



MATERIAL



Quick Learn Test Material

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READING TEST 1

Reading: Part A

TIME LIMIT: 15 MINUTES

Instructions:

- Complete the summary of **Part A - Answer booklet** using the information in the four texts (A1-4) below.
- You **do not** need to read each text from beginning to end to complete the task. You should scan the texts to find the information you need.
- Gaps may require **1, 2 or 3 words**. Answer **ALL** questions. Marks are **NOT** deducted for incorrect answers.
- You should write your answers next to the appropriate number in the **right-hand column**.
- Please use **correct spelling** in your responses. **Do not** use abbreviations unless they appear in the texts.

Text 1

An introduction to Chronic Dry Eye

Dry eye affects an estimated 20.7 million people in the United States and is one of the most common reasons that people visit their eye doctor. Nearly 40 percent of Americans experience symptoms of dry eye on a regular basis. Dry eye can be a progressive disease, and if left untreated, chronic dry eye can lead to more serious problems, including impaired vision and an increased risk of eye infection.

76 percent of patients report that their chronic dry eye worsens over time.

One of the largest groups of people affected by chronic dry eye is menopausal women. Chronic dry eye occurs when eyes do not produce the right quantity or quality of tears. The main functions of tears are to lubricate the eyes and protect them from bacteria and environmental irritants such as dust. This requires both the right amount of tears and the correct balance of the many components that make up tears.

Symptoms of dry eye can vary greatly from one person to the next, often fluctuating throughout the day, and worsening towards the end of the day. Symptoms may include itching, irritation, sensitivity to light, blurred vision, dryness and foreign body sensation. Dry eye can be a progressive disease that, if left untreated, can lead to increased risk of infection or visual impairment.

Text 2

What causes dry eye?

Chronic dry eye is often caused by hormonal changes due to aging and menopause, or by medical conditions; it can also be exacerbated by environmental irritants. Dry eye can be aggravated by a number of external factors such as hot, dry or windy environments, high altitudes, heating, air-conditioning and smoke. Many people also find that their eyes become irritated when reading or working on a computer. Contact lens wearers may also suffer from ocular dryness. Certain medications, thyroid conditions, vitamin A deficiency and diseases such as Parkinson's disease, rheumatoid arthritis, lupus, rosacea, sarcoidosis and Sjögren's syndrome may also cause dry eye.

Text 3

How do I know if I have dry eye?

If your eyes are dry or if you have symptoms such as blurred vision, itchiness and sensitivity to light, or if you have been using over-the-counter eye drops three or more times a day with little success, you may have chronic dry eye. Although a large percentage of Americans suffer from chronic dry eye, it is more common among certain groups of people.

They include:

- Menopausal women
- Older people, because tear production decreases with age
- People who live at high altitudes or in sunny, dry and windy environments
- Computer users, because they blink less when concentrating on the monitor
- Contact lens wearers, because of increased tear evaporation
- People taking medications such as antihistamines, antidepressants, diuretics, oral contraceptives or hormone replacement therapy

Text 4**Treatment**

An eye care professional (ophthalmologist or optometrist) can check for the signs and symptoms of chronic dry eye using several quick and painless tests to measure visual clarity, tear production, ocular surface dryness and damage to the cornea or conjunctiva (the membrane that lines the eyelids). Some of the tests an eye care professional may use to diagnose dry eye will measure the production, evaporation rate and quality of the tear film. Special diagnostic drops are used to highlight problems that otherwise would be invisible, which are particularly helpful to diagnose the presence and extent of the dryness. These tests may help determine the severity of the condition.

Treatment is based on disease severity and an evaluation of the cause of the disease. For example, a humidifier could help treat dry eye caused by dry air, or if dry eye is a side effect of one or more medications, the feasibility of stopping the medication or reducing the dosage can be considered. In general, early treatment for a chronic disease like dry eye is more likely to achieve better patient outcomes.

Summary Task

Dry eye occurs when the eye does not produce **1**.....properly, or when the tears are not of the correct consistency and evaporate too quickly. There are about **2**.....million people in the US who are affected by this. The largest group of people affected by **3**.....is menopausal women. In addition, inflammation of the surface of the eye may also occur along with dry eye. If left untreated, this condition can lead to pain, ulcers, or scars on the cornea, and some loss of vision. However, permanent loss of vision from dry eye is uncommon. Dry eye can make it more difficult to perform some activities, such as using a **4**..... at home or in the office, or reading for an extended period of time. It can also decrease tolerance for dry environments, such as the air inside an airplane.

Dry eye can be a temporary or **5**.....condition. Both excessive and insufficient dosages of vitamins can contribute to dry eye. A large percentage of **6**.....suffer from chronic dry eye which includes **7**....., computer users, contact lens wearers, people with **8**....., people who live at **9**.....or in **10**.....environments and people who take **11**..... such as antihistamines, **12**.....etc. Dry eye can be associated with immune system disorders such as **13**....., lupus, and rheumatoid **14**..... Depending on the causes of dry eye, your **15**..... may use various approaches to relieve the **16**.....

Dry eye can be managed as an **17**.....condition. The first priority is to determine if a disease is the underlying cause of the dry eye (such as **18**..... syndrome or lacrimal and meibomian gland dysfunction). If it is, then the underlying disease needs to be treated. An eye **19**..... uses various techniques to measure **20**....., visual clarity, ocular **21**..... etc. The tests help determine the

22..... of the cases. The treatment is given only after perfect **23**..... of the causes. For instance, if a **24**.....can help in treating dry eye, which results from **25**..... then it is used as the only treatment. If dry eye results from taking a **26**.....your doctor may recommend switching to a medication that does not **27** the dry eye side effect.

Reading: Part B – Text Booklet

There are **TWO** reading texts in Part B. After each of the texts you will find a number of questions or unfinished statements about the text, each with four suggested answers or ways of finishing.

You must choose the **ONE** which you think fits best. For each question, 1-20, indicate on your answer sheet the letter A, B, C or D against the number of the question

Answer **ALL** questions. Marks are **NOT** deducted for incorrect answers.

NOTE: You must complete your Answer Sheet for Part B within the **45 minutes** allowed for this part of the sub-test.

NOW TURN TO THE NEXT PAGE FOR TEXTS AND QUESTIONS

READING PASSAGE A**Cancer and what is cervical cancer?****Paragraph 1****What is cancer?**

The body is made up of trillions of living cells. Normal body cells grow, divide, and die in an orderly fashion. During the early years of a person's life, normal cells divide faster to allow the person to grow. After the person becomes an adult, most cells divide only to replace worn-out or dying cells or to repair injuries.

Paragraph 2

Cancer begins when cells in a part of the body start to grow out of control. There are many kinds of cancer, but they all start because of out-of-control growth of abnormal cells. Cells become cancer cells because of damage to DNA. DNA is in every cell and directs all its actions. In a normal cell, when DNA gets damaged the cell either repairs the damage or the cell dies. In cancer cells, the damaged DNA is not repaired, but the cell doesn't die like it should. Instead, this cell goes on making new cells that the body does not need. These new cells will all have the same damaged DNA as the first cell does.

Paragraph 3

No matter where a cancer may spread, it is always named after the place where it started. For example, breast cancer that has spread to the liver is still called breast cancer, not liver cancer. Likewise, prostate cancer that has spread to the bone is metastatic prostate cancer, not bone cancer.

Paragraph 4

Different types of cancer can behave very differently. For example, lung cancer and breast cancer are very different diseases. They grow at different rates and respond to

different treatments. That is why people with cancer need treatment that is aimed at their particular kind of cancer.

Paragraph 5

Not all tumors are cancerous. Tumors that aren't cancer are called benign. Benign tumors can cause problems – they can grow very large and press on healthy organs and tissues. But they cannot grow into (invade) other tissues. Because they can't invade, they also can't spread to other parts of the body (metastasize). These tumors are almost never life threatening.

Paragraph 6

What is cervical cancer?

The cervix is the lower part of the uterus (womb). It is sometimes called the uterine cervix. The body of the uterus (the upper part) is where a baby grows. The cervix connects the body of the uterus to the vagina (birth canal). The part of the cervix closest to the body of the uterus is called the endocervix. The part next to the vagina is the exocervix (or ectocervix). The 2 main types of cells covering the cervix are squamous cells (on the exocervix) and glandular cells (on the endocervix). The place where these 2 cell types meet is called the transformation zone. Most cervical cancers start in the transformation zone.

Paragraph 7

Most cervical cancers begin in the cells lining the cervix. These cells do not suddenly change into cancer. Instead, the normal cells of the cervix first gradually develop pre-cancerous changes that turn into cancer. Doctors use several terms to describe these pre-cancerous changes, including cervical intraepithelial neoplasia (CIN), squamous intraepithelial lesion (SIL), and dysplasia. These changes can be detected by the Pap test and treated to prevent the development of cancer.

Paragraph 8

Cervical cancers and cervical pre-cancers are classified by how they look under a microscope. There are 2 main types of cervical cancers: squamous cell carcinoma and adenocarcinoma. About 80% to 90% of cervical cancers are squamous cell carcinomas. These cancers are from the squamous cells that cover the surface of the exocervix. Under the microscope, this type of cancer is made up of cells that are like squamous cells. Squamous cell carcinomas most commonly begins where the exocervix joins the endocervix.

Paragraph 9

Most of the other cervical cancers are adenocarcinomas. Cervical adenocarcinomas seem to have become more common in the past 20 to 30 years. Cervical adenocarcinoma develops from the mucus-producing gland cells of the endocervix. Less commonly, cervical cancers have features of both squamous cell carcinomas and adenocarcinomas. These are called adenosquamous carcinomas or mixed carcinomas.

Paragraph 10

Although cervical cancers start from cells with pre-cancerous changes (pre-cancers), only some of the women with pre-cancers of the cervix will develop cancer. The change from cervical pre-cancer to cervical cancer usually takes several years, but it can happen in less than a year. For most women, pre-cancerous cells will go away without any treatment. Still, in some women pre-cancers turn into true (invasive) cancers. Treating all pre-cancers can prevent almost all true cancers.

Questions**An introduction ~~on~~ to Cancer**

1 When a person becomes an adult, the cells divide only to

- A** replace old cells
- B** replace dying cells
- C** repair injuries
- D** all of the above

2 In cancer cells

A DNA is damaged (but it can be repaired)

B DNA is not totally damaged

C DNA is permanently damaged, but the cell doesn't die

D DNA is damaged but the cell doesn't die, instead, gives new cells, containing damaged DNA

3 Breast cancer that has spread to the liver is called

A liver cancer

B breast cancer

C prostate cancer

D bone cancer

4 Benign tumors

A can spread to the other parts of the body

B can not spread to the other parts of the body

C are cancerous

D are highly fatal

5 Most cervical cancers start

A in squamous cells

B in glandular cells

C in the transformation zone

D all of the above

6 There are main types of cervical cancers

A two

B three

C four

D five

7 About 80% to 90% of cervical cancers are

A adenocarcinoma

B adenosquamous carcinomas



C mixed carcinomas

D squamous cell carcinomas

8 The change from cervical pre-cancer to cervical cancer usually takes

A two years

B three years

C four years

D several years (can't say)

9 "All tumors are cancerous-" the statement given here is

A exactly true

B exactly false

C sometimes true

D sometimes false

10 Pre-cancerous cells in women can go away

A with growth in more number of new cells

B with medications from doctors

C without treatment

D can't say

READING PASSAGE B

Hepatitis – Viral Liver Infection

Passage 1

Hepatitis (A, B, or C) can be caused by a virus (Viral Hepatitis), drugs, alcohol, medications, and blood transfusions. Scientists estimate that between 3.5 and 5.3 million people in the USA are living with Hepatitis. A blood test is required to diagnose Hepatitis infection.

Passage 2

Hepatitis A is a viral liver infection. In most cases the body easily defeats the virus (much like the flu, which is what you may feel like you have). Because of this it does not lead to long term liver challenges. Hepatitis A is the most common form of Hepatitis. It is spread through the feces of a contaminated person. This can easily be prevented by thoroughly washing hands after using the restroom, before eating, and after changing a diaper.

Passage 3

Eating raw oysters and undercooked clams can increase your chances of contracting the virus. If you are traveling in a country where Hepatitis is common make sure you wash your hands often and well, eat cooked oysters and clams, and use an antiviral essential oil such as Lemon to help protect yourself.

Passage 4

Hepatitis B is a viral liver infection. Again, most adult bodies are able to fight off the virus. In this case, it is referred to as Acute (something that does not last long) Hepatitis B. Hepatitis B is spread through contact with blood or bodily fluids of an infected person. This can include unprotected sexual intercourse, sharing drug needles, getting a tattoo with instruments that were not properly cleaned, or by sharing a personal item such as a razor or toothbrush with an infected person.

Passage 5

A mother who is infected can pass the virus on to her baby during delivery. Again, the symptoms are flu-like in nature so it often goes undiagnosed. A person who has Chronic (lasting three months or more) Hepatitis B may show no symptoms until liver damage has occurred. Hepatitis B can lead to liver damage or cancer; your doctor may want to do a biopsy to determine the amount of damage your liver has experienced.

Passage 6

Hepatitis C is also a viral liver infection. A few people will contract Hepatitis C and get better. This is called Acute Hepatitis C. Most, however, will develop Chronic Hepatitis C and go on to deal with liver damage, cirrhosis of the liver, liver cancer, and possibly liver failure. Hepatitis C is the number one reason for liver transplants in the USA.

Passage 7

Hepatitis C is spread through contact with contaminated blood. This can occur by sharing a needle, receiving a blood transfusion or organ transplant (blood and organs have been screened for Hepatitis in the USA since 1992), getting a tattoo with equipment that has not been properly cleaned, and, in rare cases, a mother can pass the virus on to her baby during birth. Scientists are not sure, but think there may be a slim possibility that the virus may be passed through unprotected sexual intercourse.

Passage 8

Symptoms generally do not occur until the virus is causing damage. Again, the symptoms are flu-like; you may also experience jaundice (yellowish eyes and skin) after the flu-like symptoms go away. Most people discover they are infected by having routine tests done or by donating blood or organs and the standard tests show the infection. There is also a home test you can purchase and do if you suspect you are infected.

Passage 9

Home test:

If you are infected with a Hepatitis virus, or if you have been in the past, one of the most important things that you can do is strengthen your liver. The easiest way to do this is the Be Young Liver Cleanse: in the morning, take 1 drop of Be Young Lemon essential oil, 1 drop of Be Young Peppermint essential oil, and 1 teaspoon to 1 tablespoon of fresh lemon juice, followed by a glass of water.

Passage 10

Be Young essential oils are absolutely 100% pure, EOBBB tested and guaranteed to be free of synthetics and extenders. Do not try this with an essential oil that you are not certain has been properly cared for and tested as you do not want to increase challenges to your liver. When properly supported, the liver has a remarkable capacity for regeneration.

Questions**Hepatitis – Viral Liver Infection**

11 Hepatitis is caused by

- A** virus
- B** alcohol consumption
- C** medications
- D** all of the above

12 This spreads through feces of contaminated person

- A** hepatitis A
- B** hepatitis B
- C** both
- D** can't say

13 Most adult bodies are able to fight off this virus

- A** hepatitis A virus
- B** hepatitis B virus
- C** both
- D** can't say

14 Hepatitis can lead to

- A** cancer
- B** more damage to the cells of liver
- C** cancerous growth in liver
- D** not given

15 In the USA people go for liver transplantation because of

- A** hepatitis A
- B** hepatitis B
- C** hepatitis C
- D** all of the above

16 Hepatitis C spreads through

- A** sharing needles
- B** blood transfusion

C organ transplantation

D all of the above

17 A patient may experience jaundice when

A the flu-like symptoms appear

B the flu-like symptoms disappear

C eyes become yellow

D all of the above

18 Eating raw oysters and undercooked clams can increase your chances of contracting which virus?

A hepatitis virus A

B hepatitis virus B

C hepatitis virus C

D can't say

19 Cirrhosis occurs due to

- A** acute hepatitis A
- B** acute hepatitis B
- C** chronic hepatitis c
- D** chronic hepatitis b

20 “Be Young essential oils” are

- A** free from extenders
- B** EOBBD
- C** full of synthetics
- D** not given

END OF READING TEST