



**MATERIAL**



# Quick Learn Test Material

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## READING TEST 2

### Reading: Part A

**TIME LIMIT: 15 MINUTES**

#### Instructions:

- Complete the following summary using the information in the four texts provided.
- 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
  
- You should write your answers next to the appropriate number in the right-hand column.
  
- Please use correct spelling in your responses.

#### Text 1

Streptococcal sore throat (strep throat), is an infection of the mucous membranes lining the throat. Sometimes the tonsils are also infected (tonsillitis). Caused by group A Streptococcus bacteria, untreated strep throat may develop into rheumatic fever or other serious conditions.

Strep throat accounts for between 5% and 10% of all sore throats. It mostly occurs between November and April and, while anyone can get strep throat, it's most common amongst school children. People who smoke or who are tired, run down, or

who live in damp, crowded conditions are also more likely to become infected. Children under the age of two and adults who aren't around children are less likely to get the disease.

The disease passes directly from person to person through coughing or sneezing; on rare occasions, the bacteria can also be passed through food if an infected food handler accidentally contaminates food by coughing or sneezing. Statistically, if someone in the home is infected, one out of every four other household members may get strep throat within two to seven days.

### Text 2

A person with strep throat suddenly develops a painful sore throat one to five days after being exposed to the streptococcus bacteria. Unfortunately, it's impossible to tell the difference between a sore throat caused by strep or by other bacteria or viruses.

The infected person usually feels tired and has a fever, which is sometimes accompanied by chills, headaches, muscle aches, swollen lymph glands and nausea. Young children may also complain of abdominal pain. The tonsils look swollen and are bright red, with white or yellow patches of pus on them. Sometimes the roof of the mouth is red or has small red spots and a person suffering from strep throat often has bad breath.

Despite these common symptoms, strep throat can be deceptive; it's possible to have the disease and not show any of these symptoms. Many young children complain only of a headache and stomach-ache, without experiencing a sore throat.

### Text 3

There are some complications which can occur when a patient has strep throat. Occasionally, within a few days of developing the sore throat, a person may develop a fine, rough, sunburn-like rash over the face and upper body, together with a fever of between 101-104°F.

The tongue becomes bright red, with a flecked, strawberry-like appearance. If a rash develops, this form of strep throat is called scarlet fever; the rash is a reaction to toxins released by the streptococcus bacteria. Scarlet fever is not any more dangerous than strep throat, and it is treated in exactly the same way. The rash disappears after about five days and between one and three weeks later, patches of skin may peel off, especially on the fingers and toes.

On rare occasions, untreated strep throat can cause a serious illness called rheumatic fever. The most recent outbreak appeared in the United States in the mid-1980s. Rheumatic fever occurs most often in children between the ages of five and 15, and may have a genetic component, since it seems to run in families. Although the strep throat that causes rheumatic fever is contagious, rheumatic fever itself is not.

#### Text 4

Rheumatic fever begins one to six weeks after an untreated streptococcal infection. The joints, especially the wrists, elbows, knees, and ankles become red, sore, and swollen. The infected person develops a high fever, possibly with a rapid heartbeat when lying down, as well as paleness, shortness of breath, and fluid retention.

A red rash over the trunk may come and go for weeks or even months. An acute attack of rheumatic fever usually lasts about three months and it can cause permanent damage to the heart and heart valves. It can be prevented by promptly treating streptococcal infections with antibiotics and the disease will not occur if all the streptococcus bacteria are killed within the first 10-12 days after infection.

## Summary Task

Strep throat is a bacterial throat infection that can make your 1..... feel sore and scratchy. Compared with a 2..... infection, strep throat symptoms are generally more severe. Only a small proportion of sore throats are the result of strep throat. It's important to identify strep throat for a number of different reasons.

Children under the age of 3..... and 4..... who aren't around children are less likely to contract the disease. The infected person often feels 5..... and suffers from a kind of 6....., which is sometimes accompanied by headaches, muscle aches, swollen 7....., chills, and 8..... Abdominal pain is also reported, particularly in 9.....

The tonsils become 10..... and look bright red, with 11..... or 12..... patches of pus on them. Complications may occur within a few days after the arrival of this disease which include a 13..... like rash over the face and 14....., fever, ranging from 15..... If a rash develops, then this form of sore throat is referred to as 16..... fever. The rash which occurs is as a result of the reaction to 17..... released by the 18.....

Strep infection may also lead to 19..... fever, a serious condition that can affect the heart, 20....., nervous system and skin. It's also possible to have the bacteria that can cause strep in your throat without having a 21..... throat. Some people are carriers of strep, which means they can pass the bacteria on to others, but the 22..... are not currently making them sick. In general, signs and symptoms of strep throat include: throat pain, difficulty in 23....., headaches, 24..... and sometimes vomiting, fatigue, rashes etc.

You should call a doctor if you or your child has any of these signs and symptoms: a sore throat without cold symptoms such as 25..... nose, a sore throat accompanied by tender, swollen 26..... glands (nodes), a sore throat that lasts longer than 48 hours, a fever — or pain or swelling in the joints, shortness of breath or a rash — if these symptoms occur after a strep infection, even as long as three weeks after the infection, they can be indicators of rheumatic fever.

### Reading Test 1 - Part B

Time allowed: 60 minutes

There are two reading passages in this test. After each passage you will find a number of questions or unfinished statements about the passage, each with four suggested answers or ways of finishing.

You must choose the one which you think fits the best, i.e. the best answer. 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 will not be deducted for incorrect answers.

### READING PASSAGE A

#### Viral Infection – Yellow Fever

Paragraph 1

Yellow fever is a viral infection spread by a particular species of mosquito. It's most common in the areas of Africa and South America, affecting both travellers to and residents of those areas. In mild cases, it causes fever, headaches, nausea and vomiting. However, it can become more serious, causing heart, liver and kidney problems along with bleeding (haemorrhaging). Up to 50 percent of people with the more severe form of yellow fever die of the disease.

### Paragraph 2

There's no specific treatment for yellow fever, but getting a yellow fever vaccine before travelling to an area in which the virus is known to exist can protect you from the disease. During the first three to six days after contracting yellow fever — the incubation period — there won't be any signs or symptoms of the disease. After this, the virus enters an acute phase and, in some cases, a toxic phase follows which can be life-threatening.

### Paragraph 3

Once the yellow fever virus enters the acute phase, you may experience signs and symptoms including: fever, headaches, muscle aches - particularly in your back and knees - nausea, vomiting or both, loss of appetite, dizziness, red eyes, face or tongue. These signs and symptoms usually improve and disappear within several days.

### Paragraph 4

Although signs and symptoms may disappear for a day or two following the acute phase, some people with acute yellow fever then enter a toxic phase. During the toxic phase, acute signs and symptoms return and more severe and life-threatening ones also appear. These can include: yellowing of the skin and the whites of the eyes (jaundice), abdominal pain and vomiting - sometimes of blood - decreased urination, bleeding from your nose, mouth and eyes, heart dysfunction (arrhythmia), liver and kidney failure, and brain dysfunction, including delirium, seizures and coma.

The toxic phase of yellow fever can be fatal.

### Paragraph 5

Make an appointment to see your doctor four to six weeks before travelling to an area in which yellow fever is known to occur. If you don't have that much time to prepare, call your doctor anyway. Your doctor will help you determine whether you need vaccinations and can provide general guidance on protecting your health while abroad.

Seek emergency medical care if you've recently travelled to a region where yellow fever is known to occur and you develop severe signs or symptoms of the disease.

Even if you develop mild symptoms, call your doctor.

### Paragraph 6

Yellow fever is caused by a virus that is spread by the *Aedes aegypti* mosquito.

These mosquitoes thrive in and near human habitations where they can breed in even the cleanest water. Most cases of yellow fever occur in sub-Saharan Africa and tropical South America.

### Paragraph 7

Humans and monkeys are most commonly infected with the yellow fever virus; mosquitoes transmit the virus back and forth between monkeys, humans or both. When a mosquito bites a human or monkey infected with yellow fever, the virus enters the mosquito's bloodstream and circulates before settling in the salivary glands. When the infected mosquito bites another monkey or human, the virus then enters the host's bloodstream, where it may cause the illness to develop.

### Paragraph 8

You may be at risk of the disease if you travel to an area where mosquitoes continue to carry the yellow fever virus. These areas include sub-Saharan Africa and tropical South America. Even if there aren't current reports of infected humans in these areas, it doesn't necessarily mean you're risk-free. It's possible that local populations have been vaccinated and are protected from the disease, or that cases of yellow fever just haven't been detected and officially reported. If you're planning on travelling to these areas, you can protect yourself by getting a yellow fever vaccine at least 10 to 14 days before travelling. Anyone can be infected with the yellow fever virus, but older adults are at greater risk of becoming seriously ill.

### Paragraph 9

Diagnosing yellow fever based on signs and symptoms can be difficult because, early in its course, the infection can be easily confused with malaria, typhoid, dengue fever and other viral hemorrhagic fevers.

To diagnose your condition, your doctor will likely:

- Ask questions about your medical and travel history
- Collect a blood sample for testing

If you have yellow fever, your blood may reveal the virus itself. If not, blood tests known as enzyme-linked immuno sorbent assay (ELISA) and polymerase chain reaction (PCR) can also detect antigens and antibodies specific to the virus. Results from these tests may take several days.

### Paragraph 10

No antiviral medications have proved helpful in treating yellow fever and, as a result, treatment consists primarily of supportive care in a hospital. This includes providing fluids and oxygen, maintaining adequate blood pressure, replacing blood loss, providing dialysis for kidney failure, and treating any other infections that develop. Some people receive transfusions of plasma to replace blood proteins that improve clotting. If you have yellow fever, you may also be kept away from mosquitoes, to avoid transmitting the disease to others.

### Questions

## Viral Infection – Yellow Fever

1 Yellow fever is common in

- A Africa
- B South America
- C Both
- D Not given

2 Which of the following is not a sign of yellow fever?

- A Back pain
- B Vomiting
- C Nausea
- D Dry tongue

3 Signs/symptoms of toxic phase

- A Loss of appetite
- B Yellowness of eyes
- C Brain dysfunction
- D B and C

4 Seizures may occur during

- A Acute phase
- B Toxic phase
- C Sometimes in both the phases
- D Not given

5 Yellow fever, which is a viral disease, is spread by

- A Aedes agypti mosquito
- B Aedes aegypti mosquito
- C Female mosquito
- D Contamination

6 Mosquitoes transmit the virus from

- A Humans to monkeys
- B Monkeys to humans
- C Human to human
- D None

7 Being vaccinated ..... days before travelling to areas where the disease is common is recommended.

- A 10 days
- B 12 days
- C 14 days
- D 10-14 days

8 Typhoid is

- A Similar to malaria
- B Just similar to yellow fever
- C One of common hemorrhagic fevers
- D Not given

9 For detection of yellow fever, a doctor may first ask for a

- A Blood test
- B Urine test
- C Glucose test
- D Blood test and urine test

10 Supportive care in hospitals includes

- A Free medical check up
- B Free BP check up
- C Effective dialysis procedures in case of kidney failure
- D B and C

## READING PASSAGE B

### Aortic Dissection or Dissecting Aneurysm

#### Passage 1

An aortic dissection is a serious condition in which a tear develops in the inner layer of the aorta, the large blood vessel branching off the heart. Blood surges through this tear into the middle layer of the aorta, causing the inner and middle layers to separate (dissect). If the blood-filled channel ruptures through the outside aortic wall, aortic dissection can be fatal.

#### Passage 2

Aortic dissection, also called dissecting aneurysm, is relatively uncommon. Anyone can develop the condition, but it most frequently occurs in men between 60 and 70 years of age. Symptoms of aortic dissection may mimic those of other diseases, often leading to delays in diagnosis. However, when an aortic dissection is detected early and treated promptly, your chance of survival greatly improves.

### Passage 3

Aortic dissection symptoms may be similar to those of other heart problems, such as a heart attack. Typical signs and symptoms include: sudden severe chest or upper back pain (often described as a tearing, ripping or shearing sensation, that radiates to the neck or down the back), loss of consciousness (fainting), shortness of breath, sweating, weaker pulse in one arm compared to the other etc.

### Passage 4

If you have signs or symptoms such as severe chest pain, fainting, sudden onset of shortness of breath or symptoms of a stroke then seeking medical assistance is imperative. While experiencing such symptoms doesn't always mean that you have a serious problem, it's best to get checked out quickly because early detection and treatment may help to save your life.

### Passage 5

An aortic dissection occurs in a weakened area of the aortic wall. Chronic high blood pressure may stress the aortic tissue, making it more susceptible to tearing. You can also be born with a condition associated with a weakened and enlarged aorta, such as Marfan syndrome or bicuspid aortic valve. Rarely, aortic dissections may be caused by traumatic injury to the chest area, such as during motor vehicle accidents.

### Passage 6

Aortic dissections are divided into two groups, depending on which part of the aorta is affected:

Type A: This is the more common and dangerous type of aortic dissection. It involves a tear in the part of the aorta just where it exits the heart or a tear extending from the upper to lower parts of the aorta, which may extend into the abdomen.

Type B: This type involves a tear in the lower aorta only, which may also extend into the abdomen.

#### Passage 7

Risk factors for aortic dissection include:

- Uncontrolled high blood pressure (hypertension), found in at least two-thirds of all cases
- Hardening of the arteries (atherosclerosis)
- Weakened and bulging artery (pre-existing aortic aneurysm)
- An aortic valve defect (bicuspid aortic valve)
- A narrowing of the aorta you're born with (aortic coarctation)

#### Passage 8

People with certain genetic diseases are more likely to have an aortic dissection than other people.

These genetic diseases include: Turner's syndrome, high blood pressure, heart problems, and a number of other health conditions may be a result of this disorder.

Marfan syndrome:

This is a condition in which connective tissue, which supports various structures in the body, is weak. People with this disorder often have a family history of aneurysms of the aorta and other blood vessels. These weak blood vessels are prone to tears (dissection) and rupture easily.

Ehlers-Danlos syndrome:

This group of connective tissue disorders is characterized by skin that bruises or tears easily, loose joints and fragile blood vessels.

Loeys-Dietz syndrome:

This is a connective tissue disorder marked by twisted arteries, especially in the neck. People who have Loeys-Dietz syndrome are thought to be at risk of developing aortic dissections and aneurysms.

Passage 9

An aortic dissection can lead to death, due to severe internal bleeding, including into the lining around the heart (pericardial sac), organ damage (such as kidney failure or life-threatening damage to the intestines), strokes (possibly including paralysis), and aortic valve damage, such as causing the aortic valve to leak (aortic regurgitation).

Passage 10

Detecting an aortic dissection can be tricky because the symptoms are similar to those of a variety of health problems. Doctors often suspect an aortic dissection if the following signs and symptoms are present: sudden tearing or ripping chest pain, widening of the aorta on a chest X-ray, blood pressure difference between the right and left arms.

### Questions

#### Aortic Dissection or Dissecting Aneurysm

11 In aortic dissection a tear develops in

- A Outer layer of aorta
- B Inner layer of aorta
- C Middle aorta
- D A blood vessel branching off the heart

12 Dissecting aneurysm is common among

- A Men
- B Women
- C Both
- D Children

13 Symptoms of aortic dissection include

- A Chest pain and swelling
- B Weak pulse in both arms
- C Loss of consciousness
- D All of the above

14 Aortic dissection can also be caused due to

- A High BP
- B Weak aortic wall
- C Inborn symptoms
- D Traumatic injury to chest during accidents

15 The most dangerous type of aortic dissection is

- A Type A
- B Type B
- C Aortic aneurism
- D Aortic coarctation

16 A condition in which connective tissue is weak is called

- A Turner's syndrome
- B Loeys-Dietz syndrome
- C Ehlers-Danlos syndrome
- D Marfan's syndrome

17 People with Loeys-Dietz syndrome are likely to develop

- A Aneurysms
- B Ruptured blood vessels
- C Twisted arteries in the neck
- D Aortic complications

18 Aortic dissection is

- A Extremely fatal at all times
- B Sometimes fatal
- C Not very severe
- D Sometimes severe

19 Aortic dissection can lead to death because of

A Bleeding in pericardial sac

B Kidney failure

C Aortic valve damage

D All of the above

20 Detecting aortic dissection is

A Easy

B Difficult

C Impossible

D Sometimes possible

**END OF READING TEST**