

Health & Medicine

Part I TEST

Reading

Task 1

Read the text below. Match choices (A – H) to (1–5). There are three choices you do not need to use.

Healthy Lifestyle Benefits: Tips for Living Your Strongest, Healthiest Life Yet

1. _____

Ask 50 people to define what a “healthy lifestyle” is, and you’ll likely get 50 different answers. That’s because there’s no one way to be healthy. A healthy lifestyle simply means doing things that make you happy and feel good. For one person, that may mean walking a mile five times a week, eating fast food once a week, and spending virtual or in-person time with loved ones every other day. For someone else, a healthy lifestyle may be training and running two marathons a year, following a keto diet, and never having a sip of alcohol.

2. _____

Healthy habits can reduce the risk of various diseases, including those that may run in your family. For example, in a recent study, adults who followed a standard American diet (rich in fruits and vegetables) for 8 weeks had a reduced risk of cardiovascular disease.

In another study, researchers found that every 66-gram increase in daily fruit and vegetable intake was associated with a 25 percent lower risk of developing type 2 diabetes. Swapping out some refined grains for whole grains also reduces the risk of disease.

3. _____

It’s always smart to see your primary care physician for an annual physical exam. This is especially true seeing how some health conditions, such as high blood pressure, are “silent.” This means they don’t have any symptoms, so unless you are checked, you usually don’t know you have the condition. However, the healthier you are, the less likely you will have to see a doctor. This could save money by reducing co-pays, the need for prescriptions, and other treatments.

4. _____

Basic healthy habits are connected with living a longer life. If, at age 50, you’ve never smoked, maintain a healthy weight, are regularly active, follow a healthy diet, and keep alcohol to a moderate consumption, you could live up to 14 years longer. Making even a few of these changes could lengthen your lifespan.

Ultra-processed foods are those that contain refined grains and additives to change the texture, taste, or colour. Some examples of these foods are cheese puffs, packaged dessert cakes, chicken nuggets, and sweetened breakfast cereals. More than 70 percent of foods in U. S. supermarkets are ultra-processed.

5.

The making of ultra-processed foods contributes to greenhouse gas emissions, water scarcity, decreased biodiversity, plastic waste, and deforestation. But it's not only about what you eat more or less of. Replacing short car rides with biking can also cut back on the amount of carbon dioxide released into the atmosphere.

Your journey toward a healthier lifestyle starts with small changes that you feel confident you can achieve.

- A Improving overall health
- B Lessening your expenses
- C Avoiding falling ill
- D Differing attitudes
- E Influencing climate scenario
- F Ensuring healthy weight
- G Promoting longevity
- H Improving due to additives

Task 2

Read the text below. For questions (6–10) choose the correct answer (A, B, C or D).

I remember going to the British Museum one day to read up the treatment for some slight ailment of which I had a touch – hay fever, I fancy it was. I got down the book, and read all I came to read; and then, in an unthinking moment, I idly turned the leaves, and began to indolently study diseases, generally. I forgot which was the first distemper I plunged into – some fearful, devastating scourge, I know – and, before I had glanced half down the list of “premonitory symptoms,” it was borne in upon me that I had fairly got it.

I sat for a while, frozen with horror; and then, in the listlessness of despair, I again turned over the pages. I came to typhoid fever – read the symptoms – discovered that I had typhoid fever, must have had it for months without knowing it – wondered what else I had got; turned up St. Vitus’s Dance – found, as I expected, that I had that too, – began to get interested in my case, and determined to sift it to the bottom, and so started alphabetically – read up ague, and learnt that I was sickening for it, and that the acute stage would commence in about another fortnight. Bright’s disease, I was relieved to find, I had only in a modified form, and, so far as that was concerned, I might live for years. Cholera I had, with severe complications; and diphtheria I seemed to have been born with. I plodded conscientiously through the twenty-six letters, and the only malady I could conclude I had not got was housemaid’s knee.

I felt rather hurt about this at first; it seemed somehow to be a sort of slight. Why hadn’t I got housemaid’s knee? Why this invidious reservation? After a while, however, less grasping feelings prevailed. I reflected that I had every other known malady in the pharmacology, and I grew less selfish, and determined to do without housemaid’s knee. Gout, in its most malignant stage, it would appear, had seized me without my being aware of it; and zymosis I had evidently been suffering from boyhood. There were no more diseases after zymosis, so I concluded there was nothing else the matter with me.

I sat and pondered. I thought what an interesting case I must be from a medical point of view, what an acquisition I should be to a class! Students would have no need to “walk the hospitals,” if they had me. I was a hospital in myself. All they need do would be to walk round me, and, after that, take their diploma.

I went to my medical man. He is an old chum of mine, and feels my pulse, and looks at my tongue, and talks about the weather, all for nothing, when I fancy I’m ill; so I thought I would do him a good turn by

going to him now. "What a doctor wants," I said, "is practice. He shall have me. He will get more practice out of me than out of seventeen hundreds of your ordinary, commonplace patients, with only one or two diseases each."

6. Why did the narrator go to the British Museum?

- A to indolently study diseases
- B to find out the symptoms of the distemper he plunged into
- C to get to know how to cure his symptoms
- D to look through premonitory symptoms

7. Why was he frozen with horror?

- A Because he had typhoid fever
- B Because he must have had the acute stage for a long period of time
- C Because he read the symptoms alphabetically
- D Because he felt he suffered from all diseases in the list

8. What disease did he believe was passed on him?

- A Bright's disease
- B Cholera
- C Diphtheria
- D Gout

9. What were his feelings about not having housemaid's knee?

- A He felt harmed
- B He felt excited
- C He felt selfish
- D He felt enthusiastic

10. What did he think of himself from a medical point of view?

- A He could be a good student of medicine
- B Students would take him to hospital
- C He could award diplomas to students
- D Students could learn medicine studying him

Task 3

Read the texts below. Match choices (A – H) to (11–16). There are two choices you do not need to use.

Habits of Super-Healthy People

11. It's important for a bunch of reasons. It jump-starts your metabolism and stops you from overeating later. Plus, studies show that adults who have it do better at work, and kids who are served it score higher on tests. If a big plateful first thing isn't for you, keep it light with a granola bar or a piece of fruit. Just don't skip it.

12. Don't just grab another cup of coffee – get up and move. Do some deep lunges or stretches. It's great for your body and mind. Just 30 minutes of walking five times a week may help keep the blues at bay. And if you can't do those minutes all at once, short bursts help, too.

13. Checking your email and social media a lot? Sure, your friends' and family's latest updates are just a click away, but do you really need to see pictures of your cousin's latest meal? Let it wait until morning. Set a time to log off and put the phone down. When you cut back on screen time, it frees you to do other things. Take a walk, read a book, or help your cousin chop veggies for their next great dinner.

14. Acquiring additional skills helps keep your brain healthy. Sign up for a dance class or a creative writing workshop. Better yet, master a new language. The mental work it takes can slow the signs of ageing and may even delay the effects of Alzheimer's disease.

15. If you light up, quit. It's a big move toward better health. Your body repairs itself quickly. As soon as 20 minutes after your last cigarette, your heart rate and blood pressure drop. Why wait? Kick the habit, today. Your doctor will be happy to help you get started.

16. Strength training helps your body trade fat for muscle mass. That means you'll burn more calories even when you're being a couch potato. But these workouts can also help you slim down, strengthen your heart, and build up your bones. Do strength-training exercises – like push-ups, lunges, and weight lifting – at least twice a week.

(Adapted from: <https://www.webmd.com/fitness-exercise/ss/twelve-habits-super-healthy-people>)

Which habit presupposes ...?

- A keeping your balance
- B abandoning it
- C having morning meal
- D learning something new
- E planning your meals
- F training your muscles
- G taking an exercise break
- H going offline

Task 4

Read the text below. Choose from (A – H) the one which best fits each space (17–22). There are two choices you do not need to use.

Autumn Anxiety: Why You May Feel More Stressed This Season

“Once the hot summer weather has subsided, autumn is a great time for enjoying the outdoors, (17) _____ by taking long walks or cycle rides. Alternatively, start a new sport or join the gym,” doctors say.

“Exercise is key across the board for mental health disorders. Every study shows improved mood after exercise,” Thornton said. Rather than associating autumn with negative experiences, Thornton said to try to look at it (18) _____.

“Humans are very focused on loss. In this case, the loss of sunlight and being outside, so try to think about what you can do about being inside,” she said. “Rather than thinking, ‘It’s cold and I’ll be stuck inside,’ try to think of being inside as, say, cosy,” she said.

One way to do this is (19) _____ in your home with a comfortable, warm blanket, or accent pillows that are autumn colours. “Now, you are taking what feels like a loss and are thinking about it in a different way,” said Thornton.

Cognitive behavioural therapy (CBT) has been shown in research Trusted Source to effectively treat anxiety and seasonal affective disorder. Additionally, antidepressants are (20) _____.

“This is because SAD is more about depression. However, it does tend to start in autumn because of the anticipatory anxiety and because the days are getting shorter,” said Thornton.

If (21) _____, Morrison says to see your doctor. “Don’t wait until things get really bad,” she said. “If you start to feel anxious and depressed, (22) _____ to improve your mood.”

Thornton agreed, noting that she advocates exercise with all her clients.

Autumn is an excellent time to think about what you eat, said Morrison.

Thornton agreed, saying the autumn season is a great time to make your favourite seasonal soups and warm meals you didn’t get to eat over the summer.

- A you find yourself feeling overwhelmed
- B take prompt action
- C your mood has changed for the better
- D often prescribed for SAD
- E differently by reframing
- F so do make the most of it
- G what can be done
- H to change the environment

Use of English

Task 5

Read the text below. For questions (23–32) choose the correct answer (A, B, C or D).

Basic First Aid Knowledge Is Essential

Most people are (23) _____ to take first aid training programmes because they think that the chances of emergencies happening are highly unlikely. However, mishaps, accidents, and certain contingencies can occur anytime. These scenarios may cause serious physical injury when there’s nobody around to perform immediate first-aid treatment.

First aid (24) _____ to the immediate care you should provide when a person is injured, poisoned, or sick. The goal is to ease the pain or reduce its potential from worsening before they receive full treatment.

When (25) _____ first aid, it’s crucial to keep the three Ps in mind – preserve life, prevent deterioration, and promote recovery.

If you’re in the same place where the accident occurred, step up and provide immediate care. If the person is (26) _____, you ought to initially introduce yourself as the first aid responder and ask permission before you can touch and help them. However, if the person is dazed or has (27) _____, you can assume that they’re willing to receive aid.

Being helpless during a critical situation might lead you to panic, especially if it’s your loved one whose life is on the line. You may have (28) _____ later on for not being able to take appropriate action during the event.

(29) _____, if you've undergone first aid training, you'll be able to determine the appropriate steps to manage the patient's trauma, pain, or wounds. At the same time, this helps you to identify whether the situation is a minor or serious one.

For instance, if the patient acquired minor injuries or superficial skin abrasions, you can offer simple solutions to (30) _____ the need for having the person sent to the hospital. With your first aid experience, you'll have an idea of how to lightly put pressure on the wounded area and control the bleeding.

On the other hand, if the person has sustained a major injury, you can stop the situation from becoming worse as you administer temporary relief and (31) _____ their suffering. All these can help you rescue anyone and save their lives without waiting for medical responders to arrive. (32) _____ yourself with adequate first aid knowledge and training, you can empower yourself and gain experience on how to approach these emergencies.

23	A	eager	B	reluctant	C	willing	D	ready
24	A	cites	B	names	C	mentions	D	refers
25	A	prescribing	B	reducing	C	providing	D	feeling
26	A	invidious	B	conscious	C	sick	D	premonitory
27	A	passed out	B	passed around	C	passed away	D	passed by
28	A	regards	B	regatta	C	regress	D	regrets
29	A	though	B	although	C	however	D	besides
30	A	evacuate	B	eliminate	C	extinct	D	enrich
31	A	aggravate	B	alleviate	C	irritate	D	provoke
32	A	by equipping	B	having equipping	C	for equipping	D	to equipping

Task 6

Read the text below. For questions (33–42) choose the correct answer (A, B, C or D).

Health on Holiday

Nobody wants to deal with a medical emergency when they are on holiday. In practice you may not have (33) _____ choice in the matter, and it is best to be as (34) _____ prepared as possible. If you're travelling independently that means taking a medical kit.

The whole idea of the kit (35) _____ that you can carry it around with you, therefore it needs to be both light and compact. You can buy a pre-packed kit (36) _____ includes the main essential items, and this should be adequate in most situations. The problems that you are most likely to encounter will be minor inconveniences – cuts, stings, blisters, and so on, and these can (37) _____ out easily by using the things in the kit.

If you do decide to put your own kit together, however, do bear in mind that it's pointless (38) _____ items that you don't know (39) _____ to use; complicated bandages for example that only a trained nurse can put on correctly. It's much (40) _____ important to buy, read and preferably pack a good basic first aid book. This (41) _____ you to know what to do in any less familiar situation as well as in any possible emergencies.

Finally, keep your first aid kit in a pocket or towards the top of your bag in case you need to find it in (42) _____ hurry.

33	A	any	B	some	C	less	D	more
34	A	far	B	good	C	well	D	better
35	A	was	B	are	C	is	D	is being
36	A	why	B	that	C	what	D	whose
37	A	sort	B	being sorted	C	to be sorted	D	be sorted
38	A	been included	B	include	C	including	D	included
39	A	how	B	why	C	what	D	where
40	A	surely	B	most	C	more	D	sure
41	A	is helping	B	will helps	C	will have helped	D	will help
42	A	a	B	an	C	the	D	—