

سوالات زبان آزمون ارشد وزارت بهداشت سال ۱۴۰۳

فایل سوالات

نوبت پنج شنبه صبح

Part one: Vocabulary

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

121- After the accident, the orthopedist told her that she would have to wear a sling because of her.....shoulder.

- a) dislocated
- b) resonated
- c) discarded
- d) restored

122- I twisted my right ankle; it was so..... that it was twice the size of my left one.

- a) fractured
- b) inflamed
- c) fragile
- d) tender

123- Her work on finding a cure for cancer has been widely profession..... her colleagues in the medical profession; everybody appreciated her achievements.

- a) intermingled with
- b) hindered by
- c) acclaimed by
- d) confronted with

124 - If you are feeling..... again, which makes you lose your balance, lie down and call me.

- a) obedient
- b) convenient
- c) serious-minded
- d) light-headed

125- Contrary to general anesthesia, only specific parts of the body are..... in local anesthesia.

- a) paralyzed
- b) numbed
- c) amputated
- d) detained

126- Psychologists recommend people to express their emotions because.....one's feeling may cause both mental and physical problems.

- a) suppressing
- b) suffocating
- c) inflaming
- d) displacing

127 – Providing..... treatment has been associated with emotional distress and potentially unavoidable costs.

- a) futile
- b) fulfilling
- c) promising
- d) responsive

128 - The start of the new project seems to be economically.....; I am sure the project will be successful.

- a) detrimental
- b) impoverished
- c) altruistic
- d) viable

129 - The government should take measures to monitor the authorities who have..... regard for the safety of future generations.

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

130- It is also a social crisis, as the spectacle of..... and impoverished health, educational, welfare and other social services attest.

- a) promising
- b) dwindling
- c) flourishing
- d) enduring

131- In this device, the water evaporates,..... the air going into the user's nasal cavity, mouth, and throat.

- a) suffocating
- b) terminating
- c) contaminating
- d) humidifying

132 - Sugary foods are especially..... for older people who are predisposed to diabetes mellitus.

- a) hazardous
- b) permissive
- c) nutritious
- d) curative

133 - In societies characterized by extreme inequality, the effects of unequal citizen involvement may actually..... the inequitable provision of public security.

- a) exacerbate
- b) commence
- c) palliate
- d) revive

134- In fact, through irrigation, the microorganisms present in the water can..... crops, pass into the food chain, and eventually infect humans.

- a) vibrate
- b) fluctuate
- c) generate
- d) contaminate

135 - The dogs were.....or made unconscious with a dart gun and taken to a shelter.

- a) tranquilized
- b) amputated
- c) distressed
- d) exploited

136- Two weeks after his illness, the President resigned. This book discusses his illness andresignation from politics.

- a) preceding
- b) subsequent
- c) unfounded
- d) irrational

137 - Left out of the fridge for a long time, bread and many other foods can easily go and should be avoided as they can be cancerous.

- a) wholesome
- b) moldy
- c) plain
- d) nutritive

138- Even though the wound was not very deep, he was rushed into hospital because his blood wasn'tproperly.

- a) decomposing
- b) accumulating
- c) clotting
- d) terminating

139 - A male infant of 3.25 kg became breathless soon after birth and failed to.....

- a) collapse
- b) perish
- c) expire
- d) thrive

140 - The illness-wellness..... is an illustration that draws a connection between the treatment and wellness paradigms.

- a) outfit
- b) continuum
- c) possession
- d) precursor

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

Research has suggested there is a link between an acute episode of anger and an increased risk of heart attack. Researchers from Columbia University and other institutions wanted to tease out why. The investigators recruited 280 healthy young adults and randomized them into four groups: a control group that counted out loud for eight minutes and maintained a neutral emotional state, and groups who recalled events that made them angry, sad or anxious. Before they began, and at intervals for 100 minutes afterward, the researchers took blood samples and measurements of blood flow and pressure. The findings showed that anger may indeed affect the heart because of how it impairs blood vessel function. The researchers found blood vessels' ability to dilate was significantly reduced among people in the angry group compared with those in the control group. Blood vessel dilation was not affected in the sadness and anxiety groups. Dilation can be regulated by endothelial cells, which line the insides of blood vessels. By dilating and contracting, blood vessels slow down or increase the flow of blood to the parts of the body that need it. Further tests revealed that there was no damage to the endothelial cells or to the body's ability to repair any endothelial cell damage. The only issue was the dilation, the study found. Impairment of how blood vessels dilate is an early marker for

atherosclerosis, which is the buildup of fats and cholesterol, called plaque, on artery walls that make the arteries stiff. Atherosclerosis can lead to coronary heart disease, heart attack, stroke and kidney disorders.

141- A significant reduction was observed in blood vessel dilation in the..... group compared to the control group.

- a) sadness b) anxiety c) anger d) emotion

142 - According to the results of the investigation.....

- a) managing anger may be crucial for healthy blood vessel function and reduction of the risk of heart-related issues
b) anger management techniques are less effective in preventing heart attack compared to other interventions
c) sadness and anxiety are more closely linked to heart health than anger, calling for immediate management
d) compared to the effects of the genetic factors, the impact of anger on heart health is negligible

143 - The primary objective of the research by Columbia University and other institutions was to

- a) investigate the effects of various emotions on the heart rate
b) determine whether heart attack risk can stem from anger
c) study the impact of blood vessel dilation on blood pressure
d) examine the relationship between sadness and atherosclerosis

144 - What does the underlined pronoun "it" refer to?

- a) Heart b) Blood flow c) Blood pressure d) Anger

145 - Impaired blood vessel dilation and the subsequent atherosclerosis.....

- a) can directly and immediately lead to heart attack and stroke
b) are both early markers for coronary heart disease and stroke
c) are unrelated to the risk of coronary heart disease and stroke
d) increase the risk of kidney disorders, leading to heart attack

Passage 2

*Vaccine hesitancy' is a relatively new term used in research over the past few years to describe anyone who is doubtful about vaccinations or who chooses to delay or refuse immunizations even when they are readily available. Although there are no federal laws in America regarding vaccine administration, each state has laws in place dictating which vaccinations are required for children prior to entering schools. All 50 states allow medical exemptions for certain patients, such as those who are immune compromised or allergic to various vaccine components. Additionally, there are 30 states that allow exemptions for children whose parents cite religious reasons and 18 states that make special accommodations for those expressing philosophical reasons. States that have more lenient laws on vaccination requirements also have an increased rate of exemptions granted; this can lead to greater vulnerability in the population in terms of contracting preventable diseases. There have been a number of studies examining the reasons why parents refuse, delay, or are hesitant to vaccinate their children. In one such study, 77% of parents polled reported having concerns about one or more childhood vaccinations. Reasons expressed by parents vary widely but can be classified into 4 overarching categories. These categories are religious reasons, personal beliefs or philosophical reasons, safety concerns, and a desire for more information from healthcare providers. To equip pharmacists and other healthcare providers with an understanding of the most heavily cited reasons that influence parents not to vaccinate their children is crucial. This will better enable healthcare personnel to provide the education and awareness that patients' families need to make responsible immunization choices.

146 - What does the term 'vaccine hesitancy' refer to?

- a) Postponing or denying vaccines despite their availability
- b) Observing federal laws regarding vaccine administration
- c) Supporting mandatory vaccinations for children
- d) Being allergic to various vaccine components

147 - According to the text, medical exemptions are considered throughout the states for.....

- a) children whose parents are allergic to vaccines
- b) patients with weakened immune systems
- c) philosophers with special ideology
- d) religious people with beliefs against immunization

148 - What does the underlined word this refer to?

- a) decreased number of vaccination
- b) enactment of strict laws
- c) increased susceptibility to diseases
- d) contracting preventable disease

149 - All of the following are mentioned as reasons for vaccine hesitancy EXCEPT.....

- a) religious reason
- b) philosophical ideology
- c) healthcare cost
- d) insufficient information

150- What is the target of awareness raising program?

- a) Pharmacists
- b) Healthcare providers
- c) Healthcare personnel
- d) Families with safety concerns

Passage 3

"Living donation" is a complex therapeutic procedure, the responsibility for which is not only held by the patient requesting the transplantation, but is shared with the professionals performing the intervention. The professionals must assess whether the necessary technical and ethical requirements are met, and whether their participation in the intervention can be morally justified. The main ethical problem is to make sure whether it is morally justifiable to subject a healthy patient to a high-risk process so as to save a life or improve another patient's health. The main opposing argument is that the 'Non-maleficence' principle is violated even with the donor's consent. It is almost impossible to rule out a risk-free medical intervention, meaning that donor risks should be minimized so that the donor-recipient benefits overcome the risks. The donor's health status, the recipient's clinical situation, the surgical technique employed, and the surgical team's experience have an influence on transplant success probability; these are the factors for assessing the procedure's risk-benefit ratio and whether it can be ethically justified. Open nephrectomy donor mortality rate, as a case where the aforementioned factors are duly considered, is less than 0.03%, and the outcome and expected quality of life are similar to those of the general public. Furthermore, the introduction of minimally invasive surgical techniques (e.g. laparoscopic nephrectomy) has reduced post-operative morbidity, improving aesthetic results and shortening the time it takes for the donor to resume everyday activities. Nevertheless, the risks that the donor is subject to should be accepted by the scientific community, independently of the donor-recipient relation.

151 - According to the passage, the..... before performing a transplantation procedure.

- a) risks should outweigh the benefits
- b) patients should assess technical requirements
- c) medical team should assess the ethical issues
- d) the principle of non-maleficence should be violated

152 - The donor's consent for living donation..... the 'non-maleficence' principle.

- a) does not necessarily meet the requirements of
- b) constitutes the main opposing argument against
- c) eliminates the need for the observation of
- d) violates the donor's ethical adherence to

153 - Which of the following is in line with the author's view?

- a) Donation becomes morally justified only if an informed consent is obtained.
- b) It is ethically justified to put a healthy patient at risk to save another's life.
- c) An invasive technical procedure can determine the ethical issues.
- d) The donor's and the recipient's health risks should be minimized.

154- All of the following has a role in minimizing the risks of living donation, **EXCEPT** for the.....

- a) adopting minimally invasive surgical techniques
- b) assessing the benefit-risk ratio
- c) relying on the surgical team's experience
- d) stressing the donor's moral beliefs

155- The author has mentioned 'laparoscopic nephrectomy' to emphasize that.....

- a) this surgical technique has enhanced the outcome of the surgery
- b) it is ethically reasonable to adopt this technique for living donation
- c) despite its minimal risk, the donor is highly affected by the procedure
- d) if the donor and recipient are relatives, it is justifiable to use this procedure

Passage 4

Nanomedicine represents a growing field at the intersection of nanotechnology and medicine. One of the key applications of nanomedicine is in targeted drug delivery. Conventional drug delivery methods often suffer from limitations such as non-specific distribution, low bioavailability, and off-target effects. Nanoparticle-based drug delivery systems, however, can overcome these challenges by encapsulating drugs within biocompatible nanoparticles and guiding them to specific sites within the body. These nanoparticles can be engineered to target diseased tissues or cells, thereby enhancing therapeutic efficacy while minimizing systemic toxicity. Moreover, nanomedicine holds promise for improving imaging techniques in medicine. Nanoparticles with imaging agents attached can serve as contrast agents for various imaging modalities such as magnetic resonance imaging (MRI), computed tomography (CT), and fluorescence imaging. These nanoparticles enable high-resolution imaging of biological structures and pathological changes, facilitating early detection and accurate diagnosis of diseases. Furthermore, nanomedicine offers opportunities for personalized medicine by tailoring treatments to individual patients based on their genetic makeup, physiological parameters, and disease characteristics. Nanoparticle-based diagnostics and therapeutics can be customized to target specific molecular signatures associated with particular diseases, enabling precise and effective interventions.

156 -According to the passage, which of the following is NOT correct?

- a) Conventional drug delivery methods are often affected by imposed restrictions.
- b) Nanoparticles can be modified to target diseased tissues or cells.
- c) One can treat individual patients through changing their genetic makeup.
- d) High-resolution imaging of biological structures is achieved through nanoparticles.

157 - According to the text, the future of imaging modalities is promising since.

- a) the use of nanoparticles leads to high-resolution imaging.....
- b) nanoparticles attach contrast agents to serve as imaging modalities
- c) nanoparticles customize molecular signatures to effective interventions
- d) therapeutic efficacy together with systemic toxicity are minimized

158 - MRI, CT and fluorescence imaging are mentioned in the text as.....

- a) examples of imaging modalities in which nanoparticles induce better results
- b) instances of high-resolution biological structures and pathological changes
- c) means of facilitating pathological changes in the **personalized** medicine
- d) cases of specific molecular signatures and drugs within biocompatible nanoparticles

159 - According to the passage, nanomedicine contributes to personalizing medicine through.....

- a) standardizing treatment protocols for all patients
- b) minimizing patient involvement in treatment decisions
- c) reducing the use of diagnostic imaging techniques
- d) treating individuals with due consideration to human and disease features

160 - All of the following items can be used by nanomedicine to tailor treatments to individual patients EXCEPT.....

- a) physiological parameters
- b) distribution of drugs
- c) features of the disease
- d) genetic structure

121	a	131	d	141	c	151	c
122	b	132	a	142	a	152	a
123	c	133	a	143	b	153	d
124	d	134	d	144	d	154	d
125	b	135	a	145	b	155	a
126	a	136	b	146	a	156	c
127	a	137	b	147	b	157	a
128	d	138	c	148	a	158	a
129	a	139	d	149	c	159	d
130	b	140	b	150	d	160	b

نوبت پنج شنبه عصر

Part one: Vocabulary

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

121 - Her confidence has been slowly..... by repeated failures. She is now on drugs to increase her self-confidence.

- a) eroded
- b) deepened
- c) concealed
- d) burgeoned

122. The director's..... behavior has attracted many of the workers' attention, leading to more productivity.

- a) tactful
- b) mean
- c) uncharted
- d) offensive

123 - If you are allergic to this medication, your skin will get red and..... so you may need to scratch it frequently.

- a) itchy
- b) incised
- c) healed
- d) glossy

124 - It is impossible to forget such horrific events; they..... in the memory forever.

- a) subside
- b) linger
- c) stiffen
- d) decay

125- Although there is an increase in violent crimes by teenagers, this is not necessarily a sign ofof the younger generation.

- a) sophistication
- b) accomplishment
- c) sublimation
- d) decadence.

126- It took the inflicted ICU nurse several weeks to..... the COVID-19 disease.

- a) come down with
- b) give way to
- c) get over
- d) fall to

127. The soldier was..... the hospital with acute appendicitis

- a) rushed to
- b) crushed in
- c) wrapped up in
- d) brought up at

128- Getting lost in the woods and eating only plants for seven days, the boy became very..... and worn out.

- a) potent
- b) feeble
- c) vigorous
- d) confident

129- Future emphasis of agricultural policy should be maximizing rural household incomes rather than generating food.....

- a) shortages
- b) restrictions
- c) surpluses
- d) scarcity

130 -African-Americans are more likely to live in medically areas with inadequate primary care and support for effective diabetes self-care.

- a) deprived
- b) privileged
- c) empowered
- d) esteemed

131- Her cancer has been in..... for several years, so she does not need to take much medication anymore.

- a) progression
- b) transmission
- c) remission
- d) submission

132 - The chemical agent passes through the.....membrane to the solution.

- a) inflexible
- b) solidified
- c) permeable
- d) calcified

133- Heart attack risk factors include the.....lifestyle, reduced physical exercise, obesity, and smoking.

- a) sedentary
- b) restful
- c) spirited
- d) robust

134- Over time, the daily.....of dust particles less than ten microns in diameter can result in deadly fibrotic scarring of the lungs.

- a) expiration
- b) inspection
- c) purification
- d) inhalation

135 - Successful changes in living habits were largely responsible for the..... of malaria in this region.

- a) dissemination
- b) eradication
- c) prolongation
- d) reproduction

136 - Eventually, she managed to her shyness in class and gave an admirable presentation.

- a) reveal
- b) reinforce
- c) overcome
- d) exhibit

137 - As darkness increases, the pupils of the eyes..... to let more light reach the retina for better vision.

- a) contract
- b) constrict
- c) relapse
- d) dilate

138- Dieticians recommend eating red meat..... In fact, it should be used in small amounts.

- a) plentifully
- b) sparingly
- c) abundantly
- d) copiously

139. There is some..... that the newly distributed medicine might create an adverse effect on the hospitalized patients.

- a) applause
- b) delight
- c) apprehension
- d) optimism

140- Oncologists have shown that tumor requires serious attention, while it is still pot likely to result in death.

- a) malignant
- b) lethal
- c) benign
- d) fatal

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

Immunization is a paramount triumph in the realm of public health. It has been instrumental in preserving innumerable lives and substantially diminishing the impact of infectious maladies. The premise of immunization is straightforward: it entails introducing a debilitated or inactivated variant of a pathogen into the body to incite an immune response. This reaction subsequently leads to the production of antibodies, which can combat future infections by the same pathogen. Edward Jenner, a British physician, is often praised for developing the inaugural vaccine. In 1796, he discerned that milkmaids who had contracted cowpox were immune to smallpox, a lethal disease prevalent at the time. He postulated that the cowpox virus could confer immunity against smallpox. To corroborate his theory, Jenner inoculated a boy with cowpox pus and later exposed him to smallpox. The boy remained healthy, validating Jenner's hypothesis and paving the way for contemporary immunization. Vaccines have since been pivotal in controlling, and in some instances eradicating, numerous infectious diseases; for instance, extensive immunization campaigns culminated in the global eradication of smallpox in 1980. Similarly, polio, once a significant cause of disability and mortality, is now on the edge of eradication as a result of efficacious vaccines. Nonetheless, despite their proven efficacy, vaccines have been the subject of controversy and misinformation. Vaccine hesitancy, largely fueled by unfounded apprehensions and misconceptions, poses a significant threat to public health. It is imperative to remember that the benefits of immunization far outweigh the risks. Vaccines safeguard not only individuals but also communities by preventing the spread of infectious diseases.

141- According to the passage, Edward Jenner is often praised for.....

- a) eradicating smallpox
- b) discovering the cowpox virus
- c) developing the first vaccine
- d) introducing the concept of immunization

142- According to the text, Jenner inoculated the boy to.....

- a) validate his theory
- b) pave the way for modern immunization
- c) help him recover from cowpox
- d) help milkmaids with cowpox

143 - According to the passage,... is NOT a result of immunization.

- a) preventing infectious diseases
- b) eradicating certain diseases
- c) propagating vaccine hesitancy
- d) safeguarding against infectious pathogens

144- According to the passage, a special explanation of vaccine hesitancy is needed because it.....

- a) is a recent phenomenon that has not been thoroughly studied
- b) acts as a complex issue that cannot be easily comprehended
- c) is a contentious topic that converges public opinion
- d) presents a substantial risk to public health

145 - Why does the author mention the expression 'unfounded apprehensions and misconceptions' in the passage?

- a) To highlight the public understanding of vaccines
- b) To criticize the reasons for vaccine hesitancy
- c) To discuss the side effects of vaccines
- d) To argue against the use of some vaccines

Passage 2

Most chemotherapy treatments are given systemically, meaning they impact the entire body.

Antibody-drug conjugates deliver high doses of medicine directly to cancerous cells, which can help protect other cells in the body from the effects of chemotherapy. This, in turn, can reduce drug side effects and result in potentially more effective treatment. Funda Meric-Bernstam, MD, chair of the Department of Investigational Cancer Therapeutics at the MD Anderson Cancer Center at the University of Texas, told us that antibody-drug conjugates essentially work like this: An antibody that targets cancer cells is connected via a "linker" protein to a cancer-killing drug such as chemotherapy. When the medication is administered to a patient intravenously, it goes to the targeted cancer site, killing the cancerous cells without harming the non- cancerous ones. "Because this is more targeted therapy, we can give higher amounts of chemotherapy to the cancer cells," Meric-Bernstam said. "And, what's really exciting is that the new chemotherapy classes that are being developed are a lot more potent. Thus, with antibody-drug conjugates, we can give a lot higher concentrations of chemotherapy to the cancer cells than we would be able to if we delivered it through conventional chemotherapy IV, where all cells would see the same amount of the toxic agent." What's more, Meric-Bernstam said that newer generations of antibody-drug conjugates were also able to affect the neighboring cancer cells around a targeted tumor. This creates a "bystander effect" that can make the drugs more impactful.

146 - The main idea of the passage could be.....

- a) implementing systemic treatments in cancer therapy
- b) promoting antibody-drug conjugates as a promising advancement
- c) discussing various chemotherapy treatments and their effectiveness
- d) showing the superiority of chemotherapy treatments over targeted therapies

147- As to antibody-drug conjugates, linker protein.....

- a) directly kills cancer cells
- b) enhances the side effects of chemotherapy
- c) connects the antibody to the cancer-killing drug
- d) delivers the chemotherapy agent to non-cancerous cells

148 - About the potential impact of antibody-drug conjugates on future cancer treatments, it can be inferred that they.....

- a) may be effective for just few types of cancer
- b) might result in decreased survival rates for cancer patients
- c) could improve cancer therapy by reducing side effects
- d) may lead to an increase in the use of conventional chemotherapy

149 - The underlined pronoun "it" refers to.....

- a) linker
- b) antibody
- c) cancer
- d) protein

150- When antibody-drug conjugates are used, the..... allows for the delivery of higher concentrations of chemotherapy?

- a) use of a different administration route
- b) inclusion of fewer drugs in the treatment
- c) reduction of chemotherapy concentrations
- d) development of stronger chemotherapy classes

Passage 3

Public health, an interdisciplinary field dedicated to enhancing the health status and well-being of communities, is profoundly influenced by lifestyle determinants which encompass dietary habits, physical activity levels, and personal habits such as tobacco use and alcohol consumption. Each of these factors can either bolster health or precipitate diseases. A balanced diet replete with fruits, vegetables, lean proteins, and whole grains can mitigate the risk of chronic diseases such as cardiovascular disease and diabetes. Regular physical activity not only contributes to maintaining a healthy weight but also reduces the risk of various health conditions, including hypertension and osteoporosis. Conversely, detrimental habits such as smoking and excessive alcohol consumption can endanger a range of health problems, including respiratory diseases and hepatic damage. Despite the clear link between lifestyle and health, implementing changes on a large scale can be challenging due to factors such as socioeconomic disparities, cultural differences, and lack of access to health-promoting resources. Therefore, public health professionals must employ a multifaceted approach, addressing these barriers and tailoring interventions to the specific needs of different communities. Public health initiatives often focus on promoting healthy lifestyle choices to improve population health. However, the success of these initiatives is contingent upon their ability to effectively address the complex interplay of factors that influence lifestyle choices. This underscores the need for comprehensive, context-specific strategies to promote health and prevent disease in diverse populations.

151- The passage mainly.....

- a) discusses the impact of lifestyle on health and maintaining healthy choices
- b) criticizes public health initiatives for excessive focus on lifestyle determinants
- c) argues against the importance of some lifestyle determinants in public health
- d) elucidates the etiologies of hypertension and osteoporosis

152 - The challenges related to promoting healthy lifestyle choices are best described by the.....

- a) lack of public health initiatives
- b) economic inequity and cultural diversity
- c) differences in dietary habits and physical activity levels
- d) lack of professional interventions in public health

153 - The author mentions 'context-specific strategies' in the passage to suggest that.....

- a) all communities face the same barriers to implementing healthy lifestyle choices
- b) health strategies should be customized for each community's unique needs
- c) public health initiatives should have the same strategies for all communities
- d) lifestyle determinants totally overlap in various communities

154 - The passage implies that a multifaceted approach is needed in public health because.

- a) chronic diseases such as heart disease and diabetes are becoming more prevalent
- b) respiratory diseases and liver damage are common health problems in many communities
- c) lifestyle determinants alone are not enough to improve the health status and well-being of communities
- d) economic situations, culture, and health resources hindering lifestyle adoption are different in various societies

155 - According to this passage,.....

- a) public health initiatives should employ professionals developing multifaceted strategies worldwide.
- b) having a healthy diet and physical activity as well as avoiding alcohol and tobacco all promote health status.
- c) a one-dimensional measure addressing specific features of a community should be developed.
- d) strategies to remove cultural and social variations is the best approach to promote health status of societies.

Passage 4

With the never-ending debate over whether adults should be consuming milk at all, the question remains: Are adults shifting their drinking habits or sticking with traditional milk? According to a new poll of 1,746 US adults, 15.52% of respondents said they still tended to drink some type of milk at least occasionally. Yet, 31% rarely or never drank any type of milk. Interestingly, whole milk and 2% cow's milk emerged as the top choices preferred by 32% and 22% of respondents, respectively. On the other end of the spectrum, only 9% of the respondents opted for plant-based milk, with 54% favoring almond milk, followed by 24% choosing oat milk. Although milk offers nutritional and health benefits, there exist a variety of reasons why some adults do not drink any type of milk. The respondents who do not drink milk, express they do not like the taste of milk, and have allergy or digestive issues, such as lactose intolerance, when consuming milk. As for the taste of regular milk, even though the flavor is very mild, some people might find it unappealing. This dislike is related to the consistency, which is generally creamier than other beverages like water, tea or coffee. Additionally, given that as most people age they have a harder time digesting dairy products, this number appears lower than expected. In fact, about 36% of Americans and 68% of people in the world experience lactose intolerance. While milk is not considered essential for a well-balanced diet, all milk variations offer valuable nutrients.

156- What portion of adults in the US occasionally drink some kind of milk?

- a) Less than one-tenth
- b) Nearly half
- c) Less than one-fourth
- d) Almost two-thirds

157- Which of the following is true?

- a) Type of milk matters to grownups.
- b) Milk is necessary for a well-balanced diet.
- c) Hot milk does not cause enjoyment.
- d) Drinking milk treats lactose intolerance.

158- Among those who prefer non-dairy milk, what's the most favored kind?

- a) Oat milk
- b) Almond milk
- c) Traditional milk
- d) Mixed plant-based milk

159- What is a common reason why some adults do not drink any milk?

- a) They're allergic to plants like oat.
- b) They dislike the smell of milk.
- c) Milk upsets their stomach.
- d) Other beverages are more nutritious.

160- Roughly what percentage of Americans suffer from lactose intolerance?

- a) About 5%
- b) Around 20%
- c) Nearly 40%
- d) Over 60%

121	a	131	c	141	c	151	a
122	a	132	c	142	a	152	b
123	a	133	a	143	c	153	b
124	b	134	d	144	d	154	d
125	d	135	b	145	b	155	b
126	c	136	c	146	b	156	c
127	a	137	d	147	c	157	a
128	b	138	b	148	c	158	b
129	c	139	c	149	b	159	c
130	a	140	حذف	150	d	160	c

نوبت جمعه صبح

Part one: Vocabulary

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

121 - Before the outbreak of the disease, a large proportion of the population was already..... due to debilitating genetic predisposition.

- a) susceptible
- b) resistant
- c) potent
- d) vigorous

122 - The strong evidence supporting the scientist's claim has..... the validity of his assumption.

- a) questioned
- b) distorted
- c) enriched
- d) neglected

123 - Uncontrollable high winds have.....fighters in their efforts to put out the fire.

- a) assisted
- b) hindered
- c) facilitated
- d) precipitated

124 - To prevent rickets, children had better get exposed to ultraviolet-B radiation which.....the skin to produce vitamin D.

- a) impedes
- b) hampers
- c) hinders
- d) triggers

125- His blood test revealed the..... certain vitamins, so he needs to take some vitamin supplements.

- a) deficiency of
- b) involvement in
- c) immersion in
- d) abundance of

126 - He agreed to give an interview on condition of; he does not prefer publicity.

- a) autonomy
- b) hostility
- c) anonymity
- d) integrity

127 - This was an issue.....journalism; it was not in the range or limits of journalists' activities.

- a) featuring
- b) underlying
- c) transcending
- d) characterizing

128- After the students' undue reaction, the lecturer waited nervously for his anger to otherwise, he could burst into shouting.

- a) rise
- b) subside
- c) induce
- d) reveal

129- He is unable to..... his emotions when confronting a disagreeable situation, so anybody can easily see his feelings.

- a) suppress
- b) disclose
- c) survive
- d) commence

130- The manager's suggestion was openly.....by the team members since they knew that the proposed plan was not likely to have a good outcome.

- a) repudiated
- b) appreciated
- c) approved
- d) stabilized

131- The doctors had to make a hard decision to..... his leg below the knee because the infection was likely to spread so quickly.

- a) fracture
- b) sprain
- c) inoculate
- d) amputate

132- He recommended that..... patients immerse themselves in a bath of cool water, which would help realign the temperature and harmony of the four humors.

- a) feverish
- b) furious
- c) fragile
- d) sleepless

133 -After several laboratory tests, the patient was diagnosed with a/an..... condition that needed immediate attention and treatment.

- a) idiopathic
- b) palliative
- c) prophylactic
- d) affluent

134 - An increased resistance to fluoroquinolones reduces the possibility of treating severe infections in humans, which can have..... consequences.

- a) fatal
- b) benign
- c) favorable
- d) optimistic

135- Some patients are.....to the point that they can control only a very limited set of behaviors, such as eye-blink.

- a) immersed
- b) prohibited
- c) paralyzed
- d) impeded

136- The program helps..... accidentally deleted image files from almost any kind of removable media for digital cameras.

- a) resolve
- b) retrieve
- c) rehearse
- d) reserve

137- During normal ageing, cells that..... vigorously throughout adult life may lose their regenerative capacity, leading to cell transformation and death.

- a) perforate
- b) proliferate
- c) convert
- d) consolidate

138- There are several different forms of color blindness, some.....while others acquired; yet, despite these differences, they are all impairments of color vision.

- a) inherited
- b) substituted
- c) acquitted
- d) prohibited

139- Some nurses are involved in identifying andfeeding disorders, and preventing the complications of weight loss.

- a) aggravating
- b) exacerbating
- c) alleviating
- d) deteriorating

140- A pleasant social context may reduce a child's risk of depression by..... a sense of belonging and optimism.

- a) hindering
- b) excluding
- c) fostering
- d) inhibiting

Passage 1

I certainly think artificial intelligence (AI) will have an impact by shifting how editors work. I suspect there will be a natural migration away from the less judgment-based work of 'error checking' towards the more nuanced, involved work of refining and enhancing text. Yet, this doesn't necessarily mean that traditional proofreaders will be out of their profession. Proofreading is about much more than 'error checking' and requires intensely refined judgment at a point in the editorial workflow where the scope for changes is often very limited. Overall, AI will have a positive effect in the long term on our work by allowing us to be more efficient and thereby freeing us up to provide more of the gloriously messy human mix of spontaneity and personal experience that leads to great creative collaborations. It is noteworthy that AI tools, such as ChatGPT, cannot truly create but just predict based on what they have learned from available texts. The most important thing for us to do as editors is to educate ourselves about AI; however, reading about its new and ever-increasing capabilities involves a lot of mental flinching. But it's important to set aside this fear and learn how to work with AI. If we ignore its possibilities, we only increase our chances of being replaced. In contrast, if we make it a part of our team, we might be able to focus more on the meaningful editing we love, supported by our very own AI-powered editorial assistant. Most of all, in quintessentially human activity of communication, humans always prefer to work with other humans.

141- What does the writer imply by 'natural migration'?

- a) Moving gradually from traditional proof reading to AI proof reader technologies
- b) Putting away traditional AI proof readers and replacing them by AI technologies
- c) Shifting fast from judgment-free proof reading to AI powered technologies
- d) Shifting from a demanding job to one with a glorious free time

142- Why does the writer use 'refined judgment'?

- a) To emphasize the creativity of human proofreaders
- b) To justify the use of AI proofreading technologies
- c) To indicate AI cannot judge appropriately when facing errors
- d) Judgment is required to see whether the articles are within the scope of journal

143- Creative collaboration refers to co-working between.....

- a) authors and proofreaders
- b) human proofreaders
- c) AI and human proofreaders
- d) editors and authors

144- What is the main reason for the fear of AI technology?

- a) It is not creative
- b) It replaces humans
- c) It does not have refined judgment
- d) It can predict the future with data

145 - What does the author suggest editors should do in response to the emergence of AI?

- a) Provide AI with more glorious and human-like experience.
- b) Accept its possibilities and integrate it into their workflow.
- c) Ignore its capabilities and continue working hard as usual.
- d) Set AI aside in order to avoid being replaced by it.

Passage 2

There are some downsides to early screenings. Patients in their 40s who elect to get a screening mammogram have a higher rate of false positives, says Klar. "In other words, a finding that leads to further workup, such as additional imaging and potential biopsy, that ends up being benign-meaning noncancerous. These false positive findings can be stressful and anxiety-provoking for patients." Overdiagnosis also referred to as overdetected and defined as the detection of tumors that would not become symptomatic or life-threatening - is another possible risk, says Shepherd. A systematic review and meta-analysis of 30 studies published in the Journal of Personalized Medicine found that overdiagnosis due to screening mammography for breast cancer occurred in 12.6% of women aged 40 and older. However, researchers from Yale School of Medicine's COPPER Center point out that older women in particular- aged 70 and above - are more likely to be at risk of overdiagnosis with it. "The risks of screening are nonlethal and manageable for most women," Dr. Debra L. Monticciolo, professor of radiology at Dartmouth Geisel School of Medicine in Hanover, N.H., stated in a press release on Feb. 20. "But advanced breast cancer is often lethal. Breast cancer is easier to treat if it's found earlier; we're able to spare women extra surgeries and chemotherapy. It's just a better idea to shift to early detection, and that's what screening does."

146 - Which of the following questions does the text mainly deal with?

- a) What does recent research say about screenings?
- b) Why should women get screening mammograms?
- c) Are the benefits of early screenings greater than the risks?
- d) Do individuals aged 70 are mostly at risk of overdiagnosis?

147 - What does the underlined pronoun "it" refer to?

- a) Breast cancer
- b) Screening mammogram
- c) COPPER Center
- d) Potential biopsy

148 - Older women, particularly those aged 70 and above, are more susceptible to overdiagnosis because.....

- a) their anxiety and stress lead to false positives
- b) they have a higher prevalence of cancerous tumors
- c) screening methods are less effective in this age group
- d) non-symptomatic tumors are more likely to be detected

149 - As to early detection of breast cancer, Dr. Monticciolo's statement implicitly.

- a) warns against the potential harm of screening mammography
- b) expresses doubts about the effectiveness of early detection methods
- c) suggests that advanced breast cancer is easier to treat than early-stage cancer
- d) reinforces the shift of focus to early detection despite potential risks

150 - The text implicitly..... regarding early breast cancer detection.

- a) emphasizes the need for better management of false positives
- b) advocates a shift towards more aggressive screening methods
- c) suggests avoiding early detection methods due to potential risks
- d) suggests that early detection should be abandoned in favor of other approaches

Passage 3

Nutrition-related risk factors are linked to both acute and chronic diseases, contributing significantly to a large burden of preventable non-communicable diseases and increasing the risk of premature death. Within healthcare, we are facing the triple burden of malnutrition, comprising three overlapping themes of Overnutrition, undernutrition, and micronutrient deficiencies. In 2019, the UK's National Health Service NHS) published a 'Long-term-plan' which calls for a greater focus on prevention of disease and public health. As such there is commitment to improving obesity and diabetes prevention services, alongside reducing health inequalities. Clause 2.19 explicitly states 'frontline staff need to feel equipped to talk about nutrition and maintaining weight in an informed and sensitive way', yet some medical schools have at most **eight hours of nutrition training**. Around 10% of adults visiting their general practitioners and a third of patients on admission to hospital or care homes are undernourished or at risk of undernourishment, but this remains poorly recognized and addressed within primary or secondary care settings. Further to this, the latest UK National Diet and Nutrition Survey reveals deficiencies across all age groups in iron, vitamin D, and folate, increasing population risks of anemia, osteoporosis and neural tube defects in pregnancy. The economic consequence of undernutrition was estimated to cost UK £19.6 billion in 2011-2012. This equates to 15% of the total expenditure on health and social care, meaning that a 1% reduction in expenses corresponds to a saving of £196 million. Conversely, NHS England spent £6.1 billion for obesity-related issues from 2014 to 2015.

151- The plan recently published by the NHS.....

- a) gives priority to disease prevention measures
- b) minimizes population risks of anemia
- c) is to foster health inequalities
- d) is to invest more on treatment

152 - The triple burden of malnutrition.....the healthcare system.

- a) is already managed successfully by
- b) would impose significant pressure on
- c) could hardly affect the resources from
- d) finds its root in communicable diseases

153 - The writer has mentioned the expression **"eight hours of nutrition"** to suggest that.

- a) the issue of nutrition has been well addressed by medical schools
- b) future doctors are not well informed about the issue of nutrition
- c) academic programs have been revised to focus on nutrition
- d) Britain's long term plan on nutrition has been successful

154- The burden of those suffering from undernourishment is.....

- a) totally reported by general practitioners and hospitals
- b) always acknowledged within care homes
- c) less recognized within the healthcare settings
- d) rejected by hospitals and care homes

155 - The latest survey conducted in the UK has reported all of the following defects during pregnancy EXCEPT for.....

- a) osteoporosis
- b) anemia
- c) bronchitis
- d) neural tube

Passage 4

Mental health and well-being of employees have become an increasing concern among employers, especially during the COVID-19 pandemic when the results of a survey highlighted poor mental health symptoms among workers, including heightened feelings of guilt (24%), insomnia (38%), irritability (50%), sadness (53%), and emotional exhaustion (54%). The direct and indirect impacts of such conditions may be worth considering. For instance, depression was estimated to cost the US economy \$210 billion, with about half that sum paid for by employers. Around 60% of the cost of depression is directed at treating comorbid conditions like cardiovascular diseases and diabetes. On the other hand, indirect costs add to lost productivity, for instance through absenteeism (when employees have an unscheduled absence) and presenteeism (when they are at work, but they aren't actually working). In 2010, the indirect annual cost of poor mental health due to these effects was estimated to be \$1.7 trillion; also, the direct costs added an additional \$0.8 trillion, both expected to double by 2030. Employers feel debilitated in encouraging their employees to benefit counselling services due to the predominant stigma related to mental health conditions, which hampers sufferers from seeking help of employee assistance programs which are still underutilized. Coworkers' discriminatory behavior and fear of social exclusion add to the severity of the condition, and leads to undesirable impacts on employee performance and interpersonal relationships at workplace.

156 - According to the passage, the highest and lowest rate of mental health symptoms belonged torespectively.

- a) emotional exhaustion and feelings of guilt
- b) insomnia and irritability
- c) sadness and feelings of guilt
- d) emotional exhaustion and irritability

157 - American employers are estimated to have spent around 105 billion USD to

- a) benefit counseling services
- b) address employee depression
- c) manage the employee program
- d) cure insomnia, sadness and irritability

158- According to the passage, both direct and indirect costs.....

- a) were considerably decreased during the COVID-19 pandemic
- b) were reduced by half by the employers
- c) will increase twofold by the end of the present decade
- d) were directly targeted to the employees

159 - According to the passage, total cost of poor mental health was estimated to reachin 2010.

- a) 0.8 trillion USD
- b) 1.7 trillion USD
- c) 2.5 trillion USD
- d) 210 billion USD

160 - What prevents employees from seeking help through employee assistance programs?

- a) Fear of losing their jobs
- b) Absence of financial resources
- c) Lack of employee counseling services
- d) Feeling embarrassed about their mental health status

121	a	131	d	141	a	151	a
122	c	132	a	142	a	152	b
123	b	133	a	143	c	153	b
124	d	134	a	144	b	154	c
125	a	135	c	145	b	155	c
126	c	136	b	146	c	156	a
127	c	137	b	147	b	157	b
128	b	138	a	148	d	158	c
129	a	139	c	149	d	159	c
130	a	140	c	150	a	160	d

جمعه عصر

Part one: Vocabulary

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

121 - The emergency unit is a bit crowded due to a..... car crash which had several casualties.

- a) mild
- b) fatal
- c) minute
- d) trivial

122 - Before starting an operation, a patient needs to be fully..... to make sure s/he does not feel pain.

- a) anaesthetized
- b) immobilized
- c) detained
- d) distressed

123 - If no complication arises, the patient will be..... within two weeks.

- a) discharged
- b) dismissed
- c) expelled
- d) admitted

124 - The report said that the victims were..... in smoke and died because of not having enough oxygen.

- a) immersed
- b) suffocated
- c) drowned
- d) choked

125 - Varying degrees of anxiety will always affect less experienced students' performance in a or devastating way.

- a) detrimental
- b) jovial
- c) cheerful
- d) viable

126 - Although loss of memory is a natural..... old age, progressive and significant memory loss may signal a more serious condition.

- a) investment in
- b) propensity for
- c) concomitant of
- d) opposition to

127 - The use of telemedicine is rapidly advancing, but its full potential in providing accessible healthcare to remote areas is still in its..... .

- a) integrity
- b) adequacy
- c) infancy
- d) ethnicity

128 - Practicing mindfulness and meditation techniques can.....a relaxation response in the body.

- a) worsen
- b) halt
- c) disrupt
- d) elicit

129- The rise of antibiotic-resistant bacteria poses a significant public health as it increases the risk of treatment failure.

- a) menace to
- b) detriment of
- c) sequel to
- d) indictment on AL

130 - The medical study on the efficacy of a new drug on lowering blood pressure produced..... results as the data did not show a clear pattern.

- a) remarkable
- b) invaluable
- c) consistent
- d) inconclusive

131- It is possible to have..... reactions to local anesthetics, such as dizziness, convulsions, and even death.

- a) optimistic
- b) vibrant
- c) life-saving
- d) adverse

132- A cut or a(n)..... wound is a break in the skin where the length of the wound on the surface is greater than the depth of the wound.

- a) incised
- b) sutured
- c) inflamed
- d) occluded

133- The environment in which a person..... plays a crucial role in shaping his/her health and quality of life.

- a) resides
- b) resents
- c) resigns
- d) revolves

134 - Information on the number of patients who receive blood for chemotherapy-induced anemia is not collected centrally.

- a) sedimentation
- b) accumulation
- c) transfusion
- d) transmission

135 - We are hoping that the tests will show that the lump in your breast is..... .

- a) hazardous
- b) malignant
- c) benign
- d) lethal

136 - The man who wanted to hurt the hospital staff is being kept in jail until the trial so that he cannot..... any of the witnesses.

- a) disintegrate
- b) expel
- c) intimidate
- d) disqualify

137 - The documentary showed an eye operation in very small and.....detail, which can be used as an appropriate model for surgical fellows.

- a) irrelevant
- b) minute
- c) voluminous
- d) pointless

138 - The evidence presented here indicates that such an idea can be described as Logically, it is impossible to imagine such a thing.

- a) invaluable
- b) inconceivable
- c) perceptible
- d) tangible

139 - Fat contains some cells that..... divide into more specialized cells. In other words, this process happens without any obvious outside cause.

- a) spontaneously
- b) intentionally
- c) deliberately
- d) voluntarily

140 - The doctor expressed....., so she returned the patient's blood sample to the laboratory for further investigation.

- a) assurance
- b) firmness
- c) determination
- d) skepticism

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

Cancer, a group of diseases characterized by the uncontrolled growth and spread of abnormal cells, has been persistent global health challenge. Despite advancements in medical technology and treatment methods, the incidence of cancer continues to escalate worldwide. This rise can be attributed to various factors, including lifestyle changes, environmental factors, and genetic mutations. The proliferation of unhealthy lifestyles, such as tobacco use, unhealthy diets, and physical inactivity, has contributed significantly to the global cancer burden. These lifestyle factors can lead to the accumulation of genetic mutations in cells, eventually triggering the development of cancer. The rise in sedentary lifestyles and consumption of processed foods has further exacerbated **this issue**, leading to an increase in obesity-related cancers. Environmental factors, including exposure to harmful chemicals and radiation, also play a pivotal role in the rise of cancer cases. Prolonged exposure to these harmful elements can significantly damage the DNA in cells and lead to mutations that cause cancer. Industrialization and urbanization have led to increased exposure to environmental pollutants, contributing to the small increase in cancer cases. Genetic mutations, both inherited and acquired, are at the core of cancer development. While inherited genetic mutations play a significant role in certain types of cancer, acquired mutations due to exposure to carcinogens or lifestyle factors are far more common. Despite these challenges, advancements in medical research and technology have led to improved cancer detection and treatment methods. However, the accessibility and affordability of these treatments remain a significant barrier, particularly in low- and middle-income countries. The disparity in access to cancer care between developed and developing countries further compounds this problem.

141- Which of the following best describes the main idea of the passage?

- a) Cancer is primarily caused by inherited genetic mutations.
- b) The accessibility and affordability of cancer treatments are not a significant issue.
- c) The global cancer burden is decreasing due to the medical technology advancements.
- d) Global cancer increase is due to lifestyle, environmental, and genetic changes.

142- As to the role of genetic mutations in the development of cancer, the author suggests that.....

- a) genetic mutations are the sole cause of all types of cancer
- b) both inherited and acquired genetic mutations are at the core of cancer development
- c) acquired genetic mutations are the sole contributors to the development of cancer
- d) genetic mutations play a minor role in the development of cancer

143- Cancer detection and treatment are.....

- a) accessible and affordable to all countries worldwide
- b) limited to underdeveloped and developed countries
- c) not a significant issue in the fight against cancer
- d) viewed as significant obstacles in low- and middle-income countries

144 -According to the passage, the increase in cancer cases is significantly impacted by.....

- a) lifestyle changes specific to industrialized countries
- b) genetic mutations rooted in environmental pollutants
- c) prolonged exposure to harmful chemicals and radiation
- d) advancements in medical research and technology

145 The expression 'this issue' refers to.....

- a) sedentary life
- b) eating fast foods
- c) cancer development
- d) genetic mutation.

Passage 2

Every year, medical schools globally face the challenge of selecting a handful of candidates from a large pool of eligible applicants, a process crucial and consequential for public health. Thus, apart from cognitive ability, selection criteria include character attributes, such as altruism, empathy, reliability, communication skills, etc. Validating the selection process involves a lengthy follow-up as graduates integrate into the medical workforce and practice over subsequent years. Attempts to validate the admission process are presented extensively in the literature that focuses on students' achievements in admission tests, through their years of study, and in their final examinations, evidencing a direct correlation between admission scores and academic achievements in the following years. In contrast, evidence for the reliability of interviews and other humanistic models is limited, with their ability to examine personal qualities or predict academic achievements and clinical performance not firmly established.

To address limitations in medical school admission processes, some institutions integrate pre-medical studies, which are an educational, academic track that qualifies students and facilitates their subsequent selection into a medical school. The pre-medical track offers courses on core subjects that prepare students for medical studies. These include topics for allied health professions, community involvement, clinical experience, and research experience. Some pre-medical programs provide broad-based preparation for professional tracks and can prepare students for entry into a variety of primary professional programs or graduate degrees with similar prerequisites (including schools of medicine, veterinary medicine, and pharmacy.) Most studies show a positive correlation between student achievement in pre-medical programs and their achievements through their years in medical school.

146- The reliability of students' admission interview.....

- a) has been well established
- b) needs to be further investigated
- c) is already used to monitor students' success
- d) highlights the importance of clinical performance

147 - The text mainly discusses the relationship between admission scores and the quality of students'.....

- a) academic performance
- b) community involvement
- c) clinical experience
- d) research experience

148- The text..... link between students' pre-medical studies and their upcoming performance in medical schools.

- a) refers to a satisfactory
- b) challenges any meaningful
- c) fails to address the existing
- d) is critical of studies investigating the

149 - Pre-medical studies can be integrated into the medical school admission process to

- a) get rid of admission tests
- b) conduct clinical performance
- c) elevate pre-medicine education
- d) improve admission processes

150 - The underlined word 'These' refers to.....

- a) pre-medical studies
- b) medical studies
- c) institutions
- d) courses

Passage 3

While most people know that the flu virus can lead to other health complications, such as pneumonia, recent research reveals that the flu, a common contagious respiratory illness caused by influenza viruses, can also increase the risk of heart attack and stroke. According to a study in 2023, adults aged 50 and older who had even a mild case of that were shown to have double risk of suffering a heart attack or ischemic stroke within two weeks after catching the virus. This likelihood quadrupled in adults with preexisting health conditions who dealt with a severe case of the flu, with their risk lasting up to two months post-infection. Likewise, a 2020 study conducted by the Centers for Disease Control and Prevention (CDC), which involved more than 80,000 adults hospitalized with the flu, reported that 1 in 8 patients had an acute cardiac event, such as acute heart failure or acute ischemic heart disease. Also, another study in 2018 found a significant association between the flu and acute myocardial infarction, otherwise known as a heart attack, where adults were six times more likely to have a heart attack within one week after catching the flu. According to the CDC, there were an estimated 25 million to 46 million cases of the flu between October 2023 and February 2024, while heart disease continues to be the leading cause of death for men and women. However, the promising news is that preventive measures can be taken to help ward off the flu while also boosting cardiovascular health. For starters, practicing healthy lifestyle behaviors throughout the year can be a highly effective strategy.

151- The passage mainly.....

- a) describes the difference between the flu, pneumonia and heart attack
- b) indicates the association between the flu and heart conditions
- c) compares the flu and its complications with stroke
- d) shows the effects of the influenza on stroke

152 - According to the passage, the flu.....

- a) causes the same degree of heart attack in all adults
- b) is limited to individuals with a history of heart attack
- c) does not develop into a heart attack among the young adults
- d) increases the risk of ischemic stroke in adults aged 50 and over

153- The underlined word "that" in the passage refers to.....

- a) health complication
- b) ischemic stroke
- c) heart attack
- d) the flu

154 - Which of the following is TRUE according to the passage?

- a) Unlike the flu, the heart attack was decreasing from 2023 to 2024.
- b) The probability of a heart attack may continue over life following the flu.
- c) Patients in all three reported studies were at risk of developing a heart condition.
- d) All studies report the number of infected individuals at the risk of heart attack.

155- According to the passage,.....

- a) the CDC promises to prevent the flu effectively in a year
- b) yearly lifestyle changes improve adults' cardiovascular condition
- c) a lasting healthy lifestyle helps prevent the flu and heart conditions
- d) promising news throughout the year improves cardiovascular condition

Passage 4

Despite advances in medicine, racial, ethnic, and socioeconomic disparities in chronic disease prevention and management persist. In the health care sector, social determinants of health have increasingly become part of the conversation around reducing health disparities. This makes sense given that social determinants account for 50% of health outcomes, whereas medical care only accounts for 20% (health behaviors account for 30%). Multi-level, multi-sector, and multi-system efforts are needed to address health inequities. Behavioral medicine can help inform these efforts. However, as behavioral medicine researchers and practitioners, we must: 1) understand the details in the different terminology that is used related to social health as it has implications for study design and level of impact, and 2) do a better job at incorporating social health-related measures in behavioral medicine research. The goals of this article are to explain the difference between social determinants of health, social risk factors, and social needs as well as provide a brief overview of available measures that can be used to assess these constructs in future research.

156- The health care system..... ethnicity-related differences in preventing and managing chronic diseases.

- a) is discussing ways to decrease
- b) has already intended to resolve
- c) denies the presence of
- d) owes its existence to

157- The underlined word "This" refers to.....

- a) racial, ethnic, and socioeconomic disparities existing in the prevention of chronic diseases
- b) inclusion of social determinants of health in discussions of decreasing the health disparity
- c) advances in medicine as regarded by behavioral medicine researchers and practitioners
- d) the attempts to address the inequities practiced in the health sector by authorities

158 - Health authorities are required to seek help from..... if they are to resolve health inequities.

- a) their own resources
- b) behavioral researchers
- c) numerous sectors and systems
- d) medical practitioners' resources

159 - The text asks behavioral medicine researchers and practitioners to..... and perform better scholarly research.

- a) increase the 20% share of medical care outcome
- b) understand the small differences in terminologies
- c) assess the accuracy of 50% health outcomes
- d) do more regardless of multi-system efforts

160- Advances in medicine..... chronic diseases across different racial, ethnic, and socioeconomic groups.

- a) has resulted in proper management and prevention of
- b) has failed to manage and prevent chronic diseases
- c) unexpectedly serves as a barrier in preventing
- d) accounts for unjust management of

121	b	131	d	141	d	151	b
122	a	132	a	142	b	152	d
123	a	133	a	143	d	153	d
124	b	134	c	144	c	154	c
125	a	135	c	145	c	155	c
126	c	136	c	146	b	156	a
127	c	137	b	147	a	157	b
128	d	138	b	148	a	158	c
129	a	139	a	149	d	159	b
130	d	140	d	150	d	160	b



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