

Part One: Vocabulary

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

121. Smoking can respiratory conditions such as asthma or bronchitis.

- a) dismiss
- b) inhibit
- c) impede
- d) exacerbate

122. Blood sugar levels can wildly in patients with uncontrolled diabetes.

- a) diminish
- b) fluctuate
- c) stabilize
- d) pierce

123. A speech is often developed after the patient experiences a minor stroke.

- a) progress
- b) fluency
- c) impairment
- d) amendment

124. The nature of hypertension makes it hard to detect without regular check-ups.

- a) apparent
- b) vivid
- c) explicit

d) insidious

125. Regular exercise and a balanced diet can help the risk of heart disease.

a) mitigate

b) elevate

c) surge

d) provoke

126. The overuse of the ointment prescribed by the doctor is dangerous for your skin, and it should be used

a) generously

b) sparingly

c) abundantly

d) lavishly

127. Before starting the clinical trial, the principal investigator must formally responsibility for all aspects of patient safety and data integrity.

a) undertake

b) undermine

c) underlie

d) undergo

128. To provide better vaccination coverage, public health centers must actively volunteers to assist with community outreach programs.

a) revoke

b) resist

c) recruit

d) resign

129. Patients who experience a rise in blood pressure after surgery usually recover without the need for long-term medication.

- a) permanent
- b) transient
- c) consistent
- d) durable

130. Rigorous standards in public facilities are vital for reducing pathogen transmission.

- a) hygiene
- b) aesthetics
- c) speculation
- d) exhibition

131. Improving through fitness training under the supervision of a personal trainer improves stamina in athletes.

- a) clarity
- b) vitality
- c) initiation
- d) collaboration

132. Reducing muscle caused by work pressure and repetitive tasks prevent joint injuries.

- a) frustration
- b) depression
- c) strain
- d) integrity

133. The latest research findings may several environmental factors in the development of cardiovascular diseases, suggesting that soil pollution plays a significant role.

- a) exclude
- b) dismiss
- c) ignore
- d) implicate

134. The Nobel Prize Committee appreciated her inspiring immunotherapy.

- a) contribution to
- b) opposition to
- c) negligence of
- d) suspicion of

135. After reviewing the patient's symptoms, the doctor wrote a detailed specifying the exact dosage and frequency of the drugs to be taken.

- a) permission
- b) procedure
- c) prescription
- d) preparation

136. Since he needed to focus on his full-time research project, he his routine healthcare responsibilities.

- a) stipulated
- b) invaded
- c) postulated
- d) evaded

137. The hospital manager detected the of patients' records and immediately fired the person in charge.

- a) fabrication
- b) indexation
- c) tabulation
- d) registration

138. One third of children and adolescents are overweight or obese, yet food and beverage companies continue to them into consuming products causing obesity crisis.

- a) explore
- b) prohibit
- c) entice
- d) suppress

139. She often loses her temper even over matters; this might be due to emotional trauma she experienced due to her husband's death.

- a) terminal
- b) curable
- c) ethical
- d) trivial

140. Whether waves produced and received by mobile phones are dangerous to health still remains a/an issue; some believe in the danger, but others see no harm.

- a) conventional
- b) controversial
- c) reputable
- d) explicable

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 efforts are under growing threat as misinformation, population growth, humanitarian crises and funding cuts jeopardize progress and leave millions of children, adolescents and adults at risk, warn WHO, UNICEF, and Gavi.

Outbreaks of vaccine-preventable diseases such as measles, meningitis and yellow fever are rising globally, and diseases like diphtheria, which have long been held at bay or virtually disappeared in many countries, are at risk of re-emerging.

In response, the agencies are calling for urgent and sustained political attention and investment to strengthen immunization programs and protect significant progress achieved in reducing child mortality over the past 50 years.

Measles is making an especially dangerous comeback. The increasing number of cases since 2021 result from the reductions in immunization coverage that occurred since the COVID-19 pandemic in many communities.

Measles cases reached an estimated 10.3 million in 2023, a 20% increase compared to 2022. Meningitis cases in Africa also rose sharply in 2024, and the upward trend has continued into 2025.

In the first three months of this year alone, more than 5500 suspected cases and nearly 300 deaths were reported in 22 countries. This follows approximately 26000 cases and almost 1400 deaths across 24 countries last year.

As part of integrated primary health-care systems, vaccination can protect against diseases and connect families to other essential care, such as antenatal care, nutrition or malaria screening.

Immunization is a 'best buy' in health with a return on investment of \$54 for every dollar invested and provides a foundation for future prosperity and health security.

UNICEF, WHO, and Gavi urgently call for parents, the public, and politicians to strengthen support for immunization.

141. What is the primary concern expressed by WHO, UNICEF, and Gavi during World Immunization Week?

- a) Increased public interest in vaccine-preventable diseases
- b) The need to develop new vaccines for emerging diseases

- c) The rising threat to immunization progress due to various global challenges
- d) A shortage of vaccine investment and policy attention in developing countries

142. According to the passage, which disease has shown a particularly dangerous return since 2021?

- a) Measles
- b) Meningitis
- c) Diphtheria
- d) Yellow fever

143. The economic argument in favor of investing in immunization maintains that it

- a) reduces the need for international aid
- b) offers a significant return on investment
- c) triples the investment within two years
- d) helps lower educational costs globally

144. It can be inferred about the impact of the COVID-19 pandemic on immunization coverage that

- a) it had no noticeable effect on vaccination rates
- b) it led to improvements in immunization tracking methods
- c) it eliminated the need for traditional vaccination programs
- d) it caused cuts in immunization coverage, increasing disease outbreaks

145. In the sentence "This follows approximately 26000 cases and almost 1400 deaths across 24 countries last year," "This" refers to

- a) The spread of yellow fever in 2024
- b) The rise in meningitis cases in 2025
- c) The increase in measles cases since 2021

- d) The number of humanitarian crises globally

Passage 2

Caring for the elderly presents several important challenges that affect families, healthcare systems, and society as a whole.

Many older adults suffer from chronic health conditions such as arthritis, diabetes, high blood pressure, and dementia, all of which require regular monitoring, medication, and personal care. These conditions often limit mobility and independence, making daily tasks like bathing, cooking, or even walking difficult.

Unfortunately, there is often a shortage of trained caregivers, and many family members are unprepared to manage these responsibilities. Providing care without proper training can lead to mistakes, emotional stress, and burnout.

In addition to physical health, emotional and social needs must also be addressed. Elderly individuals frequently face loneliness and depression, especially if they live alone, have lost friends or a spouse, or feel disconnected from society. These feelings can negatively affect both mental and physical health.

Financial challenges also make elderly care more complicated. Long-term care can be expensive, and not all families have access to quality insurance or government support. Many must choose between affordability and the level of care needed.

Another key issue is respecting the dignity and independence of elderly individuals. While they may need help, it is important to involve them in decisions about their lives and health whenever possible. Balancing safety with personal freedom requires sensitivity and respect.

These various challenges highlight the growing need for stronger support systems, more caregiver training, better public awareness, and affordable services to meet the complex and changing needs of the aging population.

146. The author highlights various challenges of elderly care to

- a) criticize current caregiving quality and practices
- b) discourage families from providing care at home
- c) advocate for systemic improvements and increased support
- d) argue for reducing government involvement in elderly care

147. It appears that has/have a domino effect on other aspects of elderly care.

- a) economic obstacles

- b) chronic health conditions
- c) independence of elderly conditions
- d) the need for personal independence

148. According to this passage, family caregivers experience burnout because they

- a) are unwilling to care for aging relatives
- b) prefer institutional care over home care
- c) often lack the training needed for the caregiving role
- d) receive much assistance from professional caregivers

149. Involving elderly individuals in decision-making is emphasized in the text

- a) to reduce the workload of caregivers
- b) to maintain their sense of respect and autonomy
- c) because they often disagree with medical advice
- d) so that they can avoid moving into care centers

150. As to the relationship between physical and emotional health in the elderly, it can be inferred that

- a) physical health gets worsened before emotional health in aging individuals
- b) physical and emotional health are independent challenges in elderly care
- c) addressing physical health automatically resolves emotional issues
- d) emotional well-being can impact physical health in older adults

Passage 3

The ubiquity of microplastics, tiny plastic fragments less than 5 mm in diameter, has triggered global concern, particularly regarding their potential impact on human health.

Detected in food, water, and even the air we breathe, these particles have been found in human tissues, from lungs to placentas. But what does this mean for our well-being?

Some researchers warn that microplastics may act as carriers for harmful substances, such as heavy metals or persistent organic pollutants. Once inside the body, these chemicals could disrupt hormonal balance or contribute to chronic inflammation.

Although alarming, much of the current evidence comes from animal studies or controlled lab settings, making it difficult to determine actual effects in human populations.

On the other hand, skeptics argue that the level of exposure most people face is relatively low, and that media-driven fears often outpace scientific findings. They emphasize the absence of definitive proof linking microplastics to specific health disorders.

Furthermore, they caution against drawing strong conclusions from early-stage research, suggesting that public anxiety might be premature.

Nevertheless, both sides agree on the necessity of further investigation. With plastic production still increasing worldwide, understanding the long-term implications of microplastic exposure remains a pressing issue.

Whether the threat proves to be serious or overstated, the debate highlights a broader question: how much environmental contamination are we willing to tolerate before taking action?

151. The most suitable title for this passage would be “Microplastics and

- a) the History of Synthetic Materials
- b) the Debate Over Their Health Risks
- c) the Global Demand for Their Restrictions
- d) the Discovery of a Medical Breakthrough

152. According to the passage, one reason some scientists hesitate to raise alarms about microplastics is the current lack of in human-based research.

- a) public tendency
- b) political interest
- c) financial support
- d) definitive evidence

153. The phrase “media-driven fears often outpace scientific findings” implies that the public’s concern about microplastics may be based more on than on conclusive data.

- a) reliable evidence
- b) government research
- c) public health initiatives
- d) news exaggeration

154. The author's tone throughout the passage can best be described as showing concern without fully endorsing either side.

- a) biased and emotional
- b) dismissive and sarcastic
- c) precautionous and balanced
- d) indifferent and detached

155. It can be inferred that the author includes the final question in order to emphasize society's toward environmental contamination.

- a) dependence
- b) endurance
- c) ignorance
- d) rejection

Passage 4

Telehealth has emerged as a promising solution for increasing access to medical care in rural and underserved communities.

Through video consultations, remote monitoring, and digital diagnostics, patients in isolated areas can now connect with specialists who would otherwise be hundreds of miles away.

Supporters argue that telehealth reduces barriers, cuts travel costs, and saves critical time—especially in emergencies or for those with chronic conditions.

Yet, while the technology has clear advantages, it's not without limitations. Skeptics point to the digital divide: the lack of high-speed internet, limited digital literacy, and unreliable infrastructure in some communities make telehealth difficult, if not impossible, to implement equitably.

Moreover, some healthcare providers warn that telehealth cannot fully replace in-person visits, particularly for physical exams or complex diagnoses.

Still, others argue that dismissing telehealth because of these challenges overlooks its transformative potential. They advocate for investment in digital infrastructure, training, and policy reforms to bridge these gaps, seeing telehealth not as a replacement, but as a complement to traditional care.

As digital solutions continue to evolve, it is likely that telehealth will become an increasingly integral part of healthcare delivery—especially for populations historically left behind by conventional systems.

If addressed thoughtfully, today's limitations may eventually give way to a more connected and equitable model of care.

156. According to the passage, one reason telehealth can be ineffective in some communities is the lack of

- a) reliable internet access
- b) hospital infrastructure
- c) private digital plans
- d) healthcare facility

157. The phrase “digital divide” most probably refers to

- a) variety in employment opportunities
- b) personalized patient treatment plans
- c) difficulty in implementing health policies equitably
- d) insufficiency of online access and technological skills

158. It can be inferred that advocates of telehealth view it as

- a) an unsafe shift in medical practice
- b) a complete substitute for traditional care
- c) a useful addition to in-person healthcare
- d) a short-term solution with little long-term value

159. The conclusion of the passage predicts that telehealth will likely in future models of healthcare delivery.

- a) disappear as in-person care improves
- b) become more central and widespread
- c) be replaced by newer, non-digital systems
- d) remain critical for underserved communities

160. One of the concerns raised by critics is that telehealth might in diagnosing complex medical issues.

- a) fall short
- b) lower wait times
- c) continue to evolve
- d) overlook digital infrastructures

پاسخنامه کلیدی

سوال	پاسخ	سوال	پاسخ
121	D	141	C
122	B	142	A
123	C	143	B
124	D	144	D
125	A	145	B
126	B	146	C
127	A	147	B
128	C	148	C
129	B	149	B
130	A	150	D
131	B	151	B
132	C	152	D
133	D	153	D
134	A	154	C
135	C	155	C
136	D	156	A
137	A	157	D
138	G	158	C
139	D	159	B
140	B	160	A