

سؤالات کارشناسی ارشد بهداشت ۹۱-۹۰ نوبت صبح

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Passage 1

Three types of human influenza viruses, A, B and C were discovered in 1933, 1940 and 1947, respectively. Only type A is associated with pandemics.

These viruses are variable and can change the antigenic specificity of their envelope proteins-haemagglutinin and neuraminidase. They thus escape the neutralizing antibodies that we have developed through previous infections or vaccinations and that ought to protect us. That is why the strains of viruses used for the production of influenza vaccines have to be changed every one or two years.

Two sorts of vaccines are now available: those that are inactivated, concentrated and purified for administration by injection and live, attenuated, cold-adapted vaccines destined for instillation or pulverization into the upper respiratory passages.

1. The influenza virus type that can involve the whole world

- a. was discovered in 1933
- b. was found in 1947
- c. is live and cold-adapted
- d. is inactivated and concentrated

2. The vaccines injected are usually

- a. live viruses
- b. attenuated
- c. inactivated
- d. pulverized

3. In the production of influenza vaccines we have to change the strains almost every year as these viruses

- a. escape haemagglutinin
- b. neutralize neuraminidase
- c. undergo a number of degenerations immediately
- d. remain hidden from the antibodies present in blood

4. Influenza vaccines which are made of live, attenuated viruses are usually administered

- a. intravenously
- b. intramuscularly

- c. as nasal drops
- d. by injection into air passages

Passage 2

New progress has been made on the road to understanding the origins of genetic changes in tumor cells. The prevalent theory has been that genetic changes in tumor cells come about in multiple stages over a long time. However, a recent study by researchers at Lund University shows that this does not have to be the case at all, but that the cancer cells instead can be subject to several major chromosomal changes at the same time.

By filming cancer cells as they grow, the researchers discovered that tumor cells can undergo a special form of division that is not seen in healthy cells. "We have long known that changes in the genetic make-up of body cells play a part in the development of tumors. However, we don't know a lot about how the genetic changes in the tumor cells actually come about. Above all, it has been difficult to understand why many tumor cells contain extra copies of one or more chromosomes, despite the fact that this is the most common type of chromosome abnormality in cancer cells", says David Gisselsson Nord.

5. The best topic for the passage could be

- a. genetic changes in the benign tumors
- b. different prevalent theories of chromosomal changes
- c. new findings on chromosome changes in tumor cells
- d. commonest types of chromosome abnormalities in cancer cells

6. According to this passage, the is a new finding in the field of tumor cells.

- a. role of the changes in genetic make-up of the cells
- b. chronic nature of genetic changes
- c. simultaneity of various alternations in the chromosomes
- d. occurrence of genetic change in tumor cells in several phases

7. The research conducted at Lund University

- a. confirmed the prevalent theory of genetic changes of tumor cells
- b. discounted the already existing theory on the origin of genetic changes
- c. determined the reason behind the existence of additional copies of one or more chromosomes in tumor cells
- d. further complicated the preexisting theories on genetic changes and led to more confusion in the field

8. "This" in paragraph 1, line 4 refers to

- a. the appearance of genetic changes in tumor cells in several stages

- b. the simultaneous occurrence of tumor cells alterations
- c. new progresses in the understanding of tumor cell modifications
- d. the fact that tumor cell changes fail to occur at all

9. According to the information in the passage, the new research mentioned has led to the changes in tumor cells.

- a. complete understanding of the principles governing
- b. some insights into the origin of
- c. understanding the chromosomal abnormalities leading to
- d. ambiguities in genetic make-up and

Passage 3

Memory loss, also referred as amnesia, is an abnormal degree of forgetfulness and/or inability to recall past events. Depending on the cause, memory loss may have either a sudden or gradual onset, and memory loss may be permanent or temporary. Memory loss may be limited to the inability to recall recent events, events from the distant past, or a combination of both. Although the normal aging process can result in difficulty in learning and retaining new material, normal aging itself is not a cause of significant memory loss unless there is accompanying disease that is responsible for the memory loss.

Transient global amnesia is a rare, temporary, complete loss of all memory. It is a passing episode of short-term memory loss without other signs or symptoms of neurological impairment. In transient global amnesia (TGA), the individual does not lose consciousness but does lose the ability to form new lasting memories. The individual may be disoriented to place and time, may recognize that something is wrong, and may become distressed at this realization. In TGA, however, motor function is not affected. The average age of patients with TGA is 62 (range: 47-80) and the mean duration of the episode is 5.7 hours, with a range of 20 minutes to 20 hours.

10. It is understood that amnesia

- a. contributes to neurological impairment
- b. can have different durations
- c. is a result of the aging process
- d. has one well-known etiology

11. Based on the text, the amnesiacs

- a. remember just current events
- b. forget only distant events
- c. can suffer from aging complications first
- d. may lose their memory without warning
- e.

12. The TGA sufferer may experience all of the following except

- a. distress and confusion
- b. disorientation to environment
- c. unforgettable memories
- d. temporary forgetfulness

13. The phrase “this realization” refers to the understanding that

- a. there is something wrong with him/her
- b. (s)he is suffering from mobility disorder
- c. (s)he is under extreme stress
- d. time/place disorientation is the real cause

14. The individual suffering from TGA

- a. will suffer from amnesia in the long run
- b. can retain things in his/her mind temporarily
- c. immediately recalls what happens after the attack
- d. ultimately recovers his/her memory

Passage 4

A stress response that fails to return to a state of equilibrium becomes unresolved psychological/emotional trauma. Emotional or psychological trauma is the extreme end of the stress disorder continuum. It is stress run amuck –a deregulation of the nervous system that remains fixed and contributes to lifelong mental, emotional and physical disorders including anxiety and depression. Emotional or psychological trauma can result from such common occurrences as an auto accident, the breakup of a significant relationship, a humiliating or deeply disappointing experience, the discovery of a life-threatening illness or disabling condition, or other similar situations. Traumatizing events can take a serious emotional toll on those involved, even if the event did not cause physical damage.

The word trauma brings to mind the effects of such major events as war, kidnapping, abuse, or other similar assault. The emotional aftermath of such events, recognized by the medical and psychological communities, and increasingly by the general public, is known as Post-Traumatic Stress Disorder (PTSD). But traumatic stress has a broader definition than PTSD alone provides. Traumatic stress leads to lifelong chronic physical disabilities and emotional disorders such as anxiety and depression and can be caused by seemingly benign experiences in infancy or childhood. This new field, early-life relational or developmental trauma, is less familiar to professionals, but offers a new approach to healing a wide range of lifelong mental, emotional and physical disorders.

15. In the first paragraph, the writer tries to

- a. name physical damages making people vulnerable to emotional tolls
- b. explain what mental trauma is
- c. distinguish emotional trauma from stress
- d. ignore the origins of psychological trauma

16. According to the writer, in case stress response remains unresolved for some time, it will lead to

- a. breakup of significant relationships in life
- b. disablement and threatening diseases
- c. unavoidable emotional or psychological trauma
- d. most likely humiliating experiences

17. Emotional tolls on those involved in traumatizing events

- a. can never return to a state of equilibrium
- b. can hardly ever be resolved
- c. have their roots in common events in life
- d. necessarily lead to physical and mental damages

18. As to traumatic and post-traumatic stress, the

- a. latter might have life-long effects as opposed to the former
- b. latter involves those occurrences having permanent effect during life
- c. former can encompass a smaller scope than the latter
- d. former can be rooted in childhood experiences while the latter might not

19. "This new field" in the last sentence of paragraph 2 refers to the field dealing with

- a. life trauma and the resulting psychological problems
- b. physical or psychological problems arising from PTSD
- c. relational problems
- d. depressive disorders

Passage 5

Marcie Schneider and Holly Benjamin of American academy of pediatrics (AAP) in a review of both energy drinks, which include brand names such as Red Bull and Monster, and sport drinks, wrote that "Rigorous review and analysis of the literature reveal that caffeine and other stimulant substances contained in energy drinks have no place in the diet of children and adolescents."

The authors said parents and physicians need to know more about the distinctions between energy drinks and sports drinks (sweet drinks, including Powerade and Gatorade, that contain electrolytes).

Benjamin, a pediatric sport medicine, specialist at the University of Chicago, explained that athletes who exercise regularly at high intensity have a need to replenish electrolytes. "Sports drinks do have a place, but it's in a small population. Parents need to understand that, and so do doctors."

Beyond that group of athletes, however, sports drinks can be one of many contributors to obesity in children.

"Basically, the biggest problem with obesity is that kids are taking too many calories in their diet and they're not able to burn off all of those calories every day, and so they gain weight," Benjamin said. "Kids are not just overeating, but they are drinking high-calorie beverages." Even milk and juice should be limited in favor of water.

20. AAP came to the conclusion that energy drinks are for teenagers.

- a. improper b. desirable c. fundamental d. indispensable

21. What is said to contain a stimulant ingredient?

- a. Monster b. Gatorade c. electrolytes d. sport drinks

22. The authorities believe that

- a. children should have sport drinks
- b. athletic children can take energy drinks
- c. some sports drinks should be banned for young athletes
- d. doctors should be educated on energy and sports drinks as well

23. The researchers support the idea that American children should drink more

- a. milk b. water c. fruit juice d. high-calorie drinks

24. High-calorie drinks seem to be a serious factor contributing to

- a. better child development
- b. child obesity in the USA
- c. athletic children in America
- d. children beyond the group of athletes

25. This paragraph is sports and energy drinks for children.

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

Vocabulary

26. Insomnia is the inability to fall asleep or stay asleep throughout the night, or the to wake too early before having gotten enough sleep.

- a. efficiency b. tendency c. supremacy d. intimacy

27. Cholesterol is a fatty, wax-like substance in the bloodstream that is partly by the body itself.

- a. contaminated b. perceived c. manufactured d. deceived

28. An allergic reaction two features of the human immune response: the production of immunoglobulin and the release of mast cell.

- a. revolves b. convulse c. involves d. survives

29. Rheumatoid arthritis is a chronic condition that can ultimately result in weakness, loss of mobility and destruction and deformity of the joints.

- a. eventual b. temporary c. preliminary d. conventional

30. Too much stress can problems with mental and physical health, particularly over a prolonged period of time.

- a. rotate b. transfer c. trigger d. contain

31. The building up of fat in different areas of the body usually leads to even among children.

- a. absurdity b. obesity c. fertility d. scarcity

32. After any hard surgical operation, the patient needs to for a week or two.

- a. confer b. confide c. convalesce d. congregate

33. Many people turn to natural therapies because these are considered to have side effects.

- a. formidable b. detrimental c. negligible d. substantial

34. With the increase in population and pollution, people are gradually becoming more various kinds of diseases.

- a. resistant to b. skeptical of c. prone to d. critical of

35. Infirmary, muscle wasting, and anorexia all resulted from his diet.

- a. meager b. sufficient c. colossal d. nutritious

36. You need to have more rest to your persistent headache.

- a. boost b. alleviate c. aggravate d. enhance

37. Cigarette smoke contains various carcinogens and so most cases of often fatal diseases.

- a, results from b. accounts for c. impedes d. prohibits

38. Although chemotherapy can a tumor, it usually destroys the normal functioning of vital organs as well.

- a. aggravate b. secure c. amplify d. shrink

39. The WHO estimates that 400 million people worldwide suffer from some form of mental disorder or psychological

- a. infirmity b. differentiation c. vigor d. recovery

40. The elderly and people suffering from cardio-respiratory problems such as asthma appear to be the most groups to different ailments.

- a. susceptible b. futile c. affluent d. virulent

پاسخنامه سوالات آزمون زبان بهداشت ۹۰-۹۱ نوبت صبح

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