

### سؤالات کارشناسی ارشد بهداشت ۹۰-۸۹ نوبت صبح

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#### Passage 1

One of the questions allergic patients may frequently ask concerns the relative risk of their child developing allergies or asthma. Doctors relate the environment to the development of allergies or asthma. However, *both* a genetic predisposition and environmental/lifestyle factors are necessary for these conditions to develop. The incidence of asthma has risen dramatically in the past 20 years—a period too short to reflect any significant changes in the gene pool. This supports the important role that environmental influences (allergy, infection, lifestyle, and diet) have on the development of asthma.

What role then does genetics (heredity) play in asthma? A genetic link in asthma has long been suspected primarily due to "clustering" of cases within families and in identical twins. This does not prove a genetic cause, since it may also reflect shared environmental exposures. Several studies conclude that heredity increases your chances of developing asthma, particularly if allergies or other allergic conditions are present. Moreover, you may pass this tendency to asthma to the next generation. So, what are the chances that your child will develop asthma?

#### 1. Allergic patients ..... their child might develop allergies or asthma.

- a. wonder whether
- b. are confident that
- c. dislike realizing that
- d. avoid discovering it

#### 2. Genetic trait and environmental factors both ..... the development of allergies or asthma.

- a. help one resist
- b. significantly suppress
- c. promptly postpone
- d. have a role to play in

#### 3. The sharp rise in the occurrence of asthma in recent decades ..... .

- a. lack any particular explanation
- b. seems to have been inevitable
- c. might have been environmentally triggered

- d. should have been genetically interpreted

**4. Familial cases of asthma are among the examples ..... genetic predisposition.**

- a. indicating the improbability of
- b. failing to conclusively support
- c. conforming superiority of environment over
- d. rejecting both environmental influence and

**5. According to conclusions obtained from “several studies” heredity ..... in developing asthma.**

- a. proves ineffective
- b. has a blocking role
- c. has a definite role
- d. plays a contributory role

**Passage 2**

Naturopathy, also called nature care, prescribes the “return to nature” formula to all physical ills. The main philosophy working behind this medical system is that, left to herself, nature can take care of herself.

And therein lies the belief in the advantages of the human body living in attunement with her. Nature care presents a strong stance against the chemical prevention of diseases and advocates the play of inherent natural defense mechanisms, which are self-curative and self-preventive. According to naturopathy, diseases are physical manifestations of the body’s attempt to heal itself when it falls out of harmony with its environment.

Naturopathy began as a quasi-spiritual movement against the medicinal experience of nineteenth century Europe. In the following centuries naturopathy grew in influence and began to rival mainstream medicine. Becoming diet and nutrition-oriented, naturopathy gave rise to new pro-nature, health food fads. After the World War II, however, naturopathy took a backseat with the onslaught of antibiotic science. Later, with the discovery of unsuspected side effects from DDT, thalidomide, and other high-tech wonders—people, once again, began to lean on the comforts of the time tested practices of naturopathy.

**6. The philosophy of “nature care” advocates ..... .**

- a. the approach of mainstream medicine
- b. chemical prevention of diseases
- c. the body’s defense mechanisms as supported by drugs
- d. the body’s harmony with nature and environment

**7. According to the proponents of naturopathy, one should focus on ..... to maintain health.**

- a. manifestation of vital forces
- b. the type of nutrition and diet
- c. the 19<sup>th</sup> century approach to medicine
- d. individual aspects of health

**8. The discovery of antibiotics ..... .**

- a. led to the arousal of public attention to naturopathy
- b. caused the public to pay attention to health food and diet
- c. increased the number of health food fads after world war II
- d. led to the flourish of mainstream medicine for some time

**9. According to the information in this passage, ..... .**

- a. all diseases can result from “return to nature”
- b. self-cure and self-prevention are mostly done through prescriptions
- c. lack of harmony with nature can lead to physical illnesses
- d. nature care philosophy acts as a rival to pro-nature fads

**10. During the years, ..... .**

- a. there has been steady attention paid to naturopathy
- b. naturopathy has been forced to take a backseat
- c. there have been fluctuations in the public’s attention to naturopathy
- d. naturopathy has been attacked by diet and nutrition-oriented people

### **Passage 3**

Semantic dementia is a degenerative brain disease that has only recently been recognized, and occurs when areas on the temporal lobe start to decay. It is substantially rarer than Alzheimer's, but precise numbers are hard to determine because people with the disease might be misdiagnosed as having other cognitive disorders. Semantic dementia patients start to lose their understanding of words, and often develop changes in their eating habits, such as going through different food fads.

Warren and his colleagues used jellybeans to assess flavor understanding in four dementia patients (three with semantic dementia and one with an Alzheimer's-like condition) and six healthy subjects. Participants were given two jelly bean flavors and had to determine whether the flavors were different or the same; whether the flavor combination would generally be thought of as odd; and what the identity of the second flavor was. The semantic dementia patients

performed significantly worse on the latter two tasks than healthy individuals. They had some basic aspects of their flavor processing still normal, still preserved, but they lost the types of information that relate to the meaning of food, the understandings of how foods go together.

**11. Which disease is claimed to be sometimes diagnosed wrongly?**

- a. Alzheimer's
- b. Cognitive disease
- c. Semantic dementia
- d. Degenerative brain disease

**12. Patients with semantic dementia may change their diets impulsively because ..... .**

- a. they like to change eating habits
- b. some parts of the cerebral cortex do not function
- c. some areas on the back of their brains are decaying
- d. they cannot relate information to the meaning of food

**13. Which of the following subjects is discussed in this passage?**

- a. How food and semantics are integrated
- b. Treatment for semantic dementia
- c. Loss of flavor perception in semantic dementia
- d. How tastes are determined in semantic dementia

**14. The subjects in this study were expected to ..... .**

- a. identify flavors and colors
- b. eat jellybeans in their food
- c. do the same as those with Alzheimer's-like condition
- d. differentiate between 2 flavors and their combination

**15. How many subjects did not do well in the second task of the study?**

- a. 2
- b. 3
- c. 4
- d. 6

#### **Passage 4**

Nowhere in the study of human biology are basic concepts changing more rapidly than with respect to the human microbiota. Microorganisms were first shown to cause disease in humans in the 1800s, and after this finding, the popular and scientific views of the microbial world became dominated

by the quest to understand, prevent and cure microbial disease. This led to millions of lives being saved through improved hygiene, vaccinations and antibiotics.

Gene-sequence-based approaches have recently allowed complex microbial communities to be characterized more comprehensively and have removed the constraint of being able to identify only microorganisms that can be cultured, greatly increasing knowledge about commensal microorganisms and mutualistic microorganisms of humans (that is, organisms in a relationship in which one partner benefits and the other is unharmed, and organisms in a relationship in which both partners benefit, respectively), as well as human pathogens. Researchers are now finding that host-microbe interactions are essential to many aspects of normal 'mammalian' physiology, ranging from metabolic activity to immune homeostasis. With the availability of new tools to investigate complex microbial communities and the expanded appreciation for the importance of the human indigenous microbiota, this is an opportune time to apply ecological and evolutionary principles to improve the current understanding of both health and disease.

**16. According to the passage, human microbiota is ..... .**

- a. a fast-changing notion in biology
- b. a neglected part of biology
- c. nowhere dominated by biology
- d. not an important field of study

**17. In the second line, "this finding" refers to ..... .**

- a. scientific views of the microbial world
- b. the quest to learn about the nature of disease
- c. the discovery of the human microbiota
- d. the fact that microorganisms cause disease in humans

**18. Regarding host-microbe relationship, we learn that ..... .**

- a. until recently it was not known that some microorganisms are useful to humans
- b. beneficial host-microbe interactions were just an illusion
- c. genetic studies have led to a deeper understanding of the useful relationship between the host and microbe.
- d. human pathogens may be beneficial to humans if gene-sequence-based approaches are expansively appreciated

**19. According to the passage, with the advent of new technology ..... .**

- a. ecological principles change
- b. evolutionary principles improve
- c. human microbiota evolve
- d. human health outlook deepens

**20. It is said that mutualistic microorganisms ..... .**

- a. usually lead to malfunctioning of some organs
- b. are the same as commensal microorganisms

- c. frequently evolve and go through mutation
- d. are necessary for human body equilibrium

### Passage 5

Overweight and obesity in children is epidemic in North America and internationally. Approximately 22 million children under 5 years of age are overweight across the world. In the United States, the number of overweight children and adolescents has doubled in the last two to three decades, and similar doubling rates are being observed worldwide, including in developing countries and regions where an increase in Westernization of behavioral and dietary lifestyles is evident. Complications associated with obesity and overweight are similar in children as in the adult population. Elevated blood pressure, dyslipidemia, and a higher prevalence of factors associated with insulin resistance and type 2 diabetes appear as frequent complications in the overweight and obese pediatric population. In some populations, type 2 diabetes is now the dominant form of diabetes in children and adolescents. Disturbingly, obesity in childhood, particularly in adolescence, is a key predictor for obesity in adulthood. Moreover, morbidity and mortality in the adult population is increased in individuals who were overweight in adolescence, even if they lose the extra weight during adulthood. Although the cause of obesity in children is similar to that of adults (i.e., more energy intake vs. energy utilized), emerging data suggest associations between the influence of maternal and fetal factors during intrauterine growth and growth during the first year of life, on risk of later development of adult obesity and its complications.

**21. The disease mentioned in the passage ..... .**

- a. is limited to North America
- b. shows an alarming worldwide increase
- c. fails to refer to the role of age
- d. has been satisfactorily controlled

**22. Obesity is becoming a concern in developing countries partly due to ..... .**

- a. a high blood pressure among ethnic groups
- b. their traditional way of life
- c. the change to a westernized manner of life
- d. their highly active lifestyle

**23. Obesity in adulthood is less likely if it is ..... .**

- a. taken care of during adolescence
- b. rooted in certain childhood illnesses
- c. predictable during adolescence
- d. indicative of one's diabetic status
- e.

**24. The balance between received and consumed energy ..... .**

- a. should be considered independently
- b. has led to various illnesses, including obesity
- c. shows priority of food quality over quantity
- d. is a way of decreasing obesity

**25. Obesity later in life ..... fetal growth and early infancy.**

- a. may be accounted for by
- b. remains independent of
- c. can evidently result in
- d. is encouraged during

### **Vocabulary**

**26. When two organisms occupy the same ..... , a conflict or a series of compromises may follow.**

- a. capital
- b. habitat
- c. venue
- d. continent

**27. Some bacterial ..... are human specifics, as no other creatures can house them.**

- a. patterns
- b. hosts
- c. symbioses
- d. species

**28. “The use of antibiotics for his disease is unnecessary” the doctor ..... .**

- a. intended
- b. pretended
- c. offended
- d. contended

**29. We are unaware of the process by which a word or name is ..... from memory.**

- a. refrained
- b. retrieved
- c. grabbed
- d. concealed

**30. There is still a good deal of ..... among psychologists about how to explain learning. They have not resolved the issue yet.**

- a. controversy
- b. integrity
- c. supremacy
- d. proximity

**31. In some diseases, physical therapy is an important ..... drug treatment; the latter may not be as effective without the use of the former.**

- a. adjunct to
- b. exposure to
- c. realization of
- d. regulation of

**32. Nutrition and exercise are useful means of improving one’s general health and are therefore ..... in the treatment of many diseases.**

- a. incorporated
- b. fabricated
- c. submerged
- d. disrupted

**33. Many internal diseases cannot be diagnosed just by ..... of the affected area; in addition to touching, radiography and sonography must be performed.**

- a. calibration
- b. correlation
- c. transmission
- d. palpation

**34. Although people can develop a(n) ..... to many drugs, it is a dangerous characteristics of virtually all drugs of dependence.**

- a. apathy                      b. aversion                      c. connection                      d. tolerance

**35. Practiced by the Chinese over 5000 years ago, ..... the study and medicinal use of plants, is becoming increasingly popular today.**

- a. botany                      b. homeopathy                      c. acupuncture                      d. herbalism

**36. Drugs serve different purposes; sometimes they cure a disease and sometimes the only ..... symptoms.**

- a. alleviate                      b. aggravate                      c. accentuate                      d. agitate

**37. Physical activity and exercise are strongly recommended nowadays as they ..... the side effects of certain psychiatric medications.**

- a. counteract                      b. integrate                      c. augment                      d. precipitate

**38. Alcohol, liquor or ..... drugs are not allowed by law as they could put the health of their consumers at risk.**

- a. illicit                      b. registered                      c. authentic                      d. permissible

**39. The overall number of cases of HIV dropped yearly until 1988, then ..... gradually as the cases in heterosexual men and women increased.**

- a. plunged                      b. rocketed                      c. rose                      d. declined

**40. Three-quarters of Belgian doctors are willing to assist in the death of critically ill babies to end their ..... .**

- a. illness                      b. treatment                      c. lives                      d. suffering



**پاسخنامه سوالات آزمون زبان بهداشت ۹۰-۸۹ نوبت صبح**

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