

## Part One: Vocabulary Questions

1. When the balance of the immune system is ....., the system may become our enemy rather than our friend.  
a. integrated    b. reinforced    c. maintained    d. disturbed
2. One reason of difficulty in breathing is the ..... of airways which hinders the smooth flow of oxygen.  
a. constriction    b. dilatation    c. expansion    d. inspection
3. To relieve the pain, the doctor prescribed some drugs to ..... the tension in the patient's shoulder muscles.  
a. retain    b. resume    c. release    d. restore
4. The assessment of pain ..... a consideration of the physical and psychological aspects of the individual.  
a. involves    b. dissolves    c. evolves    d. revolves
5. Hospitals and health systems are nowadays under constant pressure to reduce costs improving quality and ..... a qualified workforce.  
a. containing    b. maintaining    c. remaining    d. restraining
6. A breathing-related sleep disorder is a disorder that ..... sleep due to irregular breathing patterns.  
a. elevates    b. induces    c. disrupts    d. determines
7. Physical activities are strongly recommended for their ..... effects on our health.  
a. suspicious    b. desirable    c. disastrous    d. bizarre
8. Aspirin taken in high doses for long time can cause stomach ..... and bleeding.  
a. stamina    b. repair    c. safety    d. ulcer
9. Pneumonia symptoms become ..... when there is a high concentration of pollutants in the air.  
a. contaminated    b. constricted    c. exacerbated    d. devastated
10. Despite his ..... efforts made during a year, he could not find a job.  
a. intense    b. deficient    c. scarce    d. sluggish
11. He suffered a serious injury that ..... him to give up work.  
a. disappointed    b. disintegrated    c. obscured    d. obliged
12. The dust in the air in this part of the country certainly ..... a threat to the residents' health and life.  
a. enacts    b. ceases    c. poses    d. harvests

13. When a contaminated needle ..... a client's skin, germs might enter the body.  
a. immunizes                      b. disinfects                      c. defends                      d. pierces
14. Sterile supplies have labels that indicate the date when sterilization period .....  
a. subsides                      b. reduces                      c. expires                      d. emerges
15. The nurse inserted a needle in the patient's ..... leg to examine the extent of paralysis.  
a. numb                      b. calm                      c. sound                      d. robust
16. Due to the poor medical services of this hospital, the physician advised the patient's parents to..... him to a different hospital.  
a.      allocate                      b. confer                      c. dedicate                      d. transfer
17. Learning a foreign language is a major ..... for students in the medical fields with shortage of time to practice.  
a.      comfort                      b. merit                      c. concern                      d. suspect
18. Medical students should sufficiently develop their knowledge and skills to ..... the time and money they spend to get their degree.  
a.      justify                      b. refuse                      c. confuse                      d. jeopardize
19. Because of some chemical and physical factors, most drugs are not ..... equally in all parts of the body.  
a.      dispatched                      b.      distributed                      c. discarded                      d. disoriented
20. By the emergence of personal computer, typewriters became.....  
a.      abundant                      b.      absolute                      c. abused                      d. obsolete

## Part two: Reading comprehension

### Passage 1

Patients usually report stress management strategies along three lines. first, they may identify behavioral approaches, ranging from fleeing the situation (for example. a crowded shopping mall) to problem solving (for example, "I wait for an elevator that is not full"). Second, they may use a variety of cognitive approaches. A patient frightened of flying may tell himself or say out loud, "This plane has been flying safely for years. My mother flies out to see me twice a year. This year I can make it once to see her." Another may try strategies that help him "not think about it." On an airplane, this may involve watching the movie. Third, patients may use physiological approaches. Patients afraid of driving downtown may practice muscle relaxation or breathing exercises as they begin driving. More often than not, patients combine some of these strategies to be more effective.

**21. Stress management strategies indicated in this text ..... adopted by patients.**

- a. seem to be the most common methods
- b. seem to be the least applicable approaches
- c. are formally-instructed mechanisms
- d. are considered to be the only approaches

**22. Behaviors like avoiding the stressful situation or finding a way to deal with it successfully are ..... in stress management strategies.**

- a. the writer's favorite method
- b. the writer's least advisable methods
- c. the methods belonging to different lines
- d. various forms of the same line

**23. A patient's positive view about the safety of a flight could .....**

- a. guarantee the safe landing of the plane
- b. help the pilot have more confidence
- c. help the patient overcome his worries
- d. enhance the quality of the given flight

**24. According to the passage, behavioral approaches .....cognitive ones,**

- a. could be used to substitute
- b. are the initial manifestations of
- c. are more practical and manageable than
- d. deal with activities different from

**25. The underlined “this” (line 6) refers to .....**

- a. the mother's safe flight
- b. the safe flight of the plane
- c. avoiding thinking about the flight's dangers
- d. starting watching the movie and having fun

## **Passage 2**

Women had always served in secondary roles as nurses and doctors. The professionalization of medicine forced them increasingly to the sidelines. However, the breakthrough to the knowledge of advanced practice was initiated by Florence Nightingale in England. She resolved to provide more advanced training. Her solution involved the support of upper class women, and they proved eager to serve. But today the new profession appears highly attractive to women of all backgrounds, and her model was widely accepted in most other countries.

The same trend was observed with women wishing to become doctors before the 1970s. Elizabeth Blackwell (1821—1910) pioneered as the first female doctor in the United States. While Blackwell viewed medicine as a means for social and moral reform, her student Mary Putnam Jacobi (1842—1906) focused on curing disease. At a deeper level of disagreement, Blackwell felt that women would succeed in medicine because of their humane female values, but Jacobi believed that women should participate as the equals of men in all medical specialties using identical methods, values and insights. Despite these movements, women were still paid less as doctors and nurses. For example, although the majority of medical

doctors were women in the Soviet Union, they were paid even less than most male factory workers.

**26. Florence Nightingale was the first person to .....in nursing education.**

- a. receive advanced and professional training
- b. provide women with more advanced training
- c. force women increasingly to the sidelines
- d. avoid supporting the upper class women

**27. According to the passage, Elizabeth Blackwell disagreed with Mary Putnam Jacobi on ..... doctors.**

- a. how women could succeed as
- b. the use of identical methods by
- c. how women resisted becoming
- d. the wages paid to female

**28. The passage provides us with a ..... view of attracting women to nursing and medical professions.**

- a. prospective
- b. historical
- c. pessimistic
- d. humane

**29. The passage mainly discusses how ..... nursing and medical professions.**

- a. female pioneers reformed the role of women in
- b. employers welcomed the roles of women in
- c. women were paid in the past in
- d. women are currently admitted to

**30. The writer has mentioned “the Soviet Union” in the passage to indicate ..... doctors.**

- a. breakthrough in the employment
- b. discrimination in the payment
- c. successful participation
- d. professional behavior

### **Passage 3**

The excess storage of fat is surpassingly difficult to define and to measure accurately. In practice, an experienced eye is a good judge of the presence of obesity especially in the unclothed patient. To measure it, one requires data on weight and height. Life insurance companies have published tables showing the desired or ideal weights of men and women of different heights that is the weights associated with the best life expectancy. A person with a body weight of 10 percent greater than this ideal is said to have a relative weight of 110 percent, some say 120 percent. Various obesity indices have been invented, the best being  $W/H^2$ , where W is the weight in kg and H is the height in meters.

**31. The numbers mentioned in the text are intended to define .....**

- a. body weight
- b. excess weight
- c. a relative weight
- d. weight definition

**32. The tables published by life insurance companies are intended to show the .....**

- a. desired life expectancy in men and women
- b. differences between the obese and slim people
- c. fat storage in men and women of different heights
- d. relation between weight and the best life expectancy

**33. The underlined pronoun "it" in line 3 refers to .....**

- a. data
- b. obesity
- c. weight
- d. the patient

**34. " $W/H^2$ " is an index for .....**

- a. estimating life expectancy
- b. dividing height by weight
- c. measuring obesity
- d. challenging obesity

**35. The underlined word "eye" (in line 2) implies a(n) .....**

- a. person
- b. measure
- c. study
- d. index

#### **Passage 4**

Even in healthy persons, reaching an advanced age is associated with reduced strength, power, and speed of muscle contraction. Although these changes can be subtle, they can be marked in very old age and they are measurable. Because of the relative rapid loss in the speed of muscle contraction, aged persons typically show greater loss in power than in peak force alone. Although changes are highly variable, in general, healthy aged persons experience an approximate 10% per decade decline in peak strength after 60 years of age, with a more rapid decline after 75 years of age.

Loss in strength is generally more pronounced in the muscles of the lower limbs, such as the quadriceps, as compared with the upper limbs. If marked, lower limb weakness can interfere with functions required for independent living such as safely walking, or rising from a chair. Such age-related decrements in muscle strength are often accelerated in sedentary older adults or those with underlying pathology.

**36. The passage is mainly about aging and..... .**

- a. speed of muscle contraction
- b. strength of body limbs
- c. muscle weakness
- d. sedentary lifestyle

**37. According to the passage, a loss of about 10%, every ten years, happens in ..... of the body between the age 60-75.**

- a. general mobility
- b. maximum power
- c. general health
- d. the upper limbs

**38. Muscle loss when reaching an advanced age is .....**

- a. typically measurable in upper limbs
- b. noticeable in the feet, thighs and hips
- c. associated with subtle muscle contractions
- d. accelerated in peak speed and force

**39. According to the text, muscle weakness speeds up in..... .**

- a. a. inactive people
- b. rising position
- c. major functional limbs
- d. rapid muscle contraction

**40. Elderly people need to be aided in daily living because they have a**

- a. prominent underlying disease
- b. significant weakness in lower limbs
- c. relatively independent sedentary living
- d. subtle decrement in peak muscle strength

**By: Dr Mohajernia Group**