

آزمون کارشناسی ارشد وزارت بهداشت سال ۱۴۰۲

فایل سوالات

نوبت پنج شنبه صبح

121 -Many victims of car crash in Iran..... severe injuries, affecting their health years after the accidents.

- a) decline b) sustain c) enquire d) devise

122- Healthy diet can never eliminate the risk of stroke but can..... it by reducing its intensity.

- a) augment b) attenuate c) accelerate d) sophisticate

123- Further studies are clearly needed if we are to the hidden effects of ethanol on the gastric cells.

- a) elucidate b) stimulate c) exaggerate d) invigorate

124- Conventional wisdom on cancer management is to use chemotherapy to destroy the tumor as rapidly as possible, despite its complications.

- a) aggressive b) outdated c) detrimental d) detached

125- As infants and young children are more..... microbial harms, they need more care and protection.

- a) affiliated to b) deprived of c) vulnerable to d) terrified of

126- Some allergens..... our breathing and can lead to respiratory insufficiency.

- a) hinder b) induce c) reinforce d) enhance

127- Anxiety that has no discernible cause is a sign of an emotional difficulty, which can indicate mental.....

- a) supremacy b) tranquility c) disturbance d) serenity

128- Practitioners need to make a good..... with their clients to make a better diagnosis.

- a) struggle b) conflict c) rapport d) revenge

129- Regarding the elderly care, nursing is the best source for clinical information a management advice.

- a) geriatric b) pediatric c) surgical d) obstetric

130- The use of pain relievers is confirmed to the symptoms of migraine headache.

- a) substantiate b) alleviate c) exacerbate d) intimidate

131- My roommates all believe that I have to my bad spending habits.

- a) curb b) cast c) propagate d) disseminate

132 -According to national reports, thank to e-health system, the government's annual health has lessened, helping to save money for better care.

- a) profit b) earning c) revenue d) expenditure

133 - About 60% of people who survive a stroke are afflicted with visual..... to some degree and need visual rehabilitation therapy.

a) perception b) inspiration c) impairment d) enhancement

134 -During surgery, the patient was given spinal anesthesia and positioned on an operating room table, with her right hip on a small pillow.

a) elevated b) stained c) twisted d) sprained

135- The report on the etiology of the virus was quite..... Anybody could understand it easily.

a) intelligible b) complicated c) intolerable d) convoluted

136- The malaria vaccine campaigns....., for the first time in 2019, are increasing equity in access to malaria prevention for the most vulnerable people.

a) launched b) terminated c) relinquished d) eradicated

137 -All the children were..... hepatitis after taking the new vaccine.

a) inspected by b) inflated by c) disseminated by d) inoculated against

138- The insurance companies have limited their health services coverage, bearing significant for the health system budget.

a) accomplishments b) implications c) privileges d) revenues

139- In severe accidents, the broken rib might the patient's lung; therefore, surgery is usually recommended since the lung tissue would not be able to repair itself.

a) alleviate b) regenerate c) consolidate d) puncture

140- The patient's father was shocked to realize that his son should a major surgery.

a) undergo b) understand c) underpin d) underscore

Part two: Reading Comprehension

Directions: Read the following passages carefully. Each passage is followed by some questions. Complete each question with the most suitable choice (a, b, c, or d). Base your answers on the information given in the passage only.

Passage 1

Stress and depression share many symptoms and etiologies, along with anxiety. When stress becomes chronic, it can result in a wide variety of symptoms that overlap with anxiety and depression, from sleep and appetite disturbances to triggering or exacerbating high blood pressure, pain, or autoimmune disorders. While the signs can feel similar and sometimes overlap, there are specific differences between being stressed and being depressed. Stress typically starts as feeling overwhelmed or worried, triggered by a specific trigger or stressor, whether it is a real, immediate threat or a perceived threat. Stress is a psychophysiological state generated by the perception of demands (deadlines, bills, training load) being greater than the resources available (mental energy, bank account balance, fitness level, etc.) to accomplish a given task. Stress manifests differently for everyone. Sometimes it is more physical (e.g., elevated heart rate, muscle tension) and sometimes it is more cognitive (e.g., racing thoughts, difficulty seeing the big picture).

Depression, however, includes feelings of hopelessness, persistent sadness, imitability, loss of motivation, joy, or interest in previously pleasurable activities, sleep troubles, slowed thinking or

speaking, or unexplained physical pains. The severity of these symptoms can range from mild to severe.

141- Which of the following is NOT among the symptoms of chronic stress?

- a) auto-immune disorders and muscle tension
- b) hopelessness and loss of motivation
- c) elevated blood pressure and pain
- d) appetite and sleep problems

142- Stress typically starts with a

- a) physical symptom
- b) feeling of depression
- c) particular stimulant
- d) sudden physical pain

143- The writer has mentioned "deadlines, bills, training load" to remark that stress.....

- a) can be generated when needs are greater than the available resources
- b) is always accompanied by some feelings of hopelessness and sadness
- c) rarely has cognitive effects such as difficulty seeing the big picture
- d) can have manifestations different from one person to another

144- Which sentence is NOT true about stress and depression?

- a) They sometimes have overlapping signs.
- b) Sleep and appetite disturbances may appear in both.
- c) They generally manifest similarly across individuals.
- d) Both conditions may come with pain and auto-immune disorders.

145- According to the passage, symptoms of depression.....

- a) may not influence interest in activities pleasurable before
- b) form a wide range, varying from mild to a severe
- c) are commonly observed in the majority of cases
- d) do not affect thinking and verbal abilities

Passage 2

Quality of life has become a recognized health care goal. In 1990 the National Cancer Institute recommended that it should be an outcome variable in all the clinical trials it sponsors and was identified by the Oncology Nursing Society as its highest research priority in 1991/Quality of life is perceived according to individual conception and is best evaluated by the patient rather than by others. It is the condition of one's being, reflected in the ability to perform everyday activities, as assessed according to physical, psychological, spiritual, and social dimensions.

Among oncology patients, the quality of life is reflected in satisfaction with levels of functioning and control of the symptoms of both disease and treatment, Oncology nurses understand the value of the quality as well as the quantity of life; the former transcends physical health, clinical symptoms, and functional ability. Betty Ferrell has devised a model that incorporates the (Four dimensions of the quality of life: physical, psychological, social, and spiritual. In spite of her model, in practice, much attention has been given to the body in terms of symptom management, functional ability, and the use of technology in treatment. But spiritual and social well-being are equally important and deserving of attention. Consideration of the psychological aspect of the quality of life brings us to the subject of humor and how it can enhance well-being.

146- Cancer patients' well-being can be

a) delayed by the identification of spiritual symptoms b) deteriorated by individual reflection on functional ability e) enhanced by considering physical as well as spiritual aspects d) promoted by the restriction of humor and use of technology

147- The underlined term "former" refers to

- a) quality of life
- b) quantity of life
- c) oncology nurses
- d) physical health

148- As stated in the passage, a patient's quality of life.

- a) can be defined based on bodily, mental, spiritual, and social aspects
- b) can be assessed by physicians' dissatisfaction with oncology nurses
- c) is conceived best by others rather than the individual patient
- d) determines the conditions of disease and treatment

149- Ferrel's Model.....

- a) emphasizes the use of technology to treat diseases
- b) focuses on one's physical as well as mental dimensions
- c) has attracted attention as it prioritizes quality rather than quantity of life
- d) indicates that physical symptoms are more important than psychological health

150- According to the passage,.....

- a) in cancer both the disease and its treatment symptoms need to be control
- b) oncology patients are all satisfied with the level of functioning when they are under treatment
- c) cancer patients can be satisfied with their quality of life merely when they can function well
- d) cancer patients enjoy a good quality of life if oncology nurses understand them

Passage 3

Growing evidence suggests an interrelationship between dementia on one side and Non-Communicable Disease (NCDs) and behavioral risk factors, such as physical inactivity, unhealthy diets, tobacco use and the harmful use of alcohol, on the other, NCDs that are associated with the risk of cognitive impairment and dementia include depression, hypertension, diabetes, hearing impairments, mid-life hypercholesterolemia and obesity. Additionally, air pollution and traumatic brain injuries are increasingly being recognized as risk factors. At the same time, access to formal education, employment and other opportunities for cognitive stimulation as well as social connections are considered protective. The Global Dementia Action Plan recognizes the inherent links between dementia and other NCDs by linking its risk reduction target directly to the Global action plan for prevention and control of NCDs. Globally, from 2000 to 2016, the probability of dying from cardiovascular diseases, cancer, diabetes and chronic lung diseases has declined from 22% to 18%. Additionally, there has been a roughly 2% decrease in both tobacco smoking and heavy episodic drinking among people 15 years of age or older, and a 1% reduction in the prevalence of high blood pressure. However, these changes fall short of global NCD targets. Physical inactivity in adults remains unchanged and the prevalence of diabetes and obesity in adults has increased.

151- According to the passage, which of the following is true?

- a) NCDs are limited to behavioral risk factors
- b) Formal education contributes to NCDs development
- c) Air pollution can contribute to dementia development
- d) Depression is a behavioral risk factor of NCDs

152- Which of the following could increase the risk of cognitive deficits?

- a) High cholesterol
- b) Smoking tobacco
- c) Poor food choices
- d) Passive life style

153- The Global dementia action plan.....

- a) initiates a plan to recognize the relationship between dementia and NCDs
- b) establishes the goals for linking risk factors to the prevention of NCDs
- c) sets its risk reduction target on prevention and control of NCDs
- d) considers dementia a condition different from other NCDs

154- As mentioned in the passage,..... in the early 21" century.

- a) dying from chronic lung diseases elevated
- b) mortality due to diabetes decreased in adults
- e) exercise and physical activity among adults increased
- d) drinking alcohol decreased among those at fifteen or more

155. It can be inferred from the passage that the Global action plan....

- a) succeeded in educating people to prevent NCDs
- b) caused an increase in death resulting from diabetes
- c) failed to accomplish its task according to standards set
- d) missed the link between dementia and NCDs prevention

Passage 4

Food addiction, in case you're not familiar with it, is a term used to describe an eating behavior that involves over-consuming specific foods in an addictive manner. People with food addiction tend to experience symptoms such as a loss of control over how much they eat, intense cravings, continuing to eat certain foods despite experiencing negative consequences and having feelings of withdrawal such as agitation, irritability, and depression when cutting down on those foods.

Food addiction is often linked to ultra-processed foods, which are foods made with little to no whole ingredients, along with a lot of sugar, salt, and fat, to "make them highly palatable," Keri Gans, author of The Small Change Diet and a registered dietitian, tells Yahoo Life. "When consumed, they lead to a release of dopamine in our brain, and leave us wanting more and more of this feel-good hormone," she says. Experts say this is done on purpose since "there is evidence that the food industry designs ultra-processed foods to be highly rewarding, to maximize craveability and to make us want more and more and more," Gearhardt says. "This is good for profits, but not good for our health. Also, these ultra-processed foods are cheap, accessible, convenient, and heavily marketed, which makes it harder to resist them".

156- Cutting down on certain foods one is addicted to may cause all of the following EXCEPT:

- a) bad temper
- b) nervousness
- c) severe hunger
- d) downheartedness

157- According to the passage, people with food addiction even if they know and see its undesirable outcomes.

- a) continue consumption of certain foods
- b) gain control over negative consequences
- c) effortlessly resist eating too much
- d) tend to minimize the use of certain foods

158- Based on the information in the passage,..... contribute to intense cravings for certain foods because they may make foods highly appetizing.

- a) abundant additives
- b) negative consequences
- c) feelings of withdrawal
- d) agitation and irritability

159- The author describes dopamine as a hormone.

- a) tranquilizing b) irritating c) monitoring d) regulatory

160- In paragraph 2, the underlined "this" refers to.....

- a) release of the dopamine hormone
 b) lessened desirability of some foods
 c) food to which whole ingredients are added
 d) production of foods which are highly processed

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



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نوبت پنج شنبه عصر

Part one: Vocabulary**Directions: Complete the following sentences by choosing the best answer.****121- Among diseases undesirably affecting patients', vitiligo is a disease that causes loss of skin color in patches, with discolored areas expanding over time.**

- a) complexion b) character c) frailty d) stature

122- While the air current of a heavy storm helped the fire, some fire extinguishers immediately arrived in place.

- a) burn down b) clear up c) blow out d) dry up

123- During psychological consultation, the client was advised to his feelings of revenge in the face of a traumatic shock without hurting others.

- a) contain. b) pertain c) obtain d) curtain

124- Factories and industrial sites often contaminate the soil with..... chemicals, waste treatment plants, and landfills.

- a) verified b) hazardous c) approved d) constructive

125- Tobacco use is a major risk factor for many health conditions such as cardiovascular diseases.

- a) invigorative b) restorative c) consolidating d) debilitating

126- A major duty the WHO intends to accomplish is to..... healthy dietary changes in the world.

- a) permeate b) promote c) overlook d) underestimate

127- Dr. Johnson has had a lot of the healthcare system through his valuable research and practice.

- a) depreciation of b) falsification of c) intensifications in d) contributions to

128 Certain forms of skin irritation can be..... by food allergies.

- a) relinquished b) relieved c) triggered d) prohibited

129- He was hospitalized after he began to behave in a very and frightening manner.

- a) bizarre b) mature c) decent d) humble

130- We had to stop the lecture because there was a/an noise around the lecture hall.

- a) intensive b) pleasurable c) intriguing d) persistent

131- The current research aims to aid healthcare service providers in the expected costs of medical treatment.

- a) underrating b) obscuring c) estimating d) falsifying

132- Maintaining normal weight and tobacco use are among important ways to control an individual's blood pressure.

- a) sticking to b) adhering to c) refraining from d) benefiting from

133- After the patient was admitted to the emergency department, the nurses washed her wound and.....

- a) sewed it up b) folded it back c) tucked it up d) peeled it off

134- After conducting a thorough study, the pharmacologist admitted that the drug was patients with asthma, so its prescription should be discontinued.

- a) contradicted by b) administered for c) contraindicated in d) recommended by

135- It is said that Louis Pasteur an 8-year-old boy with cowpox and then exposed him to smallpox to test his theory.

- a) traumatized b) inoculated c) eliminated d) dismissed

136- The investigation into the genes has useful information about the origin of many hereditary diseases which led to developments in the field of gene therapy.

- a) hampered b) ceased c) hindered d) yielded

137- The physician put the patient on a course of lengthy treatment with the aim of avoiding the development of future chronic asthma.

- a) retrospective b) transient c) momentary d) prophylactic

138- Although food is more abundant nowadays, child mortality rate due to malnutrition dangerously high in many areas.

- a) remains b) diminishes c) vanishes d) drains

139- The collapse of the company will have for the whole industry; authorities should intervene to prevent its failure.

- a) credits b) merits c) repercussions d) privileges

140- The government should take measures to continuously warn the companies with..... regard for the safety of future generations; such attempts will save many lives.

- a) ample b) scant c) abundant d) beneficent

Part two: Reading Comprehension

Directions: Read the following passages carefully. Each passage is followed by some questions. Complete each question with the most suitable choice (a, b, c, or d). Base your answers on the information given in the passage only.

Passage 1

Growing evidence suggests an interrelationship between dementia on one side and Non-Communicable Diseases (NCDs) and behavioral risk factors such as physical inactivity, unhealthy diets, tobacco use and the harmful use of alcohol- on the other. NCDs that are associated with the risk of cognitive impairment and dementia include depression, hypertension, diabetes, hearing impairments, mid-life hypercholesterolemia and obesity. Additionally, air pollution and traumatic brain injuries are increasingly being recognized as risk factors. At the same time, access to formal education, employment and other opportunities for cognitive stimulation - as well as social connections are considered protective.

The Global Dementia Action Plan recognizes the inherent links between dementia and other NCDs by linking its risk reduction target directly to the Global action plan for prevention and control of NCDs. Globally, from 2000 to 2016, the probability of dying from cardiovascular diseases, cancer, diabetes and chronic lung diseases has declined from 22% to 18%. Additionally, there has been a roughly 2% decrease in both tobacco smoking and heavy episodic drinking among people 15 years of age or older, and a 1% reduction in the prevalence of high blood pressure. However, these changes fall short of global NCD targets. Physical inactivity in adults remains unchanged and the prevalence of diabetes and obesity in adults have increased.

141- All of the following are among the behavioral risk factors EXCEPT

- a) harmful nutrition
- b) the use of tobacco
- c) physical activity
- d) alcohol abuse

142- The writer has mentioned "formal education" to remark that it NCDs.

- a) enables one to avoid risk factors of
- b) acts as a risk factor to increase
- c) works against side-effects of
- d) stimulates brain to inhibit

143- According to the passage, air pollution can be considered as a

- a) protective factor for cognitive stimulation
- b) risk factor resulting in depression.
- c) factor contributing to dementia
- d) stimulating factor for obesity

144- Which statement is true about the global prevalence of NCDs?

- a) There has been no progress in reducing the prevalence of NCDs.
- b) All NCDs have declined significantly from 2000 to 2016.
- c) High blood pressure has increased but obesity has not.
- d) There has been an increase in adult diabetes.

145. The writer of the above passage believes the Global Action Plan has

- a) failed to reach the standards so far
- b) been successful in combating alcohol abuse.
- c) helped 22% of smokers to prevent dementia
- d) declined dementia in 18% of those drinking alcohol

Passage 2

People with chronic environmental allergies may want to try immunotherapy, which gradually acclimates the body to allergens through a series of injections. It is "one of the few ways that we as physicians can actually change your immune system," Wedner says. But immunotherapy is not a quick-and-easy solution. It requires weekly shots for about six months, followed by years of less-frequent maintenance shots.

Studies show that about 85% of people get at least some relief from immunotherapy, but some patients eventually relapse and others do not respond at all. Researchers are not totally sure why, but it is likely in part because there is no commercially available test to determine exactly which protein within an allergen is causing someone's symptoms. "Even if you have 10 people who all have dust-mite allergies," de Vos says, "their allergies may be very different."

"Without granular testing, it is impossible to create an individually tailored immunotherapy regimen", de Vos explains. "Such tests are in development, but it is not clear if or when they'll be used clinically", de Vos says. Immunotherapy using pills that dissolve under the tongue, instead of shots, is now available for dust- mite and grass allergies, and studies have shown that this method can be effective. The caveat, Sokol says, is that people who are allergic to many things may still experience symptoms, since the pills are specific to dust or grass. Research has also shown that injecting allergens directly into the lymph nodes can be effective.

146- According to the passage, immunotherapy.....

- a) easily resolves immune-compromised system
- b) usually acclimates the body to dust allergens
- c) requires lifelong allergy shots and pills
- d) can tailor the body to allergens

147- Which of the following is true after immunotherapy?

- a) Around 85% of people are not responsive to it.
- b) Majority of patients show some improvement.
- c) About 85% of people ultimately relapse after it.
- d) Few number of patients show some type of relief.

148- Which of the following is NOT true?

- a) Allergy differs in different individuals."
- b) Granular testing is available and in use.
- c) Individualized regimen typically depends on granular testing."
- d) Responsible proteins causing allergy can hopefully be detected.

149- According to the passage,

- a) allergen shots are specific to dust-mite allergens
- b) shots in the lymph nodes are less effective for grass allergies
- c) pills are specifically developed for different forms of allergies
- d) pills could still leave allergic individuals with some symptoms

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

- a) immunotherapy has gained considerable achievements
- b) immunotherapy should address each individual differently
- c) the available tests are already commercially promoted
- d) individuals should tailor themselves to the available tests

Passage 3

Brain health includes the proper functioning of one's cognitive, sensory, social-emotional, behavioral, and motor activities, allowing a person to realize his/her full potential over the life course. Unfortunately, medical conditions affecting the brain initiate disruptions in brain growth, damage to brain structure and/or impaired brain functioning, either present at birth or afflicting a person later. The global burden of these conditions amounts to over 70% of the burden in low- and middle-income countries. These are the leading cause of disability adjusted life years (DALYs) and account for 9 million deaths per year.

The largest contributors of neurological DALYS in 2016 were stroke (42.2%), migraine (16.3%), dementia (10.4%), meningitis (7.9%), and epilepsy (5%). Parkinson's disease, propelled by an increasingly ageing population, is the fastest growing neurological disorder. Premature birth, neonatal encephalopathy, and neuro-infections contribute substantially to high disease burden in South-East Asia and Africa. Despite the large burden, only 28% of low-income countries have a dedicated policy for neurological diseases in comparison with 64% of high-income countries, originating from insufficient resources with unacceptably high treatment gaps for neurological conditions. For example, in low- and middle-income countries, there are only three adult neurologists per 10 million people, while high-income countries have approximately 160 times more. Countries, therefore, should develop strategies to reduce associated mortality, morbidity and disability.

151- According to the passage,....., in the presence of brain health.

- a) maximum capacity of the brain can be achieved
- b) cognitive and motor functions are disturbed
- c) the person will be afflicted with disabilities
- d) a person is allowed to initiate disruptions

152- According to the passage,..... of the global burden of brain conditions is imposed on high-income countries.

- a) almost all
- b) nearly half
- c) around two thirds.
- d) less than one third

153- It can be inferred from the passage that the contributors of neurological DALYS (2016) may in the future.

- a) reverse in middle- and high-income countries
- b) remain unaffected in South-East Asia and Africa
- c) include other diseases such as Parkinson's disease
- d) be subjected to change only in South-East Asia and Africa

154- According to the passage, inadequate policies for neurological diseases in some countries are the result of

- a) unavailability of funds
- b) existence of disabilities
- c) reduced mortality and morbidity
- d) large number of treatment options

155- The writer closes the passage by

- a) reminding governments of their roles in reducing the disease burden
- b) comparing the situations in low-income and high-income countries
- c) providing practical solutions to reduce mortality and morbidity
- d) complaining about lack of resources in low-income countries

Passage 4

Some of the leading causes of sight loss affect the part of the eye called the retina. Supplementation with a certain type of omega fatty acid known as docosahexaenoic acid, or DHA, can reduce the incidence of retinal disease; however, improving DHA levels in the retina is challenging due to the retina-blood barrier. A group of researchers have now shown that a different form of DHA they have developed can enter the retinal tissue at least in mice. If the same effect is shown in humans, the supplement could be used to reduce risk and potentially even treat some retinal diseases. Loss of sight is believed to have a global cost of 411 billion dollars annually due to medical and care costs, as well as lost work and productivity, according to the World Health Organization. Age-related macular

degeneration and diabetic retinopathy both affect the retina, which is found at the back of the eye and contains many light-sensitive cells which allow us to see. Age-related macular degeneration affects the macula -a part of the retina - and results in central vision being blurred. Meanwhile, diabetic retinopathy is seen in patients with both type 1 and type 2 diabetes and is caused by high blood sugar levels affecting blood flow to the retina, and if untreated, can cause blindness.

156- According to the passage, which statement is true?

- a) DHA, a type of omega fatty acid, treats retinal diseases.
- 5) DHA penetration into the human retina remains a challenge.
- e) Scientists have been successful in treating retinopathy in mice.
- d) Age-related macular degeneration leads to diabetes types 1 and 2.

157. How can the omega fatty acid supplement influence humans?

- a) Its positive effect on vision has not yet been proven.
- b) It puts the retina and the underlying tissues at risk.
- c) It can adversely affect the blood flow to the retina.
- d) It can reduce the likelihood of retinal illnesses.

158- Which of the following is NOT involved in the high yearly cost of sight loss?

- a) Loss of productivity
- b) Cost of special diet
- c) Special care costs
- d) Medical costs

159- What is the ultimate impact of age-related degeneration on the macula?

- a) It deactivates light-sensitive cells.
- b) It reduces the retinopathy risks.
- c) It blurs the central vision.
- d) It destroys the retina.

160- According to the passage, which of the following is NOT true?

- a) Diabetic retinopathy emerges because of the high blood sugar levels.
- b) Adult-onset diabetes reduces the chances of diabetic retinopathy..
- c) Untreated diabetic retinopathy can ultimately lead to blindness.
- d) Diabetic patients can have signs of diabetic retinopathy.

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

نوبت جمعه صبح

Part one: Vocabulary

Directions: Complete the following sentences by choosing the best answer.

121 - The patient with a severe pain in his right index finger had suffered a/an and needed a cast.

- a) fracture b) laceration c) bruise d) incision

122- As an important part of their duties, nurses are expected to recognize and then properly patients' emotional stress.

- a) initiate b) alleviate c) exacerbate d) complicate

123- Long after the disease onset, the patient's symptoms still mainly because she avoids seeking medical advice.

- a) abate b) recede c) subside d) persist

124- Never count on his ideas; he often his former opinions and expresses new ones.

- a) recedes from b) insists on c) adheres to d) ascends to

125- She had a terrible accident; she is alive because of the action of the two ambulance men.

- a) prompt b) sluggish c) lethargic d) hesitant

126-Japan is an country, providing patients with high quality and luxurious healthcare services.

- a) affluent b) afflicted c) aggressive d) amiable

127-Diagnosed with cancer, the patient showed a behavior, a mixture of sophisticated but childlike behaviors.

- a) peculiar b) typical c) regular d) genial

128-The dendrites are the axonal ends of other neurons, with no other tissues in between.

- a) adjacent to b) distant from c) auxiliary to d) distorted by

129-Admission of too many patients in a short time period can result in the of the health system as we have a limited number of personnel and facilities.

- a) acknowledgement b) collapse c) invigoration d) retrieval

130- Scientists warn that the significant increase in the number of polluted days in Tehran signals a(n)..... rise of deaths due to cancer in the years to come.

- a) imminent b) trivial c) negligible d) marginal

131- Sound was more..... through the use of defective hearing aids.

- a) induced b) distorted c) pursued d) simulated

132 - Vitamins can cause some complications if they the recommended daily dosage.

- a) provoke b) exceed c) mediate d) maintain

133-The engineer stressed that the insulating material should be..... in water.

- a) impermeable b) insatiable c) unsaturated d) inflammable

134 - The patient had difficulty breathing that was originally left upper lobe pneumonia.

- a) deviated from b) mal-adjusted to c) attributed to d) excluded from

135- Marking World Malaria Day, the World Health Organization has issued a increased implementation of new and existing interventions to save lives from malaria.

- a) call for b) halt for c) cessation of d) pause to

136-Nowadays, doctors believe minimally..... surgeries are generally less risky than traditional ones as they involve smaller surgical cuts.

- a) indicative b) invasive c) infective d) intensive

137 - Without the results of the blood test, the doctor could only make a/an diagnosis.

- a) exclusive b) conclusive c) comprehensive d) tentative

138- When a drug is not effective enough, its effect can be..... by the administration of another drug at the same time.

- a) eliminated b) potentiated c) relieved d) declined

139 - As there are no cures for some diseases, their is not favorable and the patients are more susceptible to premature death.

- a) diagnosis b) detection c) eradication d) prognosis

140-The groundbreaking discoveries in the field of nanotechnology have..... fresh ideas and policies in medical sciences.

- a) delivered b) postponed c) invaded d) confined

Part two: Reading Comprehension

Directions: Read the following passages carefully. Each passage is followed by some questions. Complete each question with the most suitable choice (a, b, c, or d). Base your answers on the information given in the passage only.

Passage 1

We are all looking for that sweet spot when it comes to fitness, that ephemeral balance between working out 100 much and not working out enough. Finding **it** can be tricky. Some people wonder if it is bad to exercise daily. The answer is yes and no, it depends on how you define working out. It is generally advisable to **move** every single day. When we move our bodies, oxygen and nutrients are delivered to tissues and the cardiovascular system works more efficiently during daily tasks. But moving every day does not necessarily mean "working out". What daily movement looks like for each person will, and should, vary.

If you are concerned whether you need to do a sweat-inducing workout every single day, then the answer is no. People are often intimidated by committing to a healthy lifestyle because they think that means intense exercise every day, but your workout plan may also include 20 minutes of walking, stretching, foam rolling or gentle yoga. In fact, at the maximum, it is recommended to do strength training three times a week for 30 minutes and cardio exercise five days a week for 30 minutes. Of course, if you are an athlete or training for a race, your workout schedule may be more intense than this.

141 - What does the underlined pronoun "it" (paragraph 1) refer to?

- a) ephemeral balance
- b) enough working
- c) working out
- d) sweet spot

142- The author is primarily concerned with

- a) exercises bad for your health
- b) consequences of overexercising
- c) how much exercise is needed for individuals
- d) what benefits physical activity has for individuals

143- "If you are concerned whether you need to do a sweat-inducing workout every single day" means that you are.....

- a) certain that a sweat- inducing workout is required
- b) at a dilemma to think of workouts as regular activities
- c) told that a sweat- inducing workout should be truly employed
- d) recommended to do a sweat-inducing workout every single day

144-The underlined word "move" is closest in meaning to

- a) do some heavy exercise everyday
- b) work out after daily tasks regularly
- c) take action when things are out of control
- d) do basic daily tasks with a continuous motion

145- According to the passage, people are

- a) frightened when constrained by a healthy lifestyle in practice
- b) shocked when they are constantly exposed to health risks
- c) highly committed when following an unhealthy lifestyle
- d) more active when taking on healthy life styles

Passage 2

Vaccination is considered the most successful and valuable medical intervention ever introduced. The bitter truth, however, is that although vaccines keep people healthy and save money, fewer and fewer pharmaceutical companies invest in the development of new vaccines. Rather, their investment dollars are channeled disproportionately to new drug therapies in areas such as oncology, immunology, inflammation, and cardiovascular, metabolic, and neurodegenerative diseases, for which the return on investment tends to be higher and more predictable than for vaccines. How did we end up in this situation, in which the allocation of resources is increasingly skewed against vaccines? The problem lies partly in the cost-effectiveness approach, which typically accounts for averted medical care costs and loss of parental work time to care for sick children and not the full benefits of health to such items as lifetime income and wealth accumulation, and its economic spillover effects on the broader society. However, understanding the value of vaccines to our society and taking this value properly into account in the allocation of resources to vaccine development are both essential to realizing the continuing contribution vaccines can make to human well-being and progress.

146- The allocation of resources in the field of medicine tends to be in

- a) the development of new vaccines
- b) vaccine-induced medical interventions
- c) novel medicinal treatments for different diseases
- d) the establishment of new pharmaceutical companies

147- The investment in vaccine development

- a) benefits from the disproportionate resource allocation
- b) helps keep people healthy and save money
- c) jeopardizes human well-being and progress

d) causes averted medical care costs

148-The writer uses the expression "bitter truth" to show.....

- a) drug companies' preference for investment in pharmaceutical treatments
- b) pharmacists' concern about research in vaccine-based diseases
- c) drug companies denial of the effectiveness of drug therapies
- d) allocation of resources to vaccine development

149 The passage is primarily concerned with.....

- a) consequences of missing vaccination
- b) diverse approaches in pharmacology
- c) demerits of vaccine development practices
- d) resource allocation in vaccine and drug therapies

150-The author believes that

- a) resource allocation should be made with an eye for values of vaccines
- b) parental work time should be addressed in vaccine development
- e) drug companies tendencies for therapies are cost-effective
- d) medicinal intervention can contribute to wealth growth

Passage 3

The monkeypox virus is an orthopoxvirus that causes mpox (monkeypox), a disease with symptoms similar to smallpox, although less severe. While smallpox was eradicated in 1980, mpox continues to occur in countries of Central and West Africa. Since May 2022, cases have also been reported from countries without previously documented mpox transmission outside the African region. Two distinct clades of the monkeypox virus have been identified: Clade I (previously known as the Congo Basin (central African) clade and Clade II (the former West African clade). Mpox is a zoonosis, a disease that is transmitted from animals to humans, with cases often found close to tropical rainforests where there are animals that carry the virus. Evidence of monkeypox virus infection has been found in animals including squirrels, Gambian pouched rats, dormice, different species of monkeys and others. The disease can also spread from humans to humans. It can be transmitted through contact with bodily fluids, lesions on the skin or on internal mucosal surfaces, such as in the mouth or throat, respiratory droplets, and contaminated objects. Detection of viral DNA by polymerase chain reaction (PCR) is the preferred laboratory test for mpox. The best diagnostic specimens are taken directly from the rash skin, fluid or crusts, or biopsy where feasible. Antigen and antibody detection methods may not be useful as they do not distinguish between orthopoxviruses.

151-Smallpox

- a) equals in severity to the monkeypox
- b) is widespread in certain African countries
- c) is an asymptomatic form of the monkeypox
- d) manifests more serious symptoms than the monkeypox

152- Central and West Africa are.....

- a) declared as mpox-free regions
- b) the locations to which mpox transmission is limited
- c) the locations reporting mpox cases even nowadays
- d) famous for having three important clades of the monkeypox

153-A zoonosis is.....

- a) reportedly confined to tropical rainforests
- b) considered as a subcategory of monkeypox
- c) a disease transmitted from animals to humans
- d) a disease transmitted from humans to humans

154-Which of the following is true about mpox?

- a) This disease can be spread through intact skin.
- b) Humans can transmit monkeypox among each other.
- c) Contaminated materials cannot lead to monkeypox transmission.
- d) Lesions on internal mucosal surfaces can help treat the disease.

155-Antigen and antibody detection methods for mpox is not preferred because in these methods.....

- a) polymerase chain reaction is merely used for bacterial diseases
- b) orthopoxviruses cannot be differentiated from each other
- c) taking diagnostic specimens from the rash is not effective
- d) it is not feasible to obtain specimen

Passage 4

The effects of a heart attack are often permanent, as the heart tissue cannot regenerate, unlike some other tissues. This means that despite somebody surviving a heart attack, the damage done could cause problems or death in the years following the event. Regenerating heart tissue to allow damaged heart tissue to be treated is a hot topic in research. Now researchers have discovered a mechanism that allows them to treat heart tissue in mice, before a heart attack, in a way that provides protection months later. Although most people survive a heart attack initially, the risk of death significantly increases over the following years. In fact, 65% of people who have a heart attack over the age of 65 die within eight years of the initial incident. This is at least partly because while a person may survive an initial heart attack, the heart attack itself, which leads to the heart tissue being deprived of oxygen and then dying, does not regenerate in adult humans. In a recent animal study, researchers identified a mechanism that allowed them to treat heart tissue and make healthy mice's hearts more resilient before a heart attack.

156- According to the passage,

- a) heart tissue is able to regenerate after a stroke
- b) heart tissue is more vulnerable to future attacks than other tissues
- c) people experiencing heart attack will survive another attack
- d) the treatment for a heart attack has significantly improved

157- According to the text, heart tissue during a heart attack.

- a) becomes resistant to future heart attacks
- b) regenerates gradually.
- c) regenerates and survives
- d) gets deprived of oxygen and then die

158 - What did researchers find out in the recent animal study?

- a) A mechanism that could be utilized to restore oxygen
- b) A way to restrict the lifespan of mice
- c) A method to suspend heart tissue regeneration
- d) A mechanism to help the mice's heart resist future attacks

159-The significance of the animal study was to discover a

- a) new way to treat heart damage in animals
- b) new trend for heart failure in humans
- c) method to prevent heart tissue morbidity
- d) method to introduce a hot topic in research

160- According to the passage,

- a) more than half of people instantly die after initial heart attack
- b) people over 65 are more likely to die within 8 years after the attack
- c) 65% of patients with heart attack survive only for 8 years
- d) experiencing heart attack in patients in their late 60's is more than 65%

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

نوبت جمعه عصر

Part one: Vocabulary

Directions: Complete the following sentences by choosing the best answer.

121. The drug side effects can..... asthma and cause choking and impaired lung function, particularly in people who exercise.

- a) recuperate b) exacerbate c) eradicate d) mitigate

122. The lack of sufficient..... care can result in preterm birth with numerous problems.

- a) natal b) neonatal c) antenatal d) postnatal

123. There was nothing the doctors could do; the paralysis was complete and.....

- a) irrelevant b) alleviated c) irreversible d) fragmented

124. After taking the medication, she was so....., confused and dizzy that her mother had to walk her to her room.

- a) disoriented
b) dissatisfied
c) discouraged
d) disappointed

125. In recent years, the number of applicants for the School of Medicine has the vacant positions, and countless number of people have applied for the limited number of vacancies.

- a) surpassed
b) endorsed
c) propagated
d) diminished

126. People with diabetes and cardiac disorders are more Covid-19.

- a) adjacent to
b) innocuous in
c) susceptible to
d) vigorous in

127. Many scholars questioned the theory proposed by professor Richards as it was based on rather..... evidence.

- a) persuasive
b) credible
c) cogent
d) scanty

128. The physician examined the patient and prescribed him a nasalto help him breathe more easily.

- a) decongestant
b) decontaminant
c) disinfectant
d) surfactant

129. When the police arrived at the scene of the accident, the ambulance crew had already started..... the injured.

- a) attacking at
b) tending to
c) looking down at
d) ridiculing

130. A simple, very thin, and pliable sheet of tissue that might cover an organ,a cavity, or separate structures is a membrane.

- a) perforate
- b) rupture
- c) line
- d) burst

131 . Water is also used in industry as a, that is, it can help prevent machines from wearing out when their parts move against each other.

- a) relaxant
- b) deodorant
- c) detergent
- d) lubricant

132 . The high rate of pulmonary infections among the elderly indicated that, compared to the young adults, they are more the disease.

- a) resilient to
- b) vulnerable to
- c) resistant against
- d) opposed by

133 . Women whose diet is lacking in iron may suffer iron....., and are strongly advised to avoid caffeinated drinks like tea.

- a) adequacy
- b) complacency
- c) deficiency
- d) intimacy

134. There was no post-operation mark on patient's body as the surgeon had exercised huge..... in performing the operation.

- a) precision
- b) decision
- c) immersion
- d) submission

135. Working hard is important in any job, but overworking canyour health.

- a) maintain
- b) jeopardize
- c) elevate
- d) enhance

136. In order to make money, food companies are more.....maximizing profit rather than creating a demand for healthier products.

- a) critical about
- b) tentative about
- c) reluctant towards
- d) geared towards

137. Unfortunately, it is believed that certain foods such as cultured dairy products may..... the migraine attacks among those who have hypertension.

- a) deactivate
- b) trigger
- c) hinder
- d) quit

138. While most cancer cells are....., some cannot be neutralized even with radiation and chemotherapy.

- a) aggressive
- b) threatening
- c) alarming
- d) benign

139. Open heart surgery normally takes about three to six hours, provided that no arises.

- a) regurgitation
- b) retrospection
- c) complication
- d) gestation

140. If one is.....radiation for a long time, she/he might develop other complications.

- a) exposed to
- b) tranquilized by
- c) pacified with
- d) relieved by

Part two: Reading Comprehension Directions: Read the following passages carefully. Each passage is followed by some questions. Complete each question with the most suitable choice (a, b, c, or d). Base your answers on the information given in the passage only .

Passage 1

For individuals experiencing cognitive changes, it can become increasingly difficult to communicate unmet needs. If these needs remain unaddressed, it is common for them to be expressed through different aggressive behaviors such as spitting, hitting, or engaging in sexually inappropriate behavior. These behaviors can be troublesome in long-term healthcare centers and affect the quality of life of the person as well as fellow residents. Rather than immediately looking to pharmacological answers, providers can have a positive impact on these residents' mental health by offering personalized engagement, so they can live meaningfully. There are many non-drug options that can boost health and well-being. For example, a 'social prescription' is something that senior care professionals can use to propose non-drug solutions based on personal lifestyle and history. These types of "prescriptions" are affordable and can be even more efficient than medicine. A social prescription considers what a person can really do and offers opportunities to improve welfare. Of course, it can be challenging to address unwanted behaviors. However, you are advised not to give up on trying to figure out the fundamental reasons and making adjustments to reduce a disruptive behavior, since that behavior is a sign of distress in the resident. It often takes considerable time and patience, but it can make a significant difference in the resident's quality of life .

141. According to the passage, the main reason for individuals' aggressiveness is.....

- a) anxiety and stress
- b) impaired social skills
- c) traumatic experiences
- d) unfulfilled demands

142. It can be inferred from the passage that a social prescription CANNOT be based on.....

- a) current abilities
- b) future tendencies
- c) personal background history
- d) individual preferences

143. Which statement can be correct about the solution to disruptive behaviors?

- a) Care providers need to offer solutions beyond medicinal options.
- b) Answers to aggressive manners are determined
- c) Care providers cannot insist on remediating the antisocial behaviors
- d) Providers with general engagement strategies can best control aggression.

144. Unwanted behaviors can best be resolved if.....

- a) the primary causes are identified
- b) the present conditions are maintained
- c) the underlying reasons are overlooked
- d) the person's life expectancy is considered

145. The author of the passage is most probably a.....

- a) physician
- b) physiatrist
- c) psychologist
- d) pharmacologist

Passage 2

Keto's main mechanism of action is via prompting the body to switch into a different energy-forming process using fat rather than simple carbohydrates (such as glucose and fructose) and complex carbohydrates as its primary source for fuel. When the liver starts breaking down fats, it starts producing chemicals called ketones. When the level of ketones in the blood reaches the appropriate level, and the body relies on fat, for energy, it enters a metabolic state called ketosis. When you have restricted carbohydrates, or just insufficient calories, you will start generating ketone bodies instead of glucose, and your body will use these ketones for fuel. The keto diet, in a sense, triggers a protective response much like exercise does to muscles. As a result, it reduces inflammation, oxidative stress, and sensitivity within the nervous system - all of which can help with managing chronic pain. It isn't always necessarily a stress-inducing state' for the body when it produces ketones, and evolutionarily, humans have experienced this state quite frequently when there was less available food. The body can start generating ketones even in a relatively short duration of insufficient calories or restricted carbohydrates. A ketogenic diet works in many ways, on many different cellular processes, and tissues in the body. And that makes it difficult to study and nail down what the mechanism is; however, this makes it very powerful in that it has a number of different mechanisms .

146. Which of the following is true about keto diet?

- a) It uses glucose as the main fuel for the body.
- b) It accelerates fructose consumption in the body.
- c) It prompts the use of different forms of carbohydrates.
- d) It changes the body fuel from carbohydrate into fat.

147. Ketosis is a state when.....

- a) carbohydrates intake increases.
- b) calorie intake is restricted.
- c) the body replaces ketones by fructose.
- d) the liver breaks down glucose.

148. Ketones are generated when the body.....

- a) is deprived of carbohydrates.
- b) stores different forms of fat.
- c) is depleted with ketones after exercise.
- d) burns fat and different types of carbohydrates.

149. The writer has mentioned the human evolution to remark that ketones.....

- a) are generated in a state of high carbohydrate intake.
- b) are generated when humans face inadequate calorie intake.
- c) were generated as a result of human evolution.
- d) had a vital role in the evolution of humans.

150. The writer believes ketogenic diet is.....due to its multiple mechanisms.

- a) frequently taken
- b) inadequately generated
- c) effective
- d) restrictive

Passage 3

COVID-19 caused the loss of millions of lives and the expenses as high as trillions of dollars across the world. In fact, the emergence of the SARS-CoV-2 virus underscored the need to adopt "the One Health approach", emphasizing our connections to the environment. "One Health" is an integrated, unifying approach that aims to sustainably balance and optimize the health of people, animals, and ecosystems altogether. It recognizes that the health of humans, domestic and wild animals, plants, and the wider environment (including ecosystems) are closely linked and interdependent.

By linking humans, animals, and the environment, "One Health" can help to address the full spectrum disease control (from prevention to detection, preparedness, response, and management), and contribute to global health security. Having the "One Health approach" in place facilitates understanding the co-benefits, risks, trade-offs, and opportunities to advance equitable and holistic solutions. In the aftermath of the COVID-19 pandemic, we have an unprecedented opportunity to strengthen cross-sectoral collaboration, to increase policy coordination and coherence supported by a more systematic use of robust scientific evidence, and to promote the development of integrated indicators and safeguards to address upstream drivers of the disease, with a focus on prevention. These efforts will contribute to the prevention of future pandemics and help to build more resilient systems, environments, economies, and societies.

151. According to the passage, the one health approach recognizes the.....

- a) mutual effects of our health, the environment, and plants
- b) balance between the lives of humans and animals
- c) preservation of the environment by human beings
- d) priority of the health of human beings

152. According to the passage, the COVID-19 pandemic is stated to be a/an.....as far as the advantages of policy reconsideration are concerned.

- a) commonplace occasion
- b) exceptional opportunity
- c) hazardous situation
- d) ordinary experience

153. According to the passage, if One Health approach is established, one can expect by comprehending its advantages and relevant opportunities.

- a) scientific evidence
- b) restricted collaboration
- c) unbiased solutions
- d) deficient opportunities

154. The author of the passage reminds the reader of to fortify the cooperation between various sections within the health system after the Covid-19 pandemic.

- a) inadequate systems
- b) exceptional chances
- c) scientific imperfections
- d) cross-cultural cooperation

155. The author closes the passage with..... about prevention of future pandemics.

- a) futile actions
- b) uncertain remarks
- c) suspicious comments
- d) optimistic attempts

Passage 4

Assistive technology enables and promotes inclusion and participation, especially of persons with disability, aging populations, and people with non-communicable diseases. The primary purpose of assistive products is to maintain or improve an individual's functioning and independence, thereby promoting their well-being. People are enabled to live healthy, productive, independent, and dignified lives and to participate in education, the labor-market and civic life. WHO estimates that today 2.5 billion people need one or more assistive products such as wheelchairs, hearing aids, or apps that support communication and cognition. With a global aging population and a rise in non-communicable diseases, this number will rise beyond 3.5 billion by 2050, with many older people needing two or more products as they age. Examples of assistive products include hearing aids, wheelchairs, spectacles, prostheses, and devices that support memory, among many others. While supporting independence and well-being, these products can also help to prevent or reduce the effects of secondary health conditions, such as lower limb amputation in people with diabetes. They can also reduce the need and impact on careers and mitigate the need for formal health and support services. Moreover, access to appropriate assistive products can have a tremendous impact on community development and economic growth.

156. Assistive products mainly aim at

- a) promoting education and labor market
- b) facilitating one's involvement in civic life
- c) reducing the incidence of non-communicable diseases
- d) confining an individual's functioning and independence.

157. Which of the following is an example of an assistive product that supports cognition.....

- a) Spectacles
- b) Prostheses
- c) Wheelchairs
- d) Memory aids

158. Which of the following is the outcome of employing assistive devices?

- a) influencing economic development
- b) providing tremendous job opportunities
- c) mitigating the need for formal education
- d) decreasing aging population worldwide

159. The writer has mentioned "patients with diabetes" to give an example of the effect of assistive products on.....

- a) preventing developing diabetes
- b) losing one's dignity and career
- c) reducing secondary health conditions
- d) delaying the natural process of aging

160. According to the passage, the demand for assistive products will increase due to an increase in the number of.....

- a) educated people
- b) amputated individuals
- c) labor markets
- d) the elderly

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

