MAIVA MATERIAL

Quick Learn Test Material

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READING TEST 3

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

Diabetes is a defect in the body's ability to convert glucose (sugar) into energy.

Glucose is the main source of fuel for the body. When food is digested, it is converted into fats, protein, or carbohydrates. Foods that affect blood sugars are called carbohydrates, which, when digested, change into glucose. Examples of some carbohydrates are: bread, rice, pasta, potatoes, corn, fruit, and milk products.

Individuals with diabetes should eat carbohydrates but must do so in moderation. Glucose can then be transferred to the blood and used by the cells for energy. In order for glucose to be transferred from the blood into the cells, the hormone insulin is needed. Insulin is produced by the beta cells in the pancreas

(the organ that produces insulin) but, in individuals with diabetes, this process is impaired. Diabetes develops when the pancreas fails to produce sufficient

quantities of insulin (Type 1 diabetes) or the insulin produced is defective and can't move glucose into the cells (Type 2 diabetes).

Text 2

There are two main types of diabetes. In type 1 diabetes, the cells in the

pancreas that make insulin are destroyed. If you have type 1 diabetes, you need to inject your body with insulin from shots or a pump every day. Most people can learn to adjust the amount of insulin they take according to their physical activity and eating patterns; this makes it easier to manage your diabetes when you have a busy schedule.

In type 2 diabetes, the pancreas still makes some insulin but cells are unable to use it very well. If you have type 2 diabetes, you may need to take insulin injections or pills to help your body's supply of insulin work better. Type 2 used to be called "adult onset diabetes" but now more teenagers and young people are getting type 2, especially if they are overweight.

Text 3

If you have more than one of these symptoms you may want to ask your doctor to test your blood sugar:

- Blurred vision
- Unusual thirst
- Frequent urination
- Slow-healing cuts
- Unexplained tiredness
- Rapid weight loss (Type 1 diabetes)
- Erectile dysfunction
- Numbness or tingling in hands or feet

Symptoms may occur rapidly with Type 1 diabetes; however, with Type 2 diabetes the onset is more insidious and may not be noticed.

Text 4

Diabetes is diagnosed with a simple blood test that measures the blood glucose level. Usually these tests are repeated on a subsequent day to confirm the diagnosis. A diagnosis of diabetes can be a frightening and bewildering experience because there is so much information to take in and the diagnosis can come as a shock. People with Type 2 diabetes may hear their condition described as "mild," but Type 2 diabetes is not a "mild" medical condition. Both forms and all stages of diabetes are serious, with many possible complications, including eye, heart, kidney, and nerve damage.

Summary Task

Diabetes means that your blood 1……. , also called blood sugar, is too high.

Glucose comes from the 2……. you eat and is needed to fuel our bodies.

Your blood always has some glucose in it because your body needs glucose for 3…….. , but having too much glucose in your blood is not healthy. An organ called the 4…….makes insulin which helps 5…… get from your blood into your cells. Cells take the glucose and turn it into energy. If you have 6……., the pancreas

makes little or no insulin or your cells cannot use 7…… very well. Therefore, glucose builds up in your blood and cannot get into your cells. If your blood glucose stays too 8……., it can damage many parts of the body such as the 9……., eyes, 10……, and nerves.

There are two main types of diabetes. Type 11……. occurs most frequently in children and 12……, although it can occur at any age. 13…….. is much more 14…….. and accounts for 90-95% of all diabetes. Type 2 diabetes primarily affects adults, however recently Type 2 has begun developing in 15…….. ; there is a strong correlation between Type 2 diabetes, physical inactivity and 16……...

There are various systems which can help one to identify 17…….. If somebody has more than one of any of the 18……..listed below then it is advisable to get a 19……. test. Symptoms include: 20…… vision, frequent urination, unexplained 21……., erectile dysfunction, numbness of 22……. or feet. The diagnosis is made by a simple 23……... in which the glucose level in the blood is 24…….. It should be pointed out here that all 25……. of diabetes are 26…… and cannot be described as 27……. All stages of diabetes could potentially lead to many other complications such as eye, heart, kidney, and nerve damage.

Reading: Part B - Text Booklet

Instructions

TIME LIMIT: 45 MINUTES

- 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

Idiopathic Pulmonary Fibrosis (IPF)

Passage 1

Idiopathic pulmonary fibrosis (IPF) is a build-up of scar tissue in the lungs. This scar tissue damages the lungs and makes it hard for oxygen to get in. Not getting enough oxygen to the body can cause serious health problems and even death. "Idiopathic" is the term used when no cause for the scarring can be found; in these cases, doctors think the scarring starts by something that injures the lung. Scar tissue builds up as the lungs try to repair the injury and, in time, so much scarring forms that patients have problems breathing.

Passage 2

IPF usually worsens over time. However, while some patients get sick quickly,

others may not feel sick for years. Unfortunately, there is no cure for IPF, but there are treatments that may be able to slow down the lung scarring. Understanding the condition will go a long way to help you cope with the effects it has on your body.

Passage 3

The two major symptoms of IPF are shortness of breath and a persistent cough. Other symptoms may include:

- Fatigue and weakness
- Chest pain or tightness in the chest
- Loss of appetite
- Rapid weight loss

Passage 4

The causes of IPF are unknown. There are other conditions that cause lung scarring; the lung scarring that is the result of other conditions is often called "pulmonary fibrosis", but should be called by the name of the cause.

These other causes include the following:

- Diseases, like rheumatoid arthritis and sarcoidosis
- Medicines, such as those used for certain heart conditions
- Breathing in mineral dusts, such as asbestos or silica
- Allergies or overexposure to dusts, animals, or molds (There are many names for this condition, such as "bird breeder's lung," "farmer's lung," or "humidifier lung." These conditions are all called hypersensitivity pneumonitis).

Passage 4

Five million people worldwide have IPF, and it is estimated that up to 200,000 people in the United States have this condition. It usually occurs in adults between 40 and 90 years of age and it is seen more often in men than in women. Although rare, IPF can sometimes run in families.

Passage 5

Patients who have any symptoms of IPF should see a pulmonologist to rule out similar conditions. The doctor will take a number of tests, including:

- Breathing tests: to measure how well your lungs are working.
- CT scan: to get a detailed image of your lungs, and to see if scarring has started.
- Blood tests: to see if you have an infection, problems with your immune system, or to see how much oxygen is in your blood.
- Bronchoscopy: to test a small sample of lung tissue. A tube is inserted through the nose or mouth into the lung; a light on the end of the tube lets the doctor see where to go. The doctor then takes a small piece of lung tissue to be tested (this is called a biopsy). You usually do not need to stay overnight in the hospital to have this done.
- Thoracoscopic biopsy: to obtain larger tissue samples. This is a surgical procedure in which small incisions are made in between the ribs. It usually requires a hospital stay and general anesthesia.

Passage 6

Treatment:

Once lung scarring forms, it cannot be removed surgically and there are currently no medications that remove lung scarring. However, there are treatments, such as the ones that follow, that may be able to help.

Passage 7

Smoking Cessation:

Cigarette smoke not only damages the lining of the lungs, it can also make you more likely to get a lung infection. While some studies suggest that patients with IPF who smoke actually live longer, these studies are not accepted by everyone, and most experts agree that you should stop smoking.

Passage 8

Supplemental oxygen:

As lung scarring gets worse, many patients need extra oxygen to help them go about their daily lives without getting too out of breath. You get this oxygen from a tank that you carry around with you and, in later stages of IPF, oxygen may be needed even while sleeping or resting. Oxygen is not addictive, so you do not have to worry about using it too much. To help maintain your oxygen levels, ask your doctor about a small, easy-to-use device called a pulse oximeter. This device helps you to know just how much oxygen-flow you require, especially during activity.

Passage 9

Exercise:

Regular exercise can help patients with IPF. Staying in shape not only keeps your breathing muscles strong, it also gives you more energy; this is because healthy muscles need less oxygen to perform.

Passage 10

Nutrition

Many patients with IPF lose weight because of their disease. If you lose too much weight, your breathing muscles can become weak and you also may not be able to fight off infections very well. A well-balanced diet is important to keep up your strength, but be wary of supplements and other nutrition treatments that claim to improve IPF; it's best to consult a doctor first.

Questions

Idiopathic Pulmonary Fibrosis (IPF)

1 In IPF, patients

A will have lung cancer

B will have difficulty in inhalation or exhalation

C will find it difficult to move

D require less oxygen

2 Scar tissue develops

A when oxygen supplied is stopped

B when the lungs do not function properly

C when the lungs try to repair the damage done

D when there is more oxygen supply

3 Major symptoms of IPF are

A fatigue and weakness

B chest pain and breathing

C breathing problems and coughing

D breathing problems and weakness

4 The cause of lung scaring is

A still not known completely

B known

C allergies

D some of the common heart diseases

5 One of the simple IPF tests is

A bronchoscopy

B blood test

C CT scan

D breathing test to identify how well your lungs work

6 For lung scarring

A no medication is available

B medication is available

C prevention is better

D not given

7 Cessation means

A to continue

B to cease

C to adopt

D to gain

8 A patient with lung scarring

A requires oxygen supply

B should eat a healthy diet

C should stop smoking

D none of the above

9 Exercises can help fight the IPF

A true

B false

C sometimes true and sometimes false

D can’t say

10 IPF patients

A may gain more weight

B may lose weight

C may take more supplements

D should not take supplements as this can be harmful

READING PASSAGE B

Hyperthyroidism

Passage 1

The thyroid gland is a butterfly-shaped endocrine gland that is normally located in the lower front of the neck. The thyroid’s job is to make thyroid hormones, which are secreted into the blood and then carried to every tissue in the body. The thyroid hormone helps the body use energy, stay warm and keep the brain, heart, muscles, and other organs working as they should.

Passage 2

The term hyperthyroidism refers to any condition in which there are too many thyroid hormones produced in the body. In other words, the thyroid gland is overactive and working too hard. Another term that you might hear being used to

describe the problem is thyrotoxicosis, which refers to high thyroid hormone levels in the blood stream, irrespective of their source.

Passage 3

The thyroid hormone plays a significant role in the pace of many processes in the body; these processes are called your metabolism. If there is too much thyroid hormone being produced, every function of the body tends to speed up. It is not surprising then that some of the symptoms of hyperthyroidism are: nervousness, irritability, increased perspiration, heart racing, hand tremors, anxiety, difficulty sleeping, thinning of your skin, fine brittle hair and weakness in your muscles—especially in the upper arms and thighs.

Passage 4

Another symptom might be more frequent bowel movements, but diarrhea is uncommon. You may lose weight despite a good appetite and, for women, menstrual flow may lighten and menstrual periods may occur less often. Since hyperthyroidism increases your metabolism, many individuals initially have a lot of energy. However, as the hyperthyroidism continues, the body tends to break down, so feeling tired is very common.

Passage 5

Hyperthyroidism usually begins quite slowly but in some young patients these changes can be very abrupt. At first, the symptoms may be mistaken for simple nervousness due to stress. If you have been trying to lose weight by dieting, you may be pleased with your success until the hyperthyroidism, which has quickened the weight loss, causes other problems.

Passage 6

The most common cause (in more than 70% of people) is an overproduction of the thyroid hormone by the entire thyroid gland. This condition is also known as Graves' disease. Graves' disease is caused by antibodies in the blood that turn on the thyroid and cause it to grow and secrete too much thyroid hormone. This type of hyperthyroidism tends to run in families and it occurs more often in young women. Little is known about why specific individuals get this disease.

Passage 7

Another type of hyperthyroidism is characterized by one or more nodules or lumps in the thyroid that may gradually grow and increase their activity; this causes the total output of thyroid hormones into the blood to become greater than normal. This condition is known as toxic nodular or multi nodular goiter. Also, people may temporarily have symptoms of hyperthyroidism if they have a condition called thyroiditis, a condition caused by a problem with the immune system or a viral infection that causes the gland to leak stored thyroid hormone. The same symptoms can also occur by taking too much thyroid hormone in tablet form. These last two forms of excess thyroid hormone are only called thyrotoxicosis, since the thyroid is not overactive.

Passage 8

If your physician suspects that you have hyperthyroidism, diagnosis is usually a simple matter. A physical examination usually detects an enlarged thyroid gland and a rapid pulse. The physician will also look for moist, smooth skin and a tremor of your fingertips. Your reflexes are likely to be fast, and your eyes may have some abnormalities if you have Graves' disease.

Passage 9

The diagnosis of hyperthyroidism will be confirmed by laboratory tests that measure the amount of thyroid hormones— thyroxine (T4), triiodothyronine (T3) and thyroid-stimulating hormone (TSH) in your blood. A high level of thyroid hormones in the blood plus a low level of TSH is common with an overactive thyroid gland. If blood tests show that your thyroid is overactive, your doctor may want to obtain a picture of your thyroid (a thyroid scan). The scan will find out if your entire thyroid gland is overactive or whether you have a toxic nodular goiter or thyroiditis (thyroid inflammation). A test that measures the ability of the gland to collect iodine (a thyroid uptake) may be done at the same time.

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Passage 10

No single treatment is best for all patients with hyperthyroidism. The appropriate choice of treatment will be influenced by your age, the type of hyperthyroidism that you have, the severity of your hyperthyroidism, and any other medical conditions that may be affecting your health, as well as your own preference. It may be a good idea to consult with an endocrinologist who is experienced in the treatment of hyperthyroid patients. If you are unconvinced or unclear about any thyroid treatment plan, a second opinion is a good idea.

Questions

Hyperthyroidism

11 The thyroid hormone helps with

A energy consumption

B utilization of energy

C maintaining body temperature

D enhancing the functions of the kidney

12 In thyrotoxicosis

A the thyroid gland is inactive

B the thyroid gland is less active

C the thyroid gland produces a greater amount of hormones then necessary

D none of the above

13 An increase in the amount of thyroid hormones can

A boost up other hormonal functions

B improve metabolic functions

C increase normal physiological functions

D increase pulse rate

14 Which one of these is common in thyroid diseases?

A loss of appetite

B decreased metabolism

C tiredness

D none of the above

15 Hyperthyroidism can be the cause of ……

A high BP

B tiredness

C weight loss

D increase in weight, even while dieting

16 According to the information given, "Grave's disease" occurs more commonly in

A men

B women

C children

D adult women

17 In hyperthyroidism, the level of thyroid hormones is

A considerably higher

B very low

C much higher

D normal

18 Eyes show abnormalities in

A hyperthyroidism

B grave's disease

C thyroid inflammation

D all

19 Which one of the following suggests an overactive thyroid gland?

A low level of TSH

B high level of thyroid hormones

C high level of TSH and low level of hormones

D high level of hormones and low level of TSH

20 According to the information given, treatment for hyperthyroidism depends more on

A age

B only on the type of hyperthyroidism

C the previous medical history of the patient

D age and type of hyperthyroidism

END OF READING TEST