chronic-pain sufferers can use creams which are made with the same hot substance that is in chilli peppers, but they have to use them daily as it takes about a week to feel any ----.

A) weak
B) necessity
C) regret
D) relief
E) complaint

Cevap Anahtarı: D

Soru No: 2

Diabetes mellitus **is among the most common chronic diseases, affecting over 6 percent of the adult population in Western societies, and its ---- is rising dramatically worldwide.**

A) prevalence
B) deficiency
C) admiration
D) limitation
E) convenience

Cevap Anahtarı: A

Soru No: 3

Getting eight hours of sleep each night is ---- for skin and well-being, as it resets stress hormones like cortisol and repairs your complexion.

A) exhausting
B) crucial
C) disastrous
D) preventive
E) offensive

Cevap Anahtarı: B

Soru No: 4

With advances in medical treatment and living conditions, life expectancy for some people with disabilities has risen ---- and is only slightly lower than that of the general population.

A) miserably
B) severely
C) intuitively
D) conventionally
E) dramatically

Cevap Anahtarı: E

Soru No: 5

If you sleep for just six hours, you are likely to be 59 percent more dehydrated as you could be short of vasopressin, the hormone that ---- hydration, released later in the sleep cycle.

A) threatens
B) destroys
C) abandons
D) regulates
E) resists

Cevap Anahtarı: D

Soru No: 6

If patients in the US tell their doctors they cannot afford their medication, the doctors will work to ---- viable strategies so that they can get their drugs.

A) come up with
B) get along with
C) cut down on
D) run out of
E) fall behind with

Cevap Anahtarı: A

Soru No: 7

You ---- stretching many times, but you ---- of it as a key part of your workout, as stretching for 10-15 minutes post-workout relieves sore muscles.

A) must have skipped / could have thought
B) should have skipped / have to think
C) might have skipped / would have thought
D) may have skipped / should think
E) could have skipped / used to think

Cevap Anahtarı: D

Soru No: 8

In 2014, the US confirmed 125 cases of measles and declared that nearly half of the victims ---- against measles, so it seems the reason of the outbreak ---- America's growing anti-vaccination movement.

A) have not been vaccinated / is
B) had not been vaccinated / was
C) were not vaccinated / will be
D) will not be vaccinated / has been
E) are not vaccinated / had been

Cevap Anahtarı: B

Soru No: 9

Chickenpox is caused by the *varicella zoster* virus and is transmitted through close contact ---- an infected person, and if you have never had chickenpox or been immunised ---- it, you can still get it in your lifetime.

A) by / under
B) on / in
C) at / about
D) with / against
E) from / towards

Cevap Anahtarı: D

Soru No: 10

If salt consumption is high, the body retains water to dilute the high concentrations of sodium, which in turn increases the volume of blood ---- the bloodstream and puts more pressure ---- the heart and blood vessels.

A) over / by
B) in / on
C) at / about
D) from / along
E) to / for

Cevap Anahtarı: B

Soru No: 11

The nervous system directs the functions of the body, both voluntary and involuntary, ---- an intricate network of specialised cells called neurons which convey information ---- the form of electrochemical messages.

A) with / around
B) for / at
C) from / to
D) along / on
E) through / in

Cevap Anahtarı: E

Soru No: 12

Body mass index has long been used to measure obesity and health risk, ---- it cannot explain why an overweight person might be healthy or why a seemingly healthy person might get heart disease or diabetes.

A) as
B) thus
C) otherwise
D) for example
E) yet

Cevap Anahtarı: E

Soru No: 13

---- body cells come in many different shapes and sizes, they all share the same basic parts.

A) As long as
B) Provided that
C) Although
D) Because
E) Just as

Cevap Anahtarı: C

Soru No: 14

---- there are numerous dimensions to hearing, audiologists most commonly measure hearing loss in terms of sound intensity.

A) Even if
B) Once
C) By the time
D) Since
E) Given that

Cevap Anahtarı: A

Soru No: 15

---- in conventional medicine, people diagnosed with the same condition will generally be given the same medicine, in homeopathy the remedy given to a patient may depend on a whole host of other factors, such as state of mind and lifestyle.

A) Since
B) Now that
C) Whereas
D) So long as
E) Only if

Cevap Anahtarı: C

Soru No: 16

According to many dieticians, the diet or light yogurts should be avoided ---- they are sweetened with aspartame, a chemical whose safety in food is questionable.

A) so that
B) even if
C) since
D) unless
E) until

Cevap Anahtarı: C

Soru No: 17

Functional Magnetic Resonance Imaging, a brain imaging technique that registers blood flow to functioning areas of the brain, shows what the brain is doing ---- how it looks.

A) as well as
B) in case of
C) such as
D) in the absence of
E) on behalf of

Cevap Anahtarı: A

Soru No: 18

Human longevity climbed in the 20th century ---- changes in public health policies and advances in medical practice.

A) contrary to
B) rather than
C) despite
D) except for
E) as a result of

Cevap Anahtarı: E

Soru No: 19

Aesthetic surgery is a modern phenomenon that demands ---- a set of specific technical innovations in surgery ---- a cultural presupposition that you have the right to alter your body.

A) as / as
B) the more / the less
C) not only / but also
D) such / that
E) no sooner / than

Cevap Anahtarı: C

Soru No: 20

UV rays are quite damaging to our health, so experts recommend outdoor activities for earlier in the morning or during the afternoon ---- the exposure is lower.

A) what
B) when
C) where
D) which
E) why

Cevap Anahtarı: B

Soru No: 21

At some point in the future, Italian neurosurgeon Sergio Canavero and a team of 100 surgeons hope to graft the head of patient Valery Spiridonov onto the body of a brain-dead donor in the world's first head transplant operation. The surgery has already been planned in **(21)---** detail. Some steps have already been individually tested, like the cooling of organs and body tissues, **(22)---** others represent a new challenge for the doctors. The patient will not be conscious during the operation: after being placed under general anaesthetic, the head is cooled **(23)---** a cooling cap to 10°C. This puts brain activity on hold. It is only reactivated when the warm blood **(24)---** the donor's body begins to flow through to the donor's brain. The lymphatic system will also be connected to the new body. The patient will have to take immunosuppressant drugs after the operation **(25)---** the risk of rejection. Canavero's trickiest task will be to cleanly separate the backbone and spinal cord before connecting it to the spine of the donor body so that the nerve fibres can be fused together.

ÖSYM

A) faulty
B) tough
C) precise
D) protective
E) trivial

Cevap Anahtarı: C

A) as though
B) given that
C) once
D) in case
E) while

Cevap Anahtarı: E

A) except for
B) by means of
C) rather than
D) prior to
E) in addition to

Cevap Anahtarı: B

A) among
B) off
C) above
D) from
E) against

Cevap Anahtarı: D

A) to lower
B) having been lowered
C) to have lowered
D) to be lowered
E) being lowered

Cevap Anahtarı: A

Soru No: 26

Stretch marks are a type of scar. When skin is stretched or wounded, new collagen fibres form at the stressed spots as part of the healing process, leaving marks behind. There is no definite way to prevent these marks and scars, and they are difficult to get rid of **(26)---**. Some remedies, **(27)---**, promise to reduce their size or appearance or to erase them altogether. The makers of creams, body oils and serums claim that their active ingredients will shrink scars or prevent and fade stretch marks. **(28)---** more severe cases, plastic surgery can be the only solution. Plastic surgeons cut out an old scar, leaving a new, neater scar that **(29)---** with a treatment like laser therapy later on. There are numerous patients who have managed to get rid of their scars **(30)---** plastic surgery.

A) poorly
B) severely
C) entirely
D) previously
E) vividly

Cevap Anahtarı: C

A) similarly
B) however
C) in other words
D) in short
E) for instance

Cevap Anahtarı: B

A) From
B) On
C) Over
D) In
E) To

Cevap Anahtarı: D

A) must have been eliminated
B) had to be eliminated
C) used to be eliminated
D) should have been eliminated
E) can be eliminated

Cevap Anahtarı: E

A) in terms of
B) similar to
C) such as
D) thanks to
E) as well as

Cevap Anahtarı: D

Soru No: 31

Once the diagnosis of appendicitis is made and the decision has been made to perform an appendectomy, ----.

A) patients are allowed to eat when the stomach and intestines begin to function again after the surgery
B) many patients with severe gastroenteritis will have symptoms suggesting acute appendicitis
C) the patient undergoes the standard preparation for an operation, which usually takes one to two hours
D) complications are rare after appendectomy because the abdominal wall is strong in the area of the operation
E) appendicitis is generally defined as painful swelling of the appendix that can be very serious

---

Cevap Anahtarı: C

Soru No: 32

----, but this glimpse into the gut is one of the most powerful existing weapons against colon cancer.

A) A family history of colon cancer always calls for early screening
B) Doctors are well aware that no one looks forward to having colonoscopy
C) Men with no history of colon cancer should start being checked before 45
D) Both genetics and habits are held responsible for colon cancer
E) Guidelines for colonoscopies are becoming patient-oriented

Cevap Anahtarı: B

Soru No: 33

While the mouth initiates the digestive process with chewing, ----.

A) the saliva also contains an enzyme called ptyalin, or salivary amylase
B) the salivary glands produce saliva to wet down the food for digestion
C) a large group of unchewed food may also give harm to the stomach
D) all enzymes are sensitive to the level of acid in their environment
E) chewing contributes a lot to the digestion process

Cevap Anahtarı: B

Soru No: 34

----, the disease is only controlled through continual vaccination since the virus is not yet completely eradicated.

A) Before a significant reduction in the incidence of measles was noted in 1963 thanks to vaccination
B) Although some believe that the war against measles was won long ago
C) If measles were not a big threat for people in developing countries
D) As long as scientists continue their studies to eradicate measles
E) Because those infected with measles have small red spots on their bodies

Cevap Anahtarı: B

Soru No: 35

Although Henry Maudsley, in the late 1800s, was the first psychiatrist to focus on very young children with autism, ----.

A) many families with an autistic child also had one or more neurotypical children
B) he believed that parents of these children were emotionally cold and distant
C) it was Leo Kanner who coined the phrase 'early infantile autism' in 1943
D) he claimed that parental personality played a powerful role in their development
E) he introduced the term 'refrigerator parents' to describe their parents

Cevap Anahtarı: C

Soru No: 36

The modern medical use of morphine, extracted from the poppy flower, began shortly after it was first chemically isolated in the early 1800s ----.

A) while it works directly on the central nervous system, binding to opioid receptors on nerve cells in the brain, spinal cord and gut
B) whereas morphine can have severe side effects and can be both physically and psychologically addictive
C) although the pain-killing and euphoric effects of the plant have been familiar to many societies since around 4000 BC
D) only when its use tends to be restricted to treating severe pain, such as the acute pain of serious injury, or the chronic pain
E) since authorities have to impose severe restrictions on its sale to prevent misuse and consequent problems

Cevap Anahtarı: C

Soru No: 37

Women suffer from Alzheimer's disease more than men ----.

A) because they live longer and it gets more common with age
B) since it prevents the brain from functioning normally
C) although this stressful condition affects women's quality of life
D) while it attacks and gradually destroys parts of the brain
E) as long as they respond to some medication differently

Cevap Anahtarı: A

Soru No: 38

During the winter, most people suffer from seasonal affective disorder, a mental condition characterised by major mood changes, ----.

A) while it is a disorder that makes people feel sad and tired throughout the winter
B) even if the change in light levels causes alterations in the brain
C) seeing that it is likely to be caused by bio-psycho-socio factors
D) but it is not necessarily confined to this period of reduced sunlight
E) although the symptoms are linked to the changing patterns of sunlight

Cevap Anahtarı: D

Soru No: 39

----, avocados, in fact, contain naturally good fats, such as monounsaturated fat.

A) Although a diet enriched with avocados actually lowers bad LDL cholesterol
B) While it is true that fat makes up 75 percent of the calories in the fruit
C) Once they increase levels of the good HDL cholesterol by 11 percent
D) If people eat half an avocado for their lunch on a daily basis
E) Supposing that avocados show no sign of elevating a person's blood sugar

Cevap Anahtarı: B

Soru No: 40

----, many previously fatal infectious diseases could be controlled.

A) While penicillin is still effective against a range of bacteria
B) Although penicillin inspired the search for many more antibiotics
C) Once mass production of penicillin began in the 1940s
D) Given that Alexander Fleming had discovered penicillin accidentally
E) Before scientists knew that penicillin kills bacteria through interference

Cevap Anahtarı: C

Soru No: 41

Support systems for people with developmental disabilities are often based on the idea of helping them to attain the greatest level of independence possible ----.

A) since many adults with developmental disabilities live with family members or roommates who can provide assistance
B) so that they can maintain quality of life and make positive contributions to the society in which they live
C) although recent research has shown that early intervention has a positive effect for many disabilities
D) even if the support programme of one with a developmental disability is at the appropriate level for him or her
E) while these systems help those with developmental disabilities perform their daily activities with ease

Cevap Anahtarı: B

Soru No: 42

It is possible for people to get most nutrients they need from a balanced diet, though vegans may need to take supplements or fortified foods.

A) İnsanların dengeli beslenme yoluyla edinebilmeleri mümkün olan birçok besini, veganlar ancak ek gıda veya içeriği güçlendirilmiş yiyeceklerle alabilirler.

B) Dengeli beslenme insanların besin ihtiyaçlarının karşılanmasını mümkün kılsa da, veganlar ek gıda veya içeriği güçlendirilmiş yiyeceklere ihtiyaç duyabilirler.

C) İnsanların dengeli beslenme sonucu ihtiyaç duyabilecekleri birçok besini almaları mümkündür, ancak buna rağmen veganların ek gıda veya içeriği güçlendirilmiş öğünler tüketmeye ihtiyaçları vardır.

D) İnsanların ihtiyaç duydukları besinlerin çoğunu dengeli beslenme ile alabilmeleri mümkündür, fakat veganların ek gıda veya içeriği güçlendirilmiş yiyecekler tüketmeleri gerekebilir.

E) Dengeli beslenme insanların besin ihtiyaçlarının çoğunu karşılamasını mümkün kılar, ancak veganların ek gıda veya içeriği güçlendirilmiş yiyecekler tüketmeleri gerekir.

Cevap Anahtarı: D

Soru No: 43

The stages of language development are universal for all humans; however, the age and the pace at which a child reaches each stage of language development vary greatly.

A) Bir çocuğun tüm insanlar için evrensel olan dil gelişiminin her bir aşamasına hangi yaşta ve hızda eriştiği konusunda büyük farklılıklar vardır.

B) Dil gelişiminin aşamaları tüm insanlar için evrensel olmasına rağmen bir çocuğun eriştiği her bir dil gelişimi aşaması, yaş ve hız bakımından büyük değişiklik gösterir.

C) Dil gelişiminin her bir aşamasına hangi yaşta ve hızda erişildiği konusunda çocuklar arasında farklılıklar bulunmaktadır, ancak dil gelişiminin aşamaları tüm insanlar için evrenseldir.

D) Dil gelişiminin aşamaları tüm insanlar için evrenseldir, ancak bir çocuğun dil gelişiminin her bir aşamasına eriştiği yaş ve hız büyük ölçüde değişiklik göstermektedir.

E) Tüm insanlar için evrensel olan dil gelişimi aşamaları, bir çocuğun bu aşamaların her birine eriştiği yaş ve hız bakımından büyük değişiklik göstermektedir.

Cevap Anahtarı: D

Soru No: 44

Unhealthy nails may be the result of a local injury, fungal infection, nail biting or a deficiency of certain nutrients.

A) Sağlıksız tırnaklar; bölgesel yaralanma, mantar enfeksiyonu, tırnak yeme veya belirli besinlerin eksikliğinin sonucu olabilir.
B) Bölgesel yaralanma, mantar enfeksiyonu, tırnak yeme veya belirli besinlerin eksikliği, sağlıksız tırnaklarla sonuçlanabilir.
C) Bölgesel yaralanma, mantar enfeksiyonu, tırnak yeme veya belirli besinlerin eksikliğinin sonucunda sağlıksız tırnaklar ortaya çıkabilir.
D) Bölgesel yaralanma, mantar enfeksiyonu, tırnak yeme veya belirli besinlerin eksikliği sonucunda sağlıksız tırnaklarla karşılaşılmaktadır.
E) Bölgesel yaralanma, mantar enfeksiyonu, tırnak yeme veya belirli besinlerin eksikliği, sağlıksız tırnakların nedenleri arasındadır.

Cevap Anahtarı: A

Soru No: 45

The traditional Mediterranean diet, which is rich in vegies, fish and olive oil, falls short of your daily calcium requirements, so you should add dairy to your meals to strengthen your bones.

A) Geleneksel Akdeniz beslenme tarzı sebze, balık ve zeytinyağı bakımından zengindir, ancak günlük kalsiyum ihtiyacınızı karşılayamadığından, kemiklerinizi güçlendirmek için öğünlerinize süt ürünlerini eklemelisiniz.

B) Sebze, balık ve zeytinyağı bakımından zengin olmasına rağmen günlük kalsiyum ihtiyacınızı karşılayamayan geleneksel Akdeniz beslenme tarzı, kemiklerinizi güçlendirmek için öğünlerinize süt ürünlerini eklemenizi gerektirebilir.

C) Sebze, balık ve zeytinyağı bakımından zengin olan geleneksel Akdeniz beslenme tarzı, günlük kalsiyum ihtiyacınızı karşılamamaktadır; bu nedenle kemiklerinizi güçlendirmek için öğünlerinize süt ürünlerini eklemelisiniz.

D) Sebze, balık ve zeytinyağı bakımından zengin olan geleneksel Akdeniz beslenme tarzında kemiklerinizi güçlendirmek için öğünlerinize süt ürünlerini eklemeniz gerekmektedir, çünkü bu beslenme tarzı günlük kalsiyum ihtiyacınızı karşılamamaktadır.

E) Geleneksel Akdeniz beslenme tarzı sebze, balık ve zeytinyağı bakımından zengin olsa da günlük kalsiyum ihtiyacınızı karşılamaz; bu yüzden öğünlerinize kemiklerinizi güçlendirecek süt ürünleri eklemeniz gerekir.

Cevap Anahtarı: C

Soru No: 46

Manufacturers guarantee that their products are safe only until the expiration date, but a study showed that more than 100 drugs are still safe and effective at least one year afterward.

A) Üreticiler sadece son kullanma tarihine kadar ürünlerinin güvenli olduğunu garanti ederler, ancak bir araştırma 100'den fazla ilacın, en az bir yıl sonra da hâlâ güvenli ve etkili olduğunu göstermiştir.

B) 100'den fazla ilacın en az bir yıl sonraya kadar hâlâ güvenli ve etkili olduğunu gösteren bir çalışma bulunsa da, üreticiler ürünlerinin sadece son kullanma tarihine kadar güvenli olduğunu garanti etmektedir.

C) Üreticiler tarafından ürünlerinin sadece son kullanma tarihine kadar güvenli olduğu garanti edilse de, bir araştırma 100'den fazla ilacın, en az bir yıl sonra da hâlâ güvenli ve etkili olduğunu göstermiştir.

D) Üreticiler yalnızca son kullanma tarihine kadar ilaçlarının güvenli olduğunu garanti etmektedir, ancak bir araştırma tarafından 100'den fazla ilacın en az bir yıl sonra bile hâlâ güvenli ve etkili olduğu ortaya konmuştur.

E) Bir araştırmada 100'den fazla ilacın en az bir yıl sonrasına kadar hâlâ güvenli ve etkili olduğu ispat edilmiş olmasına rağmen, üreticiler sadece son kullanma tarihine kadar ürünlerinin güvenli olduğunu garanti ederler.

Cevap Anahtarı: A

Soru No: 47

One of the active ingredients that was initially contained in the secret formula for coke and got buyers addicted was removed in 1903 and replaced with caffeine.

A) Başlangıçta kolanın gizli formülünde bulunan ve satın alanları bağımlı hâle getiren etken maddelerden biri, 1903'te çıkarıldı ve kafein ile değiştirildi.
B) 1903 yılında, ilk zamanlar kolanın gizli formülünde bulunan etken maddelerden biri, satın alanları bağımlı hâle getirdiği için çıkarılarak kafein ile değiştirildi.
C) İlk zamanlar gizli formülünde satın alanları bağımlı hâle getiren bir etken madde olan kola, 1903 yılında bunun yerine kafein ile üretildi.
D) Başlangıçta satın alanları bağımlı hâle getiren etken bir madde ile üretilen kolanın gizli formülüne, 1903 yılında bunun yerine kafein eklendi.
E) 1903'te gizli formülünde bulunan etken maddelerden biri çıkarılıp kafein ile değiştirilen kola, ilk zamanlar satın alanları bağımlı hâle getiriyordu.

Cevap Anahtarı: A

Soru No: 48

İnsanlar sağlık konusunda giderek bilinçli hale geldikçe, kendi sağlıklarını koruma konusunda önemli sorumlulukları olduğunu fark etmişlerdir.

A) People have become increasingly health-conscious, because they have realised that they have important responsibility in maintaining their own health.
B) As people have become increasingly health-conscious, they have realised that they have important responsibility in maintaining their own health.
C) Realising that they have important responsibility in maintaining their own health has made people become increasingly health-conscious.
D) People who have become increasingly health-conscious have realised that they have important responsibility in maintaining their own health.
E) The reason why people have realised that they have important responsibility in maintaining their own health is that they have become increasingly health-conscious.

Cevap Anahtarı: B

Soru No: 49

Geçmişte ölüme sebep olan birçok hastalık, şu an aşıların kullanımı ile önlenebilmektedir.

A) Many diseases that can now be prevented thanks to the use of vaccines caused death in the past.
B) Many diseases that caused death in the past can now be prevented through the use of vaccines.
C) In the past, many diseases caused death, but now they can be prevented with the use of vaccines.
D) Vaccines used now can prevent many diseases that caused death in the past.
E) The use of vaccines can now prevent many diseases leading to death in the past.

Cevap Anahtarı: B

Soru No: 50

İlk yardımda öncelik, yardım çağırmadan önce müdahaleye başlanması gereken kalp krizi durumları hariç, acil yardım servisini arayarak tıbbi yardım almaktır.

A) In first aid, the priority is to get medical assistance by calling emergency medical care, except in cases of cardiac arrest in which treatment should be started before calling for help.

B) First aid gives priority to cases of cardiac arrest as they need to be treated immediately, but except those cases, one should first get medical help by calling emergency medical care.

C) In first aid, except for cardiac arrest cases which need to be dealt with before calling for help, the first thing we need to do is to call emergency medical care for medical help.

D) In first aid, it is crucial to get help first by calling emergency medical care as long as it is not a case of cardiac arrest where treatment should be started before calling for help.

E) Unlike the cases of cardiac arrest which require immediate care before calling for help, the first thing to do in first aid is to call emergency medical care and get medical assistance.

Cevap Anahtarı: A

Soru No: 51

Problemleri veya hastalıkları saptama sanatı olan 'teşhis', doktorlarla ilişkilendirilmiş olsa da, bu terim avukatlar ve öğretmenler gibi diğer mesleklerin üyeleri tarafından da kullanılmaktadır.

A) 'Diagnosis', the art of identifying problems or illnesses, is used by members of different professions, such as lawyers and teachers; however, this term is more associated with physicians.

B) 'Diagnosis', the art of identifying problems or illnesses, has been linked with physicians even though this term is also used by members of other professions, such as lawyers and teachers.

C) Although 'diagnosis', the art of identifying problems or illnesses, has been linked with physicians, this term is also used by members of other professions, such as lawyers and teachers.

D) 'Diagnosis', the art of identifying problems or illnesses, is linked with physicians, but members of other professions, such as lawyers and teachers, use this term as well.

E) While 'diagnosis', the art of identifying problems or illnesses, has been associated with physicians, members of other professions, such as lawyers and teachers, often use this term.

Cevap Anahtarı: C

Soru No: 52

Gereğinden fazla beslenen çocuklar aşırı kilolu veya obez olabilirler ve bu da sağlık sorunlarına ve depresyona yol açabilir.

A) Children who are overnourished may become overweight or obese, and this may lead to health problems and depression.

B) Health problems and depression may develop in children who are overnourished and thus have become overweight or obese.

C) Overnourishing can make children overweight or obese, and this is likely to result in health problems and depression.

D) Overnourished children may end up developing health problems and depression as they have become overweight or obese.

E) When overnourished, children may develop health problems and depression as a consequence of becoming overweight or obese.

Cevap Anahtarı: A

Soru No: 53

Beyniniz yeterli dinlenmeden yoksunsa, fazladan uyusanız bile bu kaybı telafi edemeyebilirsiniz, çünkü uzun süren uyku yoksunluğu beyin hücrelerinin kaybına neden olabilir.

A) When your brain is deprived of adequate rest, getting extra sleep may not compensate for the loss, as extended sleep deprivation can result in the loss of brain cells.

B) If your brain is deprived of adequate rest, you may not be able to compensate for the loss by getting extra sleep since extended sleep deprivation causes the loss of brain cells.

C) If your brain is deprived of adequate rest, you may not be able to compensate for the loss no matter how much extra sleep you get because extended sleep deprivation results in the loss of brain cells.

D) Once your brain is deprived of adequate rest, you may not be able to compensate for the loss despite the extra sleep you get, and the result is the loss of brain cells, which is caused by extended sleep deprivation.

E) If your brain is deprived of adequate rest, you may not be able to compensate for the loss even if you get extra sleep because extended sleep deprivation can lead to the loss of brain cells.

Cevap Anahtarı: E

Soru No: 54

Hives (also known as urticaria) are itchy, raised splotches on the surface of the skin. About 20 times itchier than a mosquito bite, hives make you want to tear off your clothes and then your skin. ---- In most cases, however, hives are the result of other conditions. For example, although vibratory urticaria is very rare, any vibration against the surface of the skin, even from clothing rubbing against it, can trigger a bout of hives in those prone to cholinergic urticaria.

A) If you do not eat something after contracting the illness, there is a remote chance that you will suffer less from a food allergy.
B) Urticaria is a common disorder that may cause considerable distress and last for years.
C) When most people have their first encounter with hives, they assume they are caused by something they ate.
D) Some patients cannot refrain themselves and resort to excessive scratching.
E) Hives can occur in any part of the body – arms and legs are more commonly involved.

Cevap Anahtarı: C

Soru No: 55

Since a large number of people with high cholesterol are overweight, a healthy diet and regular exercise are probably the most beneficial natural ways to control cholesterol levels. ---- These include meat, shellfish, eggs, and dairy products. Several specific diet options are beneficial for those who have high cholesterol. One is the vegetarian diet, as vegetarians typically get up to 100 percent more fiber and up to 50 percent less cholesterol from food than non-vegetarians.

A) The goal, in general, is to substantially reduce or eliminate foods high in animal fat.

B) A wide variety of prescription medicines are available to treat cholesterol problems.

C) Currently, there are few studies on the effectiveness of some existing anti-cholesterol drugs.

D) This forms plaque in the heart's blood vessels, which may block the supply of blood to the heart.

E) It is often diagnosed and treated by general practitioners.

Cevap Anahtarı: A

Soru No: 56

Because the psychological manifestations of attention deficit hyperactivity disorder (ADHD) are multifaceted, it is necessary to implement comprehensive treatment interventions. One intervention should be related to the proper arrangement of the surroundings for children with ADHD. Structuring the environment so that the child is not easily distracted can be a viable solution. In the home, this entails minimising distracting stimulation from radio or television, especially while the child is doing homework. ---- In this way, the teacher can ensure that the child is on task, is not distracted by other students, or has no opportunity to be disruptive.

A) Informing parents and school personnel about the causes of ADHD can assist children, teachers and parents themselves.
B) Coordinated effort should be made to promote a healthy lifestyle, including scheduled regulation of bedtime.
C) Behaviour-modification strategies are effective for training the child to control impulses, and they help both the child and their parents.
D) In the classroom, on the other hand, consideration should be given to the child's seat location to enable the teacher to observe the child closely.
E) Thus, family counselling and teacher education are integral components of treatment to help maximise the child's adaptation.

Cevap Anahtarı: D

Soru No: 57

Marie Curie, probably the world's best-known woman scientist, was a pioneer in the field of radiation and chemotherapy. She was the first woman awarded a Nobel Prize, in 1903, for her research on radioactivity. Sharing the prize were her husband, Pierre Curie, and Henri Becquerel, who had discovered radioactivity in uranium. She was also awarded a Nobel Prize in 1911 for the previous discovery of polonium and radium and for the isolation of pure radium. ---- Cancer treatment, for example, is among the practices where it is widely employed.

A) She won her second Nobel Prize, this time in the field of chemistry.
B) The Curies spent four years in a laboratory to isolate polonium and radium.
C) She went beyond the study of the element radium to discover a few of its medical uses.
D) She became the first woman professor at Sorbonne University, where she conducted meticulous scientific studies.
E) In the same year, Lord William Thomson Kelvin claimed radium was not an element after all.

Cevap Anahtarı: C

Soru No: 58

---- However, allergy skin testing may be used for detection, although an allergic skin response does not always mean that the allergen being tested is causing the asthma. Also, the body's immune system produces antibody to fight off the allergen, and the amount of antibody can be measured by a blood test. This will show how sensitive the patient is to a particular allergen.

A) Nedocromil is an anti-inflammatory drug that is often used for asthma.

B) Today, asthma is viewed as a chronic inflammatory disease of the airways.

C) It is often difficult to determine what is triggering asthma attacks.

D) More than half of affected children stop having asthma attacks after a certain age.

E) Most patients with asthma respond well when the best drug is found.

Cevap Anahtarı: C

Soru No: 59

Everyone experiences occasional forgetfulness, most commonly with respect to recent information. Such forgetfulness may range from the names of newly introduced people to where the car keys are. Many researchers believe such forgetfulness represents an incompletion in the brain's processes for establishing neuronal pathways. ---- That is, the more frequently a person encounters the same information, the more complete the neuronal connections among the various regions of the brain that store the information.

A) Therefore, amnesia is the inability to recall past information or to remember information relevant to the future.
B) Only when information becomes repetitious does the brain create connections among neurons to accommodate it.
C) Similarly, the quality of memory, particularly short-term memory, normally diminishes with the advanced age.
D) Even if patients experience memory impairment, they are still able to remember the names of close family members.
E) As researchers do not fully understand the mechanisms of memory, they cannot explain how forgetfulness occurs.

Cevap Anahtarı: B

Soru No: 60

(I) It is possible that women simply pay more attention to what they eat and their health, so are more likely to notice if they have a reaction to allergens, but biological factors seem to be involved, too. (II) For example, men have higher levels of certain type of antibody thought to help block allergic reactions. (III) The most disturbing food for both men and women is shellfish, followed by certain fruits and vegetables. (IV) And hormones almost certainly play a role because the gender difference in allergies switches at adolescence. (V) Before puberty, boys are affected by allergies twice as much as girls.

Cevap Anahtarı: C

Soru No: 61

(I) Lead poisoning occurs when a person swallows or inhales lead in any form. (II) The result can be damage to the brain, nerves, and many other parts of the body. (III) Acute lead poisoning, which is relatively rare, occurs when a large amount of lead is taken into the body over a short period of time. (IV) Lead poisoning is also harmful to adults, in whom it can cause high blood pressure, digestive problems, nerve disorders, memory loss, and muscle and joint pain. (V) On the other hand, chronic lead poisoning occurs when small amounts of lead are taken in over a longer period.

Cevap Anahtarı: D

Soru No: 62

(I) If you are the type to regularly tuck into a bag of chips, it is worth reconsidering the habit. (II) Too much sodium is not good for anyone, but for people who have hypertension, salt is especially dangerous. (III) Sodium is essential for contracting and relaxing muscles, transmitting nerve signals and maintaining adequate fluid levels. (IV) Too much of it leads to small spikes in blood pressure for people who do not already have hypertension and large spikes in people who do. (V) As a result, several cardiovascular problems, including heart attacks, strokes and coronary artery disease might come up.

Cevap Anahtarı: C

Soru No: 63

(I) Evidence is growing that, instead of avoiding allergenic foods, it might be important for high-risk children, those with moderate or severe eczema, to encounter them early on. (II) Those that are introduced to peanuts between the ages of 4 months and 11 months are 81 percent less likely to develop a peanut allergy by the time they are 5. (III) Similarly, infants who begin eating eggs at the age of 4 to 6 months are less likely to develop egg allergies. (IV) Being breastfed is essential to develop tolerance to allergens later in life. (V) Therefore, some guidelines in the US and Australia now recommend carefully introducing infants to potentially allergenic ingredients from the age of 4 to 6 months.

Cevap Anahtarı: D

Soru No: 64

(I) Gluten-free diets have recently been gaining attention for their potential to manage gastrointestinal issues such as acid reflux or irritable bowel syndrome. (II) Probiotics – foods prepared with live, 'good' bacteria such as yoghurt, kimchi and kefir – have been shown to help with conditions like irritable bowel syndrome, and they may also be beneficial for people with weakened immune systems. (III) But their long-term effects on overall health are not yet fully known. (IV) Fermented foods and drinks such as sauerkraut and kombucha are gaining in popularity as well. (V) Their effects on health again are not clear, but consuming them will not do any harm and might improve microbial diversity in the gut.

Cevap Anahtarı: A

Soru No: 65

(I) Cancer is a progressive disease, and goes through several stages. (II) Many other diseases, besides cancer, could produce the same symptoms. (III) Each phase may produce a number of symptoms, some of which may occur due to a tumour that is growing within an organ or a gland. (IV) As the tumour grows, it may press on the nearby nerves, organs and blood vessels. (V) This causes pain and some pressure which may be the earliest warning signs of cancer.

Cevap Anahtarı: B

Soru No: 66

What causes you to develop a food allergy in the first place? Is it your genetic make-up? Something in your food supply? Something you ate too much of as a kid? A great deal of research has been devoted to answering these questions. The best evidence comes from studies of peanut allergy in twins. Studies of peanut allergy in twins have provided the strongest proof that genes play a role in developing food allergy but are not exclusively responsible. An important study shows that an identical twin has a 64 percent chance of sharing a peanut allergy with the twin sibling who is allergic to peanut. With non-identical twins, the risk drops to a mere 7 percent. The study clearly demonstrates a strong genetic link to peanut allergy but also proves that food allergy is not purely a genetic disease. What leads one of the identical twins to develop the allergy and spares the second is unknown. Allergy specialists believe that exposure to an allergen – in this case the food that causes the allergy – plays a role in developing a food allergy, but determining exactly what each twin is exposed to in the uncontrolled testing environment of daily living is nearly impossible.

According to the passage, studies of peanut allergy in twins ----.

A) compare the genetic make-up of the twins besides analysing their daily food consumption
B) will no longer be carried out as they have not produced conclusive results
C) are the most promising ones for understanding the causes of food allergy
D) have proven that food allergy is no more than a genetic disease
E) focus on the thorough genetic analysis of the twins participating in the studies

Cevap Anahtarı: C

Which of the following is true about food allergy according to the passage?

A) It is thought that both genetic and environmental factors trigger food allergy.
B) Non-identical twins have a higher likelihood of developing food allergy.
C) The validity of the mentioned twin studies on food allergy is prone to controversy.
D) If one of the identical twins has a food allergy, the other is bound to develop it as well.
E) Allergy specialists think that studies on food allergies should target adults rather than kids.

Cevap Anahtarı: A

Which of the following can be inferred from the passage?

A) The number of food allergy studies with identical twins is larger than those with non-identical twins.
B) Figuring out exactly what foods each twin is exposed to in the uncontrolled testing environment of daily living is almost unattainable.
C) The discovery of a strong genetic link to food allergy suggests that there could soon be a treatment for it.
D) The contribution of genetic factors outweighs that of environmental factors in most allergy sufferers.
E) Food experiences during childhood have a greater effect on the likelihood of developing an allergy in twin siblings.

Cevap Anahtarı: B

Soru No: 69

The earliest acting out behaviours are often referred to as temper tantrums. These behaviours are usually first observed in infants between the ages of 12 and 18 months of age. At that point, temper tantrums can be considered a normal part of growth and development, and they are not necessarily caused by the wrong behaviour of the parents. These early tantrums are simply an infant's attempt to communicate feelings of dissatisfaction or extreme disappointment. Observed behaviours in infants trying to express their anger or frustration usually include angry-sounding crying and kicking hands and feet. For toddlers, such violent outbursts of temper often include hitting, kicking, and biting others, and possibly self-injurious behaviours such as head-banging. Temper tantrums can include any highly emotional, disruptive, and unacceptable outburst that appears to be the child's reaction to unmet needs or wishes. A primary reason for such emotional lack of control in a child, especially above the age of three or four, is having not learnt how to cope with their own frustration. Such temper tantrums usually peak between the ages of two and three. Because under normal circumstances the child has learnt the necessary lessons in how to deal with disappointment by the time he or she has reached the age of four, there is then a noticeable decrease in this sort of acting out behaviour.

It is stated in the passage that temper tantrums in infants ----.

A) commonly start to appear within the first year of life
B) can be assumed as typical and a part of natural development process
C) are not usually observed in babies older than one and a half years
D) will steadily increase to reach a peak at the age of four
E) are generally caused by the inappropriate behaviour of the parents

Cevap Anahtarı: B

According to the passage, toddlers ----.

A) exhibit their disappointment by avoiding interaction with others
B) tend to cry and kick hands and feet to convey feelings of dissatisfaction
C) will completely grow out of temper tantrums when they reach the age of four
D) are easier to control than four-year-old children
E) might be more destructive compared to infants' observed cases of acting out

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Cevap Anahtarı: E

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

A) some displays of temper tantrums can be considered a sign of serious mental problems
B) self-injurious behaviours often bring other mental problems to be addressed immediately
C) treatment of behavioural disorders in children such as temper tantrums takes too much time
D) behaviours such as crying and kicking are extreme though they significantly help toddlers calm down
E) temper tantrums might have one or multiple reasons depending on a child's age

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Cevap Anahtarı: E

Soru No: 72

The word 'nausea' evokes an awful experience: that uneasy rolling-wave sensation in the stomach and head that often precedes vomiting. Terrible as it is, nausea is also an expression of the body's wisdom. Just as hunger tells us to fill up when we need food, nausea conveys that we need to empty our stomachs. In the case of food poisoning, for example, the most appropriate response is to surrender to the feeling. Once you vomit, you reduce the damaging potential of a toxin or pathogen and usually feel better almost instantly. There are times when nausea manifests inappropriately, and repressing it becomes inevitable; during motion sickness, for instance, when one's stomach feels upset on the deck of a rocking boat. Therefore, a wide variety of pharmaceuticals are available to treat nausea, of which dimenhydrinate is among the most popular. However, side effects can include headache, dizziness, and severe drowsiness. If there seems to be no reason for a case of nausea and it persists for more than two days, seeing a physician will be the wisest option. This can be an early indicator of serious problems including bowel cancer and gallbladder disease or a potentially less serious condition such as a migraine or the flu.

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

A) after vomiting, it is normal to feel dizziness

B) food poisoning must be immediately medicated

C) nausea should be medicated if vomiting follows it

D) one with nausea can feel relief after vomiting

E) having a headache will inevitably lead to nausea

Cevap Anahtarı: D

One can understand from the passage that ---.

A) a person stuck on a boat trip might have nausea with a severe headache and drowsiness
B) hunger can be considered as one of the possible causes of nausea
C) people who have had nausea because of motion sickness must see a physician
D) dimenhydrinate is the most famous nausea medicine for its mild side effects
E) having continual nausea may be an initial sign of some serious diseases

---

Cevap Anahtarı: E

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

A) patients should be aware of the length of nausea and the potential reasons for it
B) available pharmaceuticals for the treatment of nausea have side effects without exception
C) nausea might be one of the side effects of the pharmaceuticals available for any diseases
D) bowel cancer or gallbladder disease would cause nausea more often than a migraine
E) physicians need to prescribe for nausea if there is an obvious cause like a serious disease

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Cevap Anahtarı: A

Soru No: 75

Bacillus anthracis is the bacterium that causes anthrax. The bacteria adopt long, rod-like shapes when they find themselves in an environment suitable for rapid growth, such as the moist, nutrient-rich insides of an animal. Under arid conditions, however, the bacteria create hard, nearly indestructible spores that can lie **dormant** for a long time. When the spores are injected into healthy mice, they turn back into *B. anthracis*, triggering anthrax and killing the animals. Despite the existence of effective vaccines, currently, anthrax is still a concern worldwide due to its potential for being used as an unconventional weapon in biological warfare. Dried and kept in cold storage, the spores that cause anthrax will survive for years, allowing for industrial-scale production and stockpiling of the material long before it is used against soldiers on the battlefield.

Which of the following is true about the bacteria that cause anthrax?

A) Humidity of the environment that will host the bacteria serves an important function in their growth.
B) General health condition of the recipient of the bacteria is of great significance for the spread of the disease in humans.
C) Nutrient-rich insides of an animal lead the bacteria to produce spores.
D) The shape of the bacteria remains the same despite the environmental changes that allow rapid growth.
E) In arid conditions, they grow rapidly in a short time, posing several threats to both animals and humans.

Cevap Anahtarı: A

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

A) unlimited
B) indispensable
C) inactive
D) intolerable
E) unavoidable

Cevap Anahtarı: C

What is the purpose of the author in writing the passage?

A) To give information about *B. anthracis*, which could be used as a biological weapon
B) To warn people against coming into contact with mice with *B. anthracis*
C) To criticise scientists and medical people for not taking precautions against *B. anthracis*
D) To draw attention to the inefficiency of the vaccines developed against anthrax
E) To highlight the importance of cold storage for the survival of spores created by *B. anthracis*

Cevap Anahtarı: A

Soru No: 78

Doctors suspect vitamin K deficiency when abnormal bleeding occurs in people with conditions that put them at risk. Blood tests to measure how well blood clots are done to help confirm the diagnosis. Knowing how much vitamin K people consume helps doctors interpret results of their blood tests. Meanwhile, a vitamin K injection in the muscle is recommended for all newborns to reduce the risk of bleeding within the brain after delivery. Breastfed infants who have not received this injection at birth are especially susceptible to vitamin K deficiency in adulthood because breast milk contains only small amounts of vitamin K. Otherwise, vitamin K is usually taken by mouth or given by injection under the skin. If a drug is the cause of the deficiency, the dose of the drug is adjusted or extra vitamin K is given. Vitamin K deficiency may also weaken bones. People who have vitamin K deficiency and liver disorder may also need blood transfusions to replenish the clotting factors. A damaged liver may be unable to synthesise clotting factors even after vitamin K injections are given.

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

A) vitamin K injections may have negative effects on bones if the dose cannot be adjusted carefully
B) vitamin K deficiency is experienced especially after the loss of excessive amounts of blood
C) doctors may need multiple sources of information before they diagnose whether a patient has vitamin K deficiency
D) people should give an account of their daily vitamin K intake for doctors to decide whether a blood transfusion is necessary
E) blood tests run on blood clots may not always provide doctors with reliable results

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Cevap Anahtarı: C

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

A) newborns diagnosed with vitamin K deficiency after they are born are especially susceptible to liver dysfunction
B) the only way of providing extra vitamin K for babies is through injection in the muscle since other methods are not effective
C) breastfeeding is very important for newborns since it is extremely rich in vitamin K
D) if doctors suspect a drug of causing vitamin K deficiency in adults, they recommend that extra vitamin K be taken
E) adults prefer to take vitamin K by mouth rather than injections since the first one is more practical

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Cevap Anahtarı: D

One can conclude from the passage that ----.

A) vitamin K deficiency can be the main cause of liver disorders
B) severe liver disorders are mostly accompanied by vitamin K deficiency
C) mothers can increase the amount of vitamin K in their milk with an appropriate diet
D) breastfeeding does not provide any protection for babies against bleeding risk
E) vitamin K injections can fall short of being useful if the liver is not functioning properly

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Cevap Anahtarı: E