

# آزمون کارشناسی ارشد وزارت بهداشت سال ۱۳۹۷

فایل سوالات

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 0939 759 0359

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نوبت پنج شنبه صبح

**Part One:  
Vocabulary**

Complete the following sentences, choosing the appropriate option (a. b. c. or d).

**1. A diet low in important nutrients can ..... the body's immune system and make it harder for the body to fight off infection.**

- a) enhance  
b) sustain  
c) compromise  
d) invigorate

**2. In a case-control study, the subjects are only observed, and there is no ..... such as drug treatment or surgery.**

- a) transmission  
b) intervention  
c) screening  
d) exposure

**3. Cardiopathy is a non-specific term which is ..... diseases of the heart.**

- a) incorporated in  
b) enforced in  
c) applicable to  
d) endorsed by

**4. When the person knows enough about stress management skills, he/she finds it easier to easier to ..... his/ her distress.**

- a) accompany  
b) amplify  
c) replicate  
d) overcome

**5. The diseases in a society form a/an ....., ranging from those that can kill the patient to those that are not so serious.**

- a) conformity  
b) symptom  
c) spectrum  
d) adversity

**6. Newborn babies are..... several diseases because antibodies are passed onto them from their mothers via their placenta.**

- a) sensitive to  
b) protected against  
c) liable to  
d) adaptable to

**7. When an infection becomes established, nursing measures are directed toward helping the client..... the illness.**

- a) combat  
b) advocate  
c) induce  
d) enhance

**8. The debate surrounding the embryonic stem cells is an example of the ethical ..... surrounding scientific research.**

- a) compliance  
b) controversy  
c) accord  
d) rapport

**9. Poisoned patients are taken to a special room where their bloodstream may be ..... to help quick recovery.**

- a) detoxified  
b) deteriorated  
c) deformed  
d) decomposed

**10. Knowledge concerning human stem cells could be used to ..... new therapies that may benefit the patients.**

- a) confound  
b) ignore  
c) disturb  
d) devise

**11. Scientists in academia and industry are fortunately increasingly ..... to develop better medical technologies.**

- a) splitting                      b) collaborating                      c) retrieving                      d) expanding

**12. As future generations risk ..... an overcrowded planet, the government should impose population control.**

- a) withdrawing                      b) waiving  
c) inheriting                      d) abandoning

**13. A good teacher should ..... get feedback from the students to improve her/his teaching method.**

- a) persistently                      b) reluctantly                      c) redundantly                      d) superficially

**14. As infants and young children are more ..... they need more care and protection,**

- a) reluctant                      b) vigorous                      c) deprived                      d) vulnerable

**15. The stress in his workplace was .....; therefore, he decided to quit his job.**

- a) unbearable                      b) invaluable                      c) inaccessible                      d) unstable

**16. He never talks about his ideas directly; he is used to expressing his aims .....**

- a) elegantly                      b) permissibly                      c) implicitly                      d) attractively

**17. Pesticides and chemical fertilizers have caused great ..... among people in modern societies.**

- a) incidence                      b) concern                      c) violence                      d) well-being

**18. Psychologists believe that hard-working is an integral key to success; in other words ..... precedes one's natural abilities.**

- a) persistence                      b) intelligence                      c) attitude                      d) intuition

**19. Research has shown that bilingual children develop a capacity to concentrate, avoiding .....**

- a) compensations                      b) competitions  
c) dedications                      d) distractions

**20. This routine operation will take about half an hour, provided that no ..... arise.**

- a) complications                      b) medications                      c) palpitations                      d) aggregations

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**Part Two:  
Reading Comprehension**

Read the following passages carefully, and then answer the questions that follow. Base your answers on the information in the passages only.

**Passage One**

In a purely rational world, vaccination rates would fluctuate constantly depending on how much people fear getting sick. That's why attempts have been made to model vaccination rates mathematically. But now, scientists have found the missing puzzle piece that explains why vaccination rates stay high in the real world or, in some cases, low. The reason, it turns out, is peer pressure.

Public health officials frequently worry about low levels of childhood vaccination, often driven by unfounded concerns that vaccines are linked with autism. But in many nations without mandatory vaccination rules, rates of childhood vaccination remain surprisingly high, said Tamer Oraby, a mathematician at the University of Guelph in Ontario, Canada.

"The question we wanted to answer is why are seeing such high vaccination levels in nonmandatory vaccination programs", Oraby told live Science.

**21. According to the passage, the vaccination level .....**

- a) has significantly reduced recently
- b) is to follow a steady pattern
- c) has removed the irrational fear among the sick people
- d) is affected by people's worries about catching diseases

**22. The underlined "that" (line 2) refers to .....**

- a) change in the level of vaccination
- b) vaccination in a purely rational world
- c) mathematical modeling of vaccination rates
- d) people's fear of becoming sick if vaccinated

**23. The underlined term "missing puzzle piece" (line 3) is found to be .....**

- a) real world
- b) vaccination rates
- c) peer pressure
- d) some cases

**24. The author..... people's worries on the link between autism and childhood vaccination.**

- a) confirms
- b) opposes
- c) justifies
- d) triggers

**25. According to the passage, vaccination rates .....**

- a) are not necessarily related to mandatory vaccination programs
- b) did not shrink because of mandatory vaccination programs
- c) decreased due to mandatory' vaccination programs in Ontario
- d) elevated due to non-mandatory vaccination programs

**Passage Two**

Although it is difficult to solve public health problems, great success has been achieved with certain illnesses. For example, the eradication of smallpox was one of the most significant accomplishments of the 20th century. When the campaign against smallpox was launched in 1967, about 10 million people contracted the disease each year. Of these, two million died.

More than 10 million individuals were disfigured. However, a little more than a decade later, the smallpox program had met its goal; the last case of this terrible illness occurred in Somalia in 1977. Following this important achievement, the World Health Organization tried to recreate its success. The focus of the next campaign was polio, which can paralyze or kill its victims if it is untreated. The elimination of this disease is not yet complete, but the number of cases has greatly decreased. As the battles against smallpox and polio show, remarkable advances can be made in the field of public health.

**26. According to the text, solving public health problems is .....**

- a) incredible                      b) unrealistic                      c) intrinsic                      d) challenging

**27. It is said that smallpox .....**

- a) killed most of its victims around the world  
 b) could lead to changes in victims' appearance  
 c) is still problematic in some parts of the world  
 d) is more difficult to overcome than some other infections

**28. The battle against polio .....**

- a) is still continuing                      b) has achieved its goal  
 c) seems to lead to failure                      d) has faced some obstacles

**29. This paragraph mostly deals with .....**

- a) public health successes  
 b) future programs of public health  
 c) some crucial problems in the field of public health  
 d) public health programs under way by WHO

**30. The author of this text seems to be..... the future of public health.**

- a) uncertain of                      b) critical of  
 c) optimistic about                      d) indifferent to

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**Passage Three**

The term "cognitive health" is often associated with conditions such as Alzheimer's disease, ADHD, depression, etc. While an overwhelming body of research and evidence support the idea that cognitive disorders are likely to be influenced by genetic predispositions and environmental factors, there has also been a great deal of research conducted in an effort to explore the relationship between nutritional status and cognitive health. It has been found that many aspects of cognitive health are not only impacted, but also dependent upon certain nutrients which must be obtained through the diet. Through each stage of the lifestyle, nutritional status plays a key role in brain development, cognitive function and health, mood, and even the prevention of certain neurological and cognitive conditions. The influence that nutritional status has on cognitive health begins with conception. Beginning in the womb, nutrients obtained through the diet, in this case of the mother, begin playing a key role in the development of the brain and nervous system. A woman's poor nutritional status before the time of conception can have detrimental effects on physical and cognitive health.

**31. The passage mainly discusses the..... .**

- a) definition of cognitive condition
- b) relationship between food and cognitive disorders
- c) different types of cognitive diseases
- d) impact of cognitive condition on nutrition

**32. The passage implies that .....**

- a) the effect of food on cognitive health is postnatal
- b) genetics has a greater influence on cognitive health
- c) cognitive health is exclusively dependent on nutrition
- d) mother's nutrition may prevent some cognitive disorders

**33. The passage discusses "a woman's nutritional status" to .....**

- a) compare it with child's nutritional status
- b) discuss the speed of mental development
- c) show its impact on a child's mental development
- d) focus on the role of genetics in development

**34. According to the passage, the influence of food on cognitive health starts .....**

- a) gradually
- b) before conception occurs
- c) at the time of birth
- d) when a sperm joins the ovum

**35. The overall tone of the passage is .....**

- a) scientific and informative
- b) informative and humorous
- c) subjective and technical
- d) academic and disbelieving

#### **Passage Four**

The use of living animals in research and teaching, while first documented around 2000 years ago, became prominent in the second half of the 19<sup>th</sup> century' as part of the development of the emerging sciences of physiology and anatomy. In the mid 1990s, the rapid expansion of the pharmaceutical and chemical industries gave rise to an enormous increase in the use of animals in research. Today, it is a multibillion dollar industry, involving not only the pharmaceutical and chemical industries, but also university and government bodies. There is, additionally, a sizeable industry providing food supply and cage manufacture, among many others.

Supporters of animal testing argue that virtually every medical achievement in the 20th century relied on the use of animals in some way and that alternatives to animal testing, such as computer modeling, are inadequate and fail to model the complex interactions between molecules, cells, tissues, organs, organisms and the environment. Opponents argue that such testing is cruel to animals and is a poor scientific practice, that results are an unreliable indicator of the effects in humans, and that it is poorly regulated. They also point to the fact that many alternatives to using animals have been developed, particularly in the area of toxicity testing, and that these developments have occurred most rapidly and effectively in countries where the use of animals is prohibited.

**36. It is inferred from the first paragraph research using animals .....**

- a) was non-existent before 1850
- b) is most common in the medical industry
- c) generates trade for some industries
- d) is a government-controlled industry

**37. The use of living animals in research and teaching .....**

- a) appeared at least two millennia age
- b) rose to prominence around 2000 years age
- c) emerged in the second half of the 19th century
- d) originated in the pharmaceutical and chemical industries

**38. Animal testing proponents argue that..... the use of animals in the 20th century.**

- a) many of the alternative methods still rely on
- b) there is no alternative available except
- c) computer modeling requires more improvement to replace
- d) medical advancement would have been hindered without

**39. The opponents of animals testing believe that .....**

- a) countries prohibiting it are developing rapidly
- b) its results are unreliable due to poor regulations
- c) there are insufficient rules and restrictions
- d) it is justifiable in the area of toxicity testing

**40. Those against the idea of animal testing believe that alternatives to this approach are used in countries where .....**

- a) medical achievements are minimal
- b) the use of animals is forbidden
- c) the scientific practice is poor
- d) the use of animals is promoted

1	c	11	a	21	d	31	b
2	b	12	c	22	a	32	d
3	c	13	a	23	c	33	c
4	d	14	d	24	b	34	d
5	c	15	a	25	a	35	a
6	b	16	c	26	d	36	c
7	a	17	b	27	b	37	a
8	b	18	a	28	a	38	d
9	a	19	d	29	a	39	c
10	d	20	a	30	c	40	b

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**12. When I eat solid food, I have to chew it for a long time before I can ..... it.**

- a) swallow                      b) bite                      c) grind                      d) crush

**13. At home, we usually wear .....; however, we should be really formal at work.**

- a) casually                      b) graciously                      c) martially                      d) toughly

**14. Active people seem to live longer than similar but ..... people.**

- a) agile                      b) sedentary                      c) gloomy                      d) febrile

**15. When the balance of the body chemicals and hormones is ..... some organs, may malfunction.**

- a) distributed                      b) distinguished                      c) disturbed                      d) dislocated

**16. Individuals not vaccinated against smallpox will be ..... to it.**

- a) recessive                      b) resisted                      c) dormant                      d) vulnerable

**17. All students at every level, from elementary to university, need to observe ..... e. stick to an arranged or correct time.**

- a) penetration                      b) reliability                      c) reputation                      d) punctuality

**18. See your dentist if you notice swelling or bleeding in your gums. Early intervention is the key to ..... the infection before it becomes serious.**

- a) combating                      b) confusing                      c) diluting                      d) mantling

**19. An important ..... contributing to people's longevity is certainly their healthy lifestyle.**

- a) assessment                      b) obstacle  
c) contradiction                      d) variable

**20. Antibiotics are useless against flu viruses, but there is a home ..... that has been passed down through generations and science supports this.**

- a) repression                      b) remedy  
c) proportion                      d) appliance

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**Part Two:  
Reading Comprehension**

Read the following passages carefully, and then answer the questions that follow, base on the information in the passages only.

**Passage One**

Doctors have come to realize that it takes more than medicine for a patient to recover. Patients who are hospitalized spend most of the day in bed feeling sorry for themselves and hoping to get better. It is important to get the patient to interact and get involved in various activities. Health care providers should be educated on the fact that for patients to recover faster there has to be a good relationship between patient and healthcare providers. A survey done at hospitals revealed that patients who had friendly and warm relationships with their nurses and doctors developed strong trusting relationships and in a short time recovered.

Some ways that health care providers can use to promote that friendliness and warmth includes touch. When people are sick they feel like people reject them and don't want to associate with them. This is where the health care provides are expected to go an extra mile. Sit by the patient's bedside, assess how he/she feels to offer reassurance and comfort, touch the patient and smile. Be sure to first consult with the patient because in some cultures touch is considered inappropriate, but a smile is always helpful.

**21. Patient recovery is ..... by medicine alone.**

- a) hard to achieve
- b) recommended
- c) exacerbated
- d) is sure to happen

**22. Patients in bed are required to ..... activities.**

- a) get hospitalized to avoid
- b) feel sorry for missing
- c) get engaged in different
- d) keep away from various

**23. Good rapport between the patient and health care provider can ..... recovery.**

- a) postpone
- b) speed up
- c) rule out
- d) downgrade

**24. "Touch" is referred to as ..... developing affection and kindness between the patient and health care providers.**

- a) an end in
- b) a treatment for
- c) a barrier in
- d) a means of

**25. The underlined expression "to go an extra mile" in the second paragraph means to .....**

- a) cover more distance
- b) pay more attention
- c) seek more help
- d) have more rest

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**Passage Two**

In addition to simple pain or sprains which result from overtraining, a new research found that doing excessive endurance exercise- especially during middle-age and beyond- could theoretically lead to unhealthy structural changes in the chambers of the heart. More isn't always better when it comes to running and endurance training. It's also important to realize that what's "vigorous" for one runner is not going to be vigorous for another, 1 or older people or those who haven't broken a sweat in a while, brisk walking might constitute a tough workout.

"I think the best way to exercise and avoid risk of injury revolves around perception of effort, rather than time or duration," he says. "At least twice a week, you want to exercise at an intensity that you perceive as hard". At most, you want to alternate between hard and easy days", so your body has 48 hours to recover.

**26. According to the passage, .....**

- a) typically the more exercise you do, the better it is
- b) the more exercise you do, the fewer injuries you get
- c) there is no association between intensity of exercise and its usefulness
- d) in some cases, more exercise means more damage to the body

**27. The paragraph preceding this passage most probably discusses .....**

- a) some adverse consequences caused by overtraining
- b) the positive effect of overtraining on the body
- c) pain and heart problem caused by overtraining
- d) the adverse causes of overtraining

**28. The author believes that the key issue(s) with regard to the best way to exercise and avoid injury is related to .....**

- a) the time and type of exercise
- b) appropriateness of exercise
- c) one's understanding of efforts
- d) intensity and duration of efforts

**29. It is inferred from the passage that .....**

- a) following hard exercise, you should stop giving your body two days of rest
- b) cases of change in the heart chambers due to overtraining have already been observed
- c) even a simple exercise may be considered vigorous for some individuals
- d) quick walking can be considered workout only for old people

**30. By the expression "those who have not broken a sweat in a while", the author probably means persons who .....**

- a) are at an old age
- b) have failed to do exercise for some time
- c) have done sports professionally
- d) easily sweat during exercise

**Passage Three**

Human nutrition is the science of nutrients and other substances in food in relation to the proper functioning of body systems, organs and tissues. A healthy diet positively supports them, while an unhealthy diet causes deficiency-related diseases (e.g. anemia, scurvy, preterm labor, and stillbirth), or nutrient-excess health-threatening conditions (e.g. obesity) as well as common chronic diseases (e.g. cardiovascular diseases, diabetes, and osteoporosis). To compensate for these shortcomings, claims on Health food (i.e. food marketed to provide human health effects beyond a normal healthy diet, including natural foods, organic foods, whole foods, vegetarian foods or dietary supplements) have recently been put forward in the form of advertising labels for broccoli sprouts, herbal extracts, medicinal plants, herbal teas, honey, organic foods, certain oils, and traditional cultured milk products. Such labeling is, however, criticized by supervisory and controlling agencies. According to FDA, a relationship between a food, food components, or dietary supplement ingredients, and reducing risk of a disease or health-related condition may be imagined although not supported by scientific evidence. The FDA monitors and warns food manufacturers against foods as having specific health effects when no evidence exists to support such statements.

**31. According to the passage, preterm childbirth is claimed to result from .....** .

- a) specific health effects
- b) deficiency-related diseases
- c) nutrient-excess conditions
- d) chronic systemic diseases

**32. According to the passage, an unhealthy diet .....** .

- a) compensates for the shortcoming
- b) results from improper labeling
- c) can lead to chronic systemic diseases
- d) includes organic food and dietary supplements

**33. According to the passage, FDA ..... a relationship between food and lowered risk of diseases and health conditions.**

- a) contends
- b) doubts
- c) conceives
- d) discards

**34. FDA questions .....** .

- a) the relationship between health and diet
- b) dietary- supplement ingredients
- c) independently funded research
- d) improperly labeled food

**35. This passage is mainly written to .....** .

- a) define nutritional principles for human beings
- b) suggest new labels for health foods without scientific proof
- c) make consumers aware of the claims lacking scientific evidence
- d) criticize health-threatening conditions

**Passage Four**

studies show that certain styles of interpersonal communication are less effective than others. Which styles are the ones to avoid? These same studies indicate that the two least effective styles are aggressive and passive communication. On the one hand, an aggressive style involves speaking in a disrespectful manner, expressing anger, or trying to dominate the conversation. For example, a business executive might tell her coworker that his ideas for a new product are terrible. Then she might interrupt him when he tries to explain his ideas. This approach hinders successful communication. It also creates barriers between people. /X passive communication style, on the other hand, can be equally unproductive. A passive style might lead a person to hide his or her beliefs, speak quietly, and submit to all demands. Someone working on a fashion design project, for instance, might agree to use a fabric that he thinks is unattractive. He would not express his true feelings to the group. In short, ineffective communicators can fail to influence others either by being too forceful or by hiding their opinions.

**36. The author of this paragraph is ..... the communication styles mentioned.**

- a) indifferent to
- b) in favor of
- c) impartial to
- d) critical of

**37. When a teacher imposes her ideas on the students, she makes use of ..... Of communication.**

- a) the passive style
- b) the aggressive style
- c) both the passive and the aggressive styles
- d) either the passive or the aggressive style

**38. It is implied that an effective communication involves .....**

- a) aggression by both sides
- b) passiveness by both sides
- c) either passiveness or aggression
- d) neither passiveness nor aggression

**39. People who are ..... are most probably involved in the passive style of communication.**

- a) introverted
- b) violent
- c) assertive
- d) extroverted

**40. This paragraph is mostly about the .....**

- a) barriers between people during communication
- b) unsuccessful communication styles employed by people
- c) appropriate strategies to overcome communication barriers
- d) differences between passive and aggressive people

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1	a	11	c	21	a	31	b
2	d	12	a	22	c	32	c
3	a	13	a	23	b	33	c
4	d	14	b	24	d	34	d
5	c	15	c	25	b	35	c
6	c	16	d	26	d	36	d
7	a	17	d	27	a	37	b
8	c	18	a	28	c	38	d
9	b	19	d	29	c	39	a
10	d	20	b	30	b	40	b

**Part One:  
Vocabulary**

Complete the following sentences, choosing the most appropriate option (a. b. c or d).

**1. When a person ..... a foreign language, she learns it well and communicates easily.**

- a) conveys                      b) ignores                      c) masters                      d) certifies

**2. Last week, the patient felt better, but yesterday her condition .....; she is in a critical state.**

- a) deteriorated                      b) remitted                      c) aggregated                      d) recovered

**3. Recent studies have suggested that ovarian cancer patients could ..... from immunotherapy.**

- a) generate                      b) derive                      c) procure                      d) benefit

**4. Vaccines work by making the body produce antibodies to fight a disease without actually ..... us with the disease.**

- a) proposing                      b) offering                      c) infecting                      d) fortifying

**5. Treatment might be ineffective without ..... the source of a disease.**

- a) recognizing                      b) complying with  
c) conforming with                      d) concealing

**6. The survivors of the accident were asked questions to see if they were able to ..... certain events which happened in the past.**

- a) anticipate                      b) estimate                      c) recall                      d) release

**7. Many medical lecturers are used to preparing before their classes; they never lecture .....**

- a) spontaneously                      b) convincingly  
c) appropriately                      d) abundantly

**8. The ultimate aim of healthcare system must be complete ..... of social injustice in medical come.**

- a) promotion                      b) enhancement                      c) distribution                      d) eradication

**9. Around three quarters of women in early pregnancy experience ..... which is a feeling of sickness in the stomach.**

- a) anxiety                      b) fatigue                      c) nausea                      d) stroke

**10. Individuals are encouraged to ..... their lifestyle and adopt healthier behaviors.**

- a) defend                      b) modify                      c) compromise                      d) intimidate

**11. The Hu virus is so ..... that many people infected with it have to be hospitalized.**

- a) virulent                      b) subjective                      c) credible                      d) objective

**12. People should not rely on such traditional practices since they are not only unacceptable but also .....**

- a) substantial                      b) advantageous  
c) promising                      d) deleterious

**13. In reporting the scientific results, researchers should be ..... and do not involve their personal views.**

- a) biased                      b) inattentive                      c) skeptical                      d) impartial

**14. In a two-hour surgery, the surgeon was eventually able to ..... tumor cells connected to the bones.**

- a) dislodge                      b) infest                      c) ingest                      d) congest

**15. Simple vitamin D deficiency rickets results from insufficient intake of vitamin D and inadequate ..... to sunlight.**

- a) presentation                      b) exposure                      c) manifestation                      d) disclosure

**16. There are some home remedies which are preferred by people as they are better at ..... some types of pain.**

- a) contributing to                      b) speeding up  
c) alleviating                      d) boosting

**17. Some disease are very difficult to ..... In the early stages since no signs or symptoms develop.**

- a) abandon                      b) diagnose                      c) promote                      d) collapse

**18. In modern problem – solving teaching ..... ‘medical students are more active than their teachers.**

- a) committee                      b) approach                      c) evaluation                      d) reliance

**19. The Studies conducted by the research team have ..... good results so that there is a hope for controlling the symptoms of psoriasis.**

- a) submitted                      b) diminished                      c) eliminated                      d) quitted

**20. While new medical ..... have benefited mankind, they have created complex legal and ethical issues.**

- a) complications                      b) expectations  
c) drawbacks                      d) achievements

## Part Two: Reading Comprehension

*Read the following passages carefully, and then answer the questions that follow your answers on the information in the passages only.*

### Passage One

People have long been concerned about the cancer-causing potential of microwaves, which at a distance are harmless, but when close to the head could be more alarming. Numerous animal studies indicate the potential damage to human cells from the sort of radio waves that cell phones or "mobiles" emit. Cancer specialists, however, feel there is no clear scientific evidence to date that cell phones are linked to brain cancer. Meanwhile, if you are uneasy about using your mobile phone, here are some precautions:

Keep your conversation short, using conventional phones for longer talks.

Choose a cell phone with an antenna directed away from the head

Try to avoid using cell phones in buildings and cars, since that requires a stronger signal

And last, try a headset, with the phone strapped to your waist, this keeps the antenna away from your head and your precious brain.

**21. For a long time, a common cause of people's worry has been the..... .**

- a) effects of microwaves on mobile communications  
b) brain cancer caused by using cell phones  
c) studies conducted on cancer-causing phones  
d) abundance of microwaves in residential areas

**22. According to the passage, radio waves emitted by cell phones .....**

- a) are avoidable at close range
- b) are harmless in buildings and cars
- c) may lose their cancer-causing potential if kept at a distance
- d) affect animals more extensively as compared to humans

**23. Studies conducted on animals have.....**

- a) failed to prove that mobile waves cause brain cell damage
- b) advised people against any exposure to microwaves
- c) rejected the previous studies on the effects of microwaves
- d) confirmed the results of earlier researches on the matter

**24. The text recommends that people.....**

- a) use their cell phones only outside the buildings
- b) continue using mobile in a conventional manner
- c) contract the strong signals of their phones
- d) use mobiles cautiously and only when they have to

**25. It is stated that, while driving, the mobile phone should be .....**

- a) connected to an antenna
- b) used as little as possible
- c) strapped to the waist
- d) used with weak signals

### Passage Two

Pain management, pain medicine, pain control or algiatry is a branch of medicine employing an interdisciplinary approach for easing the suffering and improving the quality of life of those living with chronic pain. The typical pain management team includes medical practitioners, pharmacists, clinical psychologists, physiotherapists, occupational therapists, physician assistants, and nurses. The team may also include other mental health specialists and massage therapists. Pain sometimes resolves promptly once the underlying trauma or pathology has healed, and is treated by one practitioner, with drugs such as analgesics. Effective management of chronic (long-term) pain, however, frequently requires the coordinated efforts of the management team.

Medicine treats injury and pathology to support and speed healing, and treats distressing symptoms such as pain to relieve suffering during treatment and healing. When a painful injury or pathology is resistant to treatment and persists, when pain persists after the injury or pathology has healed, and when medical science cannot identify the cause of pain, the task of medicine is to relieve suffering. Treatment approaches to chronic pain include pharmacological measures, such as analgesics, antidepressants and anticonvulsants, interventional procedures, physical therapy, physical exercise, application of ice and/or heat, and psychological measures, such as biofeedback and cognitive behavioral therapy.

**26. A suitable title for the passage above could be .....**

- a) pain-killer alternatives
- b) chronic pain management
- c) pain medicine
- d) pain management team

**27. The branch of medicine employing the approach to control pain is referred to as .....**

- a) analgesia
- b) pain etymology
- c) pain practice
- d) algiatry



**28. According to the passage, cognitive behavioral therapy is considered a kind of for..... controlling pain.**

- a) physical therapy  
b) treatment approach  
c) pharmacological measures  
d) occupational therapy

**29. If the cause of pain cannot be identified by medical procedures, .....**

- a) the doctor tries to reduce the patient's suffering or distresses  
b) the patient should be referred to a physiotherapist  
c) the patient should be limited to heat and ice therapy  
d) massage therapists, rather than pharmacologists, are beneficial

**30. According to the passage, chronic long-term pain .....**

- a) needs cooperation of the team members of pain management  
b) resolves immediately after treating the underlying trauma  
c) is an interdisciplinary branch of science  
d) persists after the injury or pathology has healed

### Passage Three

Surgical patients are typically advised to get plenty of bed rest following operations for obvious reasons. Resting is usually necessary because many patients find themselves weakened by the surgery and in pain or discomfort. Too much physical activity can also mean risk of injury. However, Dr Sharon, a professor at Harvard Medical School, points out that immobility can also be "tremendously hazardous to the health and postoperative recovery of older patients." For this reason, "enhanced recovery after surgery" (ERAS) guidelines suggest that post operation patients who are able to be active, do more standing and walking around after surgery as soon as they can. This is particularly helpful for older patients, who can sometimes develop pneumonia after surgery, because standing and walking helps them to use their lungs more. Research has shown that it also helps patients to regain bowel function more quickly and can even reduce the need for medication.

**31. The writer uses the terms "regain bowel function more quickly" to indicate the beneficial effects of post operation mobility on .....**

- a) pain medication  
b) use of lungs  
c) pneumonia problem  
d) feces discharge

**32. "Resting" in the second sentence, seems to be..... By surgically-induced weakness.**

- a) rejected  
b) avoided  
c) compromised  
d) justified

**33. The ERAS guidelines are expected to..... a delay in suitable post operation activities.**

- a) be in favor of  
b) go up against  
c) underestimate  
d) recommend

**34. The underlined "This" refers to .....**

- a) postoperative recovery  
b) enhanced recovery  
c) standing and walking  
d) immobility

**35. The text discusses..... post-operation bed rest.**

- a) two different views on  
b) advantages of immobility for  
c) resistance to immobility for  
d) shortcomings of Dr. Sharon's views on

**Passage Four**

According to a new study, mutations in genes that occur spontaneously may contribute to congenital heart disease in children. These mutations may contribute to about 10 percent of cases of congenital heart disease in children, which is the most common type of birth defect in the United States. About 40,000 babies are born each year with congenital heart disease.

While some chromosomal abnormalities (such as Down syndrome) and infection during pregnancy are known to cause congenital heart disease, the new study shows that spontaneous gene mutations during fetal development affect the development of brain and heart, and may lead to congenital heart disease in children with healthy parents.

In the study, researchers looked at the rate of spontaneous mutations in 362 children with severe congenital heart disease, 264 healthy children and parents of both groups.

Although children in both groups had about the same number of spontaneous mutations, the locations of those mutations were markedly different in the two groups. "The mutations in patients with congenital heart disease were found much more frequently in genes that are highly expressed in the developing heart, said study researcher Christine Seidman, a Howard Hughes Medical Institute investigator. This finding provides insights for future research, and may someday lead to better treatment options, the researchers said.

**36. The commonest inborn condition in American children is .....**

- a) birth defect
- b) heart disease
- c) gene mutation
- d) chromosomal abnormality

**37. Spontaneous gene mutations in children with severe congenital heart disease and in the healthy ones were found to be .....**

- a) almost the same
- b) of different rates
- c) similar in number
- d) depending on their parents

**38. According to the passage, every year spontaneous gene mutations in fetuses result in roughly..... Cases of congenital heart disease.**

- a) 4000
- b) 362
- c) 264
- d) 40000

**39. The investigators hope their research contribute to.....in future.**

- a) congenital heart disease
- b) the rate of spontaneous mutations
- c) more effective management of heart disease
- d) genes highly expressed in the developing heart

**40. A good title for the passage is .....**

- a) American babies suffering from heart disease
- b) spontaneous gene mutations linked to children's heart defects
- c) congenital heart disease among American babies
- d) pregnancy chromosomal abnormalities and heart defect

1	c	11	a	21	b	31	d
2	a	12	d	22	c	32	d
3	d	13	d	23	a	33	b
4	c	14	a	24	d	34	c
5	a	15	b	25	b	35	a
6	c	16	c	26	b	36	b
7	a	17	b	27	d	37	c
8	d	18	b	28	b	38	a
9	c	19	a	29	a	39	c
10	b	20	d	30	a	40	b

**Part One:  
Vocabulary**

Complete the following sentences, choosing the most appropriate option (a. b. c. or d)

**1. The number of people entering the sick room, particularly in contagious cases, should be ..... to as few as possible.**

- a) forbidden      b) isolated      c) harbored      d) restricted

**2. The thing that makes new vaccine so ..... is that, unlike others, it can be injected directly into a tumor.**

- a) durable      b) faulty      c) unique      d) speedy

**3. The cause of the patient's rapid..... was the excellent care he received from his doctor.**

- a) discovery      b) recovery      c) morbidity      d) fatality

**4. The online health service users apply standard codes to ..... the accuracy of the content of medical records.**

- a) verify      b) resist      c) confess      d) minimize

**5. Despite all her financial problems, she is still .....the future of her life.**

- a) apprehensive about      b) satisfied with  
c) prosperous in      d) convinced about

**6. To support a patient's self-esteem and promote independence, the nurse should encourage the patient to eat without ..... as much as possible.**

- a) impairment      b) assistance      c) fluctuations      d) consultations

**7. As most people are vaccinated, a disease can sometimes ..... completely and the vaccination program can be stopped.**

- a) disappear      b) mount      c) be propelled      d) be boosted

**8. When a contaminated needle ..... a client's skin, organisms enter the body.**

- a) injects      b) disinfects      c) defends      d) pierces

**9. The critics want to see genetically modified (GM) plants ..... forever because they fear their irrevocable damage to the environment.**

- a) approved      b) admitted      c) permitted      d) banned

**10. The student who had violated the university regulations tried to ..... his actions to get rid of the penalty.**

- a) exemplify      b) magnify      c) justify      d) solidify

**11. Preventive medicine is often used to inhibit the ..... of the disease.**

- a) onset      b) removal      c) relief      d) remedy

12. The hospital made a/an ..... investment in the new health care system, and made a good profit.

- a) hectic                      b) astute                      c) chronic                      d) insidious

13. It is disappointing that in academia, scientists were indifferent to the possible ..... of their work on human life.

- a) consequences                      b) inception  
c) initiations                      d) assumption

14. Many of his activities are mysterious, so nobody can recognize his ..... easily.

- a) intentions                      b) obstructions                      c) adhesions                      d) promotions

15. Good news is that scientists have been working on a new class of genes that can .....the growth of cancerous cells.

- a) impress                      b) suppress                      c) promote                      d) transmit

16. The old man seemed really concerned about losing his job. His anxiety .....his heart condition.

- a) aggravated                      b) depleted                      c) aggregated                      d) depicted

17. A doctor should be called if the fever ..... since this my mean that a more serious infection is present.

- a) persists                      b) ceases                      c) subside                      d) heals

18. The local doctors were recommended to ..... any case of the disease and report it to the health officials.

- a) intensify                      b) document                      c) enhance                      d) release

19. Unfortunately, we live in a world where scientific knowledge and new technologies Continuously ..... our fundamental values of human dignity.

- a) revive                      b) accomplish                      c) challenge                      d) cherish

20. There are so many ..... news stories about home remedies; some eagerly support them while some thoroughly reject them.

- a) conflicting                      b) promising  
c) documentary                      d) complementary

EMAD JAFARI  
english for medical students

برای ثبت نام کلاس های زبان ارشد و دکترا از راه های زیر با ما در ارتباط باشید:

**Part Two:**  
**Reading Comprehension**

*Read the following passages carefully, and then answer the questions that follow. Base your answers on the information in the passages only.*

**Passage One**

The cloning of genes has made many medical advances possible. Human growth hormone (HGH) is a good example. This hormone stimulates the growth of bones and muscles during childhood. Cloning the gene for HGH has provided an increase in the availability of the hormone. However, the availability of HGH and other products of biotechnology raises an ethical question. The hormone is used widely to treat children with dwarfism, a condition that results in an adult height of 4'10" (about 150 cm) or shorter.

Should HGH be available to anyone who wants taller children or only those who have children with dwarfism? Suppose parents want their average-size son to be taller so that he will have a better chance of making his high school sports team. Doctors do not have any evidence that exposure to HGH affects average-size children negatively, but many feel it is unethical to provide it to children with no serious medical need.

**21. One concern about gene cloning mentioned by the author is its .....**

- a) complexity and cost
- b) necessity of use
- c) widespread availability
- d) adverse side effects

**22. It is implied in the passage that certain medical advances ..... ethical questions.**

- a) should go ahead without considering
- b) will be available to all in future despite
- c) in some cases result from some
- d) might bring about a number of

**23. Some doctors oppose the use of HGH for average-size children because .....**

- a) it can affect them negatively
- b) they think it can violate ethical values
- c) it is needed more by children with dwarfism
- d) they think this will increase its popularity

**24. It is implied in the passage that cloning .....**

- a) is going to be dismissed because of ethical questions
- b) will definitely overcome the ethical questions
- c) has resulted in some new physical and psychological problems
- d) can be used to overcome some medical conditions

**25. This passage mainly deals with the .....**

- a) controversies over the use of cloning
- b) future of medical advances, especially cloning
- c) complementary effects of medical advances
- d) appropriate and inappropriate use of HGH

**Passage Two**

"Autonomy" is defined as the capacity for self-determination or the capacity to make one's own decisions. Respect for patient autonomy requires that those with this capacity be permitted to accept or refuse treatment alternatives recommended by their physicians. Of vital importance to the application of this principle is the requirement of voluntary informed consent. Capable patients must be provided with full, relevant, and truthful information about recommended treatments and any reasonable alternatives, including expected benefits, potential risks, and the results of refusing treatment altogether. They must understand this information and make a voluntary\* decision. Controversies arise here over the determination of who is capable of making these decisions. For many patients this will be obvious, based on their age or medical condition. Another area of controversy involves those in the early and middle stages of Alzheimer's disease or those under 18. whose cognitive development does not qualify them to make their own decision. It is suggested that those whose decision-making capacity is questionable should still be provided with information they can understand and be allowed to make age-and capacity-appropriate decisions.

**26. The main Issue discussed above is that capable patients must be allowed to .....**

- a) accept or refuse recommended medical interventions
- b) have autonomy as far as their self-determination is verified
- c) exhibit their ability to communicate with health care providers
- d) recommend alternative treatments to their physicians

**27. According to the principle discussed above, the .....**

- a) patient should have the capacity to understand medical expressions
- b) capable patient should trust the physician's recommendation
- c) ultimate decision should be made by capable patients
- d) voluntary informed consent should be completed by health providers

**28. According to the text, the medical condition of the patient .....**

- a) is involved in boosting Alzheimer's progress
- b) is directly related to his/her age
- c) can foster patients cognitive development
- d) may determine his/her autonomy

**29. Some believe that those in the early and middle stages of Alzheimer's disease .....**

- a) are qualified enough to determine the stage of their ailment
- b) may make controversial decisions regarding their ailment
- c) may fail to have autonomy in making health care decisions
- d) are able to evaluate their decision making ability

**30. In order to help the patients to make the best decision, health care providers should .....**

- a) inform them about the condition they will face after the operation
- b) provide them with information appropriate to their age or cognition
- c) help them to evaluate and improve their cognitive ability
- d) divide them according to their age and decision-making capability

**Passage Three**

People have practiced natural medicine for centuries. However, due to the widespread popularity and dominance of modern medicine in Western societies, natural medicine has received much criticism for being backward and unreliable. Is there any wonder why the majority of medical students know just as much about herbal drugs as the general public?

The healthcare system is structured in such a way that natural remedies are now widely perceived as inferior or something that people use when cannot afford modern medicine. However, there have been many reported instances and a wealth of substantive data that prove exactly the opposite.

More people need to realize that going against the grain is not always a bad thing. Refusing to use synthetic drugs is indeed a healthy choice. Being aware of the benefits of natural medicine might cause an increasing number of people to use these resources. Remember, stigmas can be removed just as they are assigned. People have taken herbal extracts from plants long before they were given prescription drugs.

**31. It is indicated in the passage that .....**

- a) modern medicine's history dates back to centuries ago
- b) natural medicine's superiority upon modern medicine is widely supported
- c) modern medicine disapprove natural medicine as being unreliable
- d) medical students are well-informed about the merits of natural medicine

**32. There is a rich body of research that confirms ..... natural medicine.**

- a) the ineffectiveness and unreliability of
- b) the superiority of modern medicine over
- c) the misconception of health care system about
- d) people's serious admiration of

**33. The passage implies that people will choose to use natural medication if they .....**

- a) get informed about its benefits
- b) start using healthy synthetic drugs
- c) read the findings of research studies
- d) consult with health care providers

**34. According to the passage, it is concluded that.....**

- a) stigmas associated with natural medicine cannot be removed
- b) it is really unhealthy to use herbal extracts
- c) consumption of prescription drugs should be prioritized
- d) natural remedies predate prescription drugs and should be recommended

**35. Natural medicine is associated with stigma of being .....**

- a) inferior and unreliable
- b) unaffordable by people
- c) extensively popular and superior
- d) highly evidence-based

**Passage Four**

Most people are infected with hepatitis C by sharing needles when using drugs. About half of people with hepatitis C don't know they have it because they don't experience symptoms (which can take decades to show up). Symptoms generally include bleeding and bruising easily, fatigue, loss of appetite, jaundice, and itchy skin. Hepatitis C can be a short-term illness, but it's chronic for up to 85 percent of people, and can lead to long-term complications like cirrhosis to the liver, liver cancer, and liver failure if it goes untreated. Chronic hepatitis C is usually curable with oral anti-viral medications which are taken everyday for two to six months.

You're most likely to get Hepatitis A after having contaminated food or water, or from being in close contact with a person who is infected. Symptoms usually include fatigue, nausea and vomiting, clay-colored bowel movements, loss of appetite, jaundice, and itchiness. It's possible to have a mild case of hepatitis A. which goes away without treatment, and most people who are infected recover within six months with no permanent liver damage.

**36. The passage above is mainly about .....**

- a) the consequences of sharing needles
- b) treatment of hepatitis C infection
- c) two main types of hepatitis
- d) detection of two types of hepatitis

**37. The symptoms of hepatitis may .....**

- a) take more than 10 years to appear
- b) appear 10 years after the infection
- c) disappear in half of people within 10 years
- d) become inclusive within the first 10 years

**38. If untreated, hepatitis C may have consequences such as .....**

- a) viral diseases
- b) drug poisoning
- c) bleeding of the liver
- d) dysfunction of the liver

**39. According to the passage, the symptoms of hepatitis C include.....**

- a) feeling of scratch
- b) feeling of sickness
- c) frequent vomiting
- d) having pale stool

**40. This passage implies that .....**

- a) hepatitis A needs no treatment
- b) the sources of hepatitis A is drug addiction
- c) hepatitis A is more serious than hepatitis C
- d) hepatitis C may lead to long-lasting liver damage



1	d	11	a	21	c	31	c
2	c	12	b	22	d	32	c
3	b	13	a	23	b	33	a
4	a	14	a	24	d	34	d
5	d	15	b	25	a	35	a
6	b	16	a	26	a	36	c
7	a	17	a	27	c	37	a
8	d	18	b	28	d	38	d
9	d	19	c	29	c	39	a
10	c	20	a	30	b	40	d



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مدرس زبان علوم پزشکی  
برگزار کننده دوره های  
مختلف زبان علوم پزشکی