

**Part One:  
Reading Comprehension**

**Directions**

Read the following passages carefully. Each one is followed by several questions about it. Choose the one best answer, (a), (b), (c), or (d), to each question. Then on your answer sheet, fill in the space that corresponds to the letter of the answer you have chosen. Base your answer to each question on the information given in the passage only.

**Passage One**

When Donald Olayer enrolled in nursing school nine years ago, his father took it hard. "Here's my father, a steelworker, hearing about other steelworkers' sons who were becoming welders or getting football scholarships". Mr. Olayer recalls, "The thought of his son becoming a nurse was too much."

Today, Mr. Olayer, a registered nurse trained as an anesthetist, earns about \$30,000 a year at Jameson Memorial Hospital in New Castle, Pennsylvania. His father, he says, has "done an about face." Now he tells the guys he works with that their sons, who can't find jobs even after four years of college, should have become nurses.

**1. It is stated that Donald's father's attitude toward male nurses .....**

- a) is still basically negative
- b) is a sort of indifference
- c) has become more strict
- d) has completely changed

**2. One of the jobs that Donald's father liked his son to get was .....**

- a) being a registered nurse
- b) working as a steelworker
- c) being an anesthetist
- d) working in a collage

**3. It is understood from this reading selection that some people thought .....**

- a) nursing was a job only for females
- b) men were not able to do nursing properly
- c) nurses did not make enough money
- d) nurses were inferior to other people

**4. By going to a nursing school, Donald ..... his father.**

- a) pleased
- b) disobeyed
- c) followed
- d) honored

**5. Donald's father's recommendation for his coworkers' sons at the moment is ".....".**

- a) get a football scholarship
- b) follow your father's work
- c) turn to business
- d) study nursing

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**Passage Two**

Biofeedback is a safe, drug-free alternative for the treatment of migraines, tension type headaches, chronic pain, sleep disorders and more. Receiving feedback from a computer^ patients are trained to adjust physical features like skin temperature, muscle tension, heart rate or blood flow-changes that can lead to decreased pain and stress. Biofeedback reduces the stress response and brings stability and calmness to the nervous system. It's very effective for migraines. Studies have shown that biofeedback can be just as effective as some of preventive medications we use. About 85 percent to 90 percent of patients with chronic headaches respond positively to biofeedback. Biofeedback also serves as an excellent bridge in assisting patients wean off medications.

**6. Unlike preventive medications, biofeedback requires the patient to ..... in the treatment process.**

- a) avoid any training
- b) remain unconscious
- c) adopt a submissive role
- d) actively involve

**7. The text implies that biofeedback ..... some preventive medications.**

- a) should take the place of
- b) should be used in the absence of
- c) can be an alternative to
- d) can hardly be as effective as

**8. Patients with lasting headaches ..... biofeedback.**

- a) are more likely to benefit from
- b) are at a disadvantage regarding
- c) should prefer preventive medications to
- d) would seldom receive training before they use

**9. Biofeedback can help patients ..... medications.**

- a) exploit the advantages of
- b) continue relying on
- c) get familiar with complications of
- d) keep away from

**10. The nervous system has shown to be ..... biofeedback.**

- a) alien to
- b) compatible with
- c) identical to
- d) non-responsive to

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**Passage Three**

Some 200,000 babies are born in the United States each year with deformed bodies, impaired minds and possibly fatal abnormalities in body chemistry-often because of defective genes or chromosomes. If a way could be found to "test" routinely the genes of prospective married couples-much as the couples now take Wassermann tests to detect syphilis-the toll might be reduced drastically. This is the goal of genetic counseling. And while it is still far off, testing is expensive and elaborate, genetic counseling centers in hospitals and clinics across the United States are already helping parents. At a symposium sponsored by the National Foundation March of Dimes in New York City, it was announced that between 1955 and 1969 the number of centers had grown from 20 to 114. Such centers help the parents of a defective child in their decision whether or not to have more children, and they advise couples with family histories of genetic diseases even before marriage.

**11. Currently, testing for genes is quite .....**

- a) ordinary                      b) impossible                      c) simplified                      d) complicated

**12. Detecting syphilis is said to be .....**

- a) as complicated and expensive as testing genes  
b) more significant and essential than testing genes  
c) less complex and cheaper than gene testing  
d) carried out less frequently than gene testing

**13. The growth of counseling centers indicates**

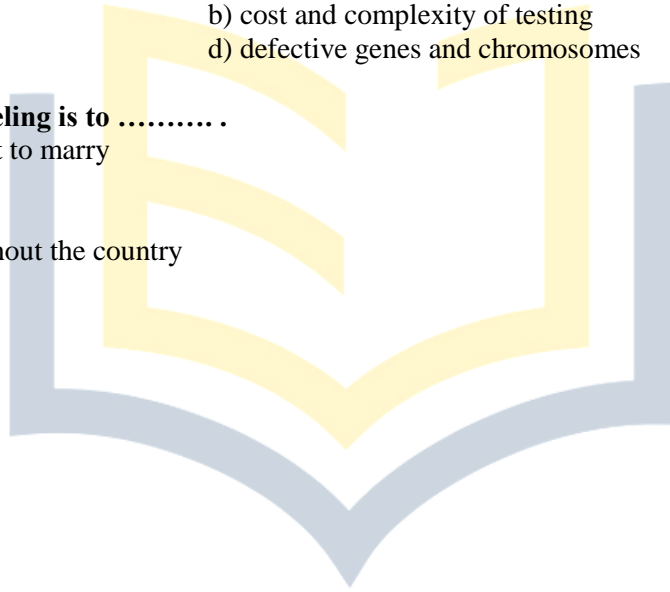
- a) decrease in the birth of abnormal children  
b) lack of interest in young couples  
c) importance of congenital problems  
d) increase in the number of married people in the USA

**14. "The toll might be reduced...." (line 6). In this sentence toll refers to the .....**

- a) birth of abnormal children                      b) cost and complexity of testing  
c) sufferers of syphilis                      d) defective genes and chromosomes

**15. The goal of genetic counseling is to .....**

- a) detect syphilis in those about to marry  
b) routinize gene testing  
c) provide more services  
d) increase its branches throughout the country



**Passage Four**

There is little information on whether patients who already have developed cancer do or do not benefit from physical activity. In animal experiments, investigators found that among tumor-bearing rats that were allowed to feed freely, those rats allowed to exercise spontaneously experienced delayed onset of appetite loss when compared with non-exercised rats. In addition, exercised animals were found to have reduced tumor weights. In humans, exercise has a mood-elevating effect and, thus, may improve the quality of life of cancer patients. In a study of 24 women with breast cancer, investigators developed a moderate exercise program for each patient and followed women for six months. After five weeks, but not at six months, satisfaction with life was significantly enhanced when compared with baseline attitude. Investigators postulated that this may have been due to decreased adherence to the exercise protocol between five weeks and six months. Further, at the end of six months, these women were found to have increased NK cell activity at rest compared with baseline NK cell activity, indicating enhancement of this aspect of the immune system.

**16. The relationship between post-cancer state and exercise is .....**

- a) vague                      b) definite                      c) mutual                      d) distant

**17. Physical activity in animals with cancer caused .....**

- a) immediate loss of appetite                      b) spontaneous onset of appetite loss  
c) later start of appetite loss                      d) intensified loss of appetite

**18. According to the passage, exercise may be ..... in humans with cancer.**

- a) physically exhaustive                      b) mentally debilitating  
c) significantly discouraging                d) psychologically effective

**19. Post-cancer life can be ..... by exercise.**

- a) endangered gradually                      b) enhanced in quality  
c) complicated spontaneously                d) underestimated in essence

**20. In the experiment described in the passage, it is reported that ..... .**

- a) baseline attitude has changed after six months  
b) baseline attitude has changed in six months  
c) sticking to an exercise program has been conducive to improvement of life quality  
d) adhering to an exercise protocol has caused a fluctuation of NK cell activity

#### Passage Five

People walk for many reasons: for pleasure, to rid themselves of tensions, to find solitude or to get from one place to another. Nearly everyone who walks regularly does so at least in part because of a conviction that it is good exercise. Often dismissed in the past as being "too easy" to be taken seriously, walking recently has gained new respect as a means of improving physical fitness. Studies show that, when done briskly on a regular schedule, it can improve the body's ability to consume oxygen during exertion, lower the resting heart rate, reduce blood pressure, and increase the efficiency of the heart and lungs. It also helps burn excess calories.

Since obesity and high blood pressure are among the leading risk factors for heart attack and stroke, walking often protects against two of our major killers. Walking burns approximately the same amount of calories per mile as does running, a fact particularly appealing to those who find it difficult to sustain the jarring effects of long distance jogging. Brisk walking one mile in 15 minutes burns just about the same number of calories as jogging an equal distance in 8 1/2 minutes. In weight-bearing activities like walking, heavier individuals will burn more calories than lighter persons. For example, studies show that a 110-pound person burns about half as many calories as a 216 pound person walking at the same pace for the same distance.

**21. According to the passage, in the past walking was taken ..... .**

- a) lightly                      b) seriously                      c) regularly                      d) briskly

**22. It is implied that ..... .**

- a) jogging is a better exercise than walking  
b) brisk walking causes fewer hazards than jogging  
c) running burns more calories than walking  
d) walking gives people less pleasure than running

**23. It is understood from the passage that ..... .**

- a) heavier people get more injuries  
b) running is not good for heavier individuals  
c) jogging is harmful for heavier individuals  
d) heavier people benefit more from walking

**24. According to the passage, heart/lung function .....**

- a) improves from the outset by walking
- b) is geared to speed of walking
- c) is considered to be important for some
- d) depends on one's baseline fitness

**25. The best title for the passage would be .....**

- a) Walking as a Means of Developing
- b) Combating Solitude by Walking
- c) Benefits of Walking
- d) Rigorous Exercise and Burning Calories

**Part Two:  
Vocabulary**

**Directions**

*Directions: The following are incomplete sentences. Below each one are four words or phrases marked, (a), (b), (c), or (d). Choose the one word or phrase which best completes the sentence.*

**26. Any information sent in reply to this questionnaire will be considered .....**

- a) classic
- b) confidential
- c) personal
- d) pragmatic

**27. The most significant and common factors ..... academic growth result from the lack of adequate secondary school preparation in the basic skills of language.**

- a) enhancing
- b) hindering
- c) confounding
- d) promoting

**28. Give your students assignments which ..... them to study beyond their textbooks and class notes.**

- a) compensate
- b) expel
- c) warn
- d) require

**29. Fitness makes things fun and ..... boredom.**

- a) avoids
- b) evades
- c) encounters
- d) prevents

**30. The physical examination of the patient includes the measurement of vital signs and ..... of each body system that may be involved in the illness or injury.**

- a) possession
- b) assessment
- c) medication
- d) enhancement

**31. Seizures that occurred following the patient's abstinence was ..... by metabolic changes.**

- a) refused
- b) induced
- c) authorized
- d) performed

**32. Separating the child from his parents could ..... struggling or crying, which might create even additional complications to an already critical situation.**

- a) evoke
- b) discourage
- c) contract
- d) replicate

**33. Children should be lightly covered during transport to prevent exposure to drafts or other stimuli, which could initiate .....**

- a) intervention
- b) shivering
- c) sweating
- d) vibration

**34. Cocaine is derived from the coca plant and has ..... much popularity as an additive to certain foods.**

- a) delighted
- b) collected
- c) selected
- d) enjoyed





# عماد جعفری

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**Passage One**

If stress is inevitable, and if too much stress is a threat to our psychological and physical well being, then coping well with stress is of paramount importance. A healthy and happy person is someone who can enjoy the good times and cope with the bad. Sometimes we can cope with stress by removing it - by changing jobs or filing a complaint against a sexually harassing boss. But we cannot remove all the stress from our lives and will have to cope with some of it. Generally, we are better able to cope with the kinds of stress that we have had previous experience with and that we can control somewhat. Good social support also improves our ability to cope with stress. Simply disclosing our feelings to friends (or to a psychotherapist) has been shown to improve immune system functioning and reduce need for medical care. But there will be times when we cope ineffectively with stress. The trick of course, is to cope as effectively as possible and not worry too much about the rest.

**1. The first sentence ..... successful management of stress.**

- a) discusses the risks involved in
- b) serves as a threat to
- c) underestimates the significance of
- d) acknowledges the need for

**2. A fortunate and healthy person is someone who .....**

- a) can manage life issues successfully
- b) is lucky enough not to face problems
- c) is unwilling to exploit good times
- d) hardly faces or copes with the bad

**3. Changing jobs or filing a complaint are referred to as ..... stress.**

- a) examples contributing to enhancement of
- b) remedies for successful management of
- c) options to be avoided in coping with
- d) examples that have nothing to do with

**4. One of the factors that can help to cope with stress is ..... the stressor.**

- a) the high intensity of
- b) the novelty of
- c) familiarity with
- d) remaining silent toward

**5. Self disclosure seems to be .....**

- a) a type of stressor
- b) contributing to the enhancement of stress
- c) independent of immune system
- d) a useful mechanism in relieving stress

**6. The last sentence ..... its preceding one.**

- a) fails to address
- b) is identical to
- c) tends to challenge
- d) presents a solution to





**Passage Three**

The drug addiction problem in Iran is more than a health care crisis. It is a broad societal one with staggering costs for communities and the government. Being neighbors with Afghanistan, the world's leading producer of poppies (the source of opium and heroin), doesn't help. The Iranian government estimates there are at least two million people using drugs in a nation of 78 million. Of those, 200,000 are intravenous drug users and at least 50,000 are infected with HIV—including Ali. Ali's wife left him five years ago because of his habit. Then after more than two decades as a human pin cushion, shooting up everywhere he could find a vein that hadn't dried up like straw, the needle took its toll. "My whole body became infected," he says, pulling up a pant leg to show a weepy wound that he says still won't heal after two years. A year ago he decided to end the unforgiving relationship that had possessed him for so long. He says there were two reasons. He takes out his wallet from his back pocket; his fingers probe the inside and produce two small photos: his 11- and 13- year- old sons.

**13. The writer believes that drug addiction in Iran is .....**

- a) somewhat shaky
- b) rather expensive
- c) a social catastrophe
- d) a health care preoccupation

**14. In this case, neighboring with Afghanistan seems to be a (n) .....**

- a) staggering help
- b) unlucky factor
- c) great advantage
- d) overwhelming help

**15. A reference to the number of addicts (i.e., two million) is .....**

- a) an exact statistic
- b) announced by officials
- c) to point at the problem of AIDS
- d) a rather small figure for a country of 78 million

**16. "Pin cushion" in this story refers to .....**

- a) Ali
- b) drugs
- c) a gadget
- d) office equipment

**17. Ali's wife left him because .....**

- a) she was beaten
- b) he was a drug addict
- c) he was a pin cushion
- d) she loved another guy

**18. The wound on Ali's leg was weepy because .....**

- a) it had not healed
- b) it indicated a relationship
- c) Ali was infected with AIDS
- d) Ali's was a really sad story

**19. Ali decided to give up his habit in order to .....**

- a) be possessed for so long
- b) take care of his children
- c) avoid going to prison
- d) marry once more

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**Passage Four**

The study participants reported consuming about 1,963 kilocalories per day, with approximately half those calories coming from carbohydrates and nearly a third from fats. Their calorie intake was the highest during the fall season, however, during which they reported consuming 86 kilocalories more per day than during the spring, when their calorie intake was lowest, Ma and colleagues report in the European Journal of Clinical Nutrition. The study participants also showed seasonal variation in the distribution of these calories, the report indicates. Their carbohydrate intake appeared to peak in the spring, for example, while their intake of total fat and saturated fat was the highest during the fall. Further, the study participants' body weight fluctuated by about one pound throughout the year-long study period, but was the highest during the winter season, when they also reported participating in the least amount of physical activity, the researchers note. The study participants reported their highest level of physical activity during the spring.

**20. A suitable title for the passage is .....**

- a) variation in a person's calorie intake
- b) climatic variation in people's habits
- c) eating and exercise habits vary by season
- d) people's nutrient intake falls in winter

**21. The fat each individual used every day .....**

- a) was highest in winter
- b) contained 86 kilocalories
- c) produced about 650 kilocalories
- d) varied with the weight of the person

**22. The study showed that people tend to eat more ..... in spring.**

- a) sweet things
- b) vegetables
- c) fatty food
- d) protein

**23. People seem to gain more weight in .....**

- a) spring
- b) summer
- c) winter
- d) fall

**24. The participants tend to do less exercise in .....**

- a) spring
- b) summer
- c) autumn
- d) winter

**25. The participants' body weight seemed to .....**

- a) drastically fluctuate by season
- b) rise considerably in autumn
- c) show little variation
- d) drop in winter

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*The following are incomplete sentences. Below each one are four words or phrases marked, (a), (b), (c), or (d). Choose the one word or phrase which best completes the sentence.*

- 26. Bearing in mind that she is more ..... than other applicants, she can be the most suitable candidate for the job.**  
a) treacherous      b) competent      c) troublesome      d) desperate
- 27. For cancer treatment, the diseased cells must be killed, while their healthy neighbors are left .....**  
a) uncovered      b) unlocked      c) unharmed      d) unknown
- 28. As the rhythmic contraction of the heart is ....., no external stimulus is required for its initiation.**  
a) spontaneous      b) accidental      c) intentional      d) obligatory
- 29. A study by the London-based Health Organization in 2003 gave a rough ..... of between 22000-55000 Iraqi dead.**  
a) summation      b) observation      c) estimate      d) prophecy
- 30. A former critical care nurse who supposedly aimed at ..... the suffering of people who might die sooner or later pleaded guilty to 29 murders.**  
a) initiating      b) reforming      c) enhancing      d) easing
- 31. The baby was ..... in March, so it will be born in December.**  
a) inoculated      b) conceived      c) secured      d) manifested
- 32. Fats, oils and sweets should be consumed ..... since they are not good for one's health.**  
a) sparingly      b) thoroughly      c) permanently      d) currently
- 33. Scientists have found a lot of interesting information about inheritance through ..... of DNA.**  
a) participation      b) application      c) manipulation      d) association
- 34. He attributed his ..... To two factors-taking exercise and not smoking.**  
a) misfortune      b) nervousness      c) longevity      d) anxiety
- 35. Changing genes is a ..... Issue which has caused lots of arguments among scientists.**  
a) competitive      b) reliable      c) collaborative      d) controversial
- 36. Many illnesses in these temporary refugee camps are the result of poor, inadequate .....**  
a) motivations      b) consultations      c) interaction      d) sanitation
- 37. Lack of sleep causes many harmful effects; it is through proper sleep that the body ..... itself.**  
a) verifies      b) conducts      c) restores      d) recalls
- 38. Absorption is an extremely complex process, combining the more ..... Process of active transport and the relatively simple process of passive diffusion.**  
a) intricate      b) invasive      c) misleading      d) primitive
- 39. In spite of the shortage of food in some areas, in some countries they destroy the ..... of their agricultural products.**  
a) abundance      b) surplus      c) circulation      d) promotion

40. The results of this study are not considered reliable due to inadequate ..... That participated in the study.

- a) subjects                      b) sketches                      c) messengers                      d) projectors

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

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