



MATERIAL



Quick Learn Test Material

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READING TEST 5**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 **right-hand column**.
- Please use **correct spelling** in your responses. **Do not** use abbreviations unless they appear in the texts.

Text 1**Rheumatoid Arthritis**

Rheumatoid arthritis is a chronic inflammatory disorder that typically affects the small joints in your hands and feet. Unlike the wear-and-tear damage of osteoarthritis, rheumatoid arthritis affects the lining of your joints, causing a painful swelling that can eventually result in bone erosion and joint deformity.

An autoimmune disorder, rheumatoid arthritis occurs when your immune system mistakenly attacks your own body's tissues. In addition to causing joint problems, rheumatoid arthritis can also affect your whole body with fevers and fatigue.

Rheumatoid arthritis is much more common in women than in men and generally occurs between the ages of 40 and 60. Treatment focuses on controlling symptoms and preventing joint damage.

Signs and symptoms of rheumatoid arthritis may include:

- Tender, warm, swollen joints
- Morning stiffness that may last for hours
- Firm bumps of tissue under the skin on your arms (rheumatoid nodules)
- Fatigue, fever and weight loss

Early rheumatoid arthritis tends to affect your smaller joints first — particularly the joints that attach your fingers to your hands and your toes to your feet. As the disease progresses, symptoms often spread to the knees, ankles, elbows, hips and shoulders. In most cases, symptoms occur in the same joints on both sides of your body.

The signs and symptoms of rheumatoid arthritis may vary in severity and may even come and go. Periods of increased disease activity, called flares, alternate with periods of relative remission — when the swelling and pain fade or disappear. Over time, rheumatoid arthritis can cause joints to deform and shift out of place.

Text 2

Causes of Rheumatoid Arthritis

Rheumatoid arthritis occurs when your immune system attacks the synovium — the lining of the membranes that surround your joints. The resulting inflammation thickens the synovium, which can eventually invade and destroy the cartilage and bone within the joint. The tendons and ligaments that hold the joint together weaken and stretch. Gradually, the joint loses its shape and alignment. Doctors don't know what starts this process, although a genetic component appears likely. While your genes don't actually cause rheumatoid arthritis, they can make you more susceptible to environmental factors — such as infection with certain viruses and bacteria — that may trigger the disease.

Text 3**Rheumatoid arthritis is difficult to be diagnosed**

Rheumatoid arthritis can be difficult to diagnose in its early stages because the early signs and symptoms mimic those of many other diseases. There is no single test or physical finding to confirm the diagnosis. During the physical exam, your doctor will check your joints for swelling, redness and warmth and they will also check your reflexes and muscle strength.

Blood tests:

People with rheumatoid arthritis tend to have an elevated erythrocyte sedimentation rate (ESR, or sed rate), which indicates the presence of an inflammatory process in the body. Other common blood tests look for rheumatoid factors and anti-cyclic citrullinated peptide (anti-CCP) antibodies.

X-rays:

Your doctor may recommend X-rays to help track the progression of rheumatoid arthritis in your joints over time.

Text 4**Cure for rheumatoid arthritis**

There is no cure for rheumatoid arthritis. Medications can reduce inflammation in your joints in order to relieve pain and prevent or slow down joint damage. Occupational and physical therapy can teach you how to protect your joints but, if your joints are severely damaged by rheumatoid arthritis, surgery may be necessary.

Medications

Many drugs used to treat rheumatoid arthritis have potentially serious side effects. Doctors typically prescribe medications with the fewest side effects first. You may need stronger drugs or a combination of drugs as your disease progresses.

NSAIDs

Nonsteroidal anti-inflammatory drugs (NSAIDs) can relieve pain and reduce inflammation. Over-the-counter NSAIDs include ibuprofen (advil, motrin etc.) and naproxen (aleve). Stronger NSAIDs are available by prescription. Side effects may include ringing in your ears, stomach irritation, heart problems and liver and kidney damage.

Steroids

Corticosteroid medications, such as prednisone, reduce inflammation and pain and slow down joint damage. Side effects may include thinning of bones, cataracts, weight gain and diabetes. Doctors often prescribe a corticosteroid to relieve acute symptoms, with the goal of gradually tapering off the medication.

Other drugs

Several other rheumatoid arthritis drugs target a variety of processes involved with inflammation in your body. These drugs include anakinra (kineret), abatacept (orencia), rituximab (rituxan) and tocilizumab (actemra). Side effects vary but may include itching, severe abdominal pain, headaches, a runny nose or sore throat.

Summary:

Rheumatoid arthritis is a disease that affects the **1**..... It causes pain, **2**....., and **3**..... If one knee or hand has rheumatoid arthritis, usually the other does too. This disease often occurs in more than one **4**..... and can affect any joint in the body. People with this **5**..... may feel sick and **6**....., and they sometimes get fevers. Some people have this disease for only a few **7**..... or a year or two then it goes away without causing **8**..... Other people have times when the symptoms get worse (flares), and times when they get better (remissions). Others have a severe form of the disease that can last for many **9**..... or a lifetime. This form of the disease can cause serious joint damage. Anyone can get this disease, though it occurs more often in **10**..... Rheumatoid arthritis often starts in **11**.....age and is most common in **12**.....people - but children and young adults can also get it.

Doctors don't know the exact **13**..... of rheumatoid arthritis. They know that with this arthritis, a person's **14**..... attacks his or her own body tissues. Researchers are learning many things about why and how this happens. Things that may cause rheumatoid arthritis are: **15**..... (passed from parent to child), environment and hormones.

Rheumatoid arthritis can be hard to diagnose because there is no **16**..... test for the disease. The symptoms can be the same as other kinds of **17**..... The full symptoms can take time to **18**..... To diagnose rheumatoid arthritis, doctors use medical history, physical examinations, **19**.....and **20**.....

Doctors have many different ways to treat this disease. The goals of treatment are to take away pain, reduce swelling, slow down or stop **21**..... and thus help people to stay active. Remember too, that there is no **22**..... for rheumatoid arthritis and **23**.....can help only to a certain extent in reducing **24**..... in your joints. Anti-inflammatory drugs like **25**..... and corticosteroid medications such as **26**.....can be helpful in removing **27**..... and slowing down joint 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**A Hormonal Disorder – Adrenal Insufficiency****Passage 1**

Adrenal insufficiency is an endocrine or hormonal disorder that occurs when the adrenal glands do not produce enough of certain hormones. The adrenal glands are located just above the kidneys. Adrenal insufficiency can be primary or secondary. Primary adrenal insufficiency, also called Addison's disease, occurs when the adrenal glands are damaged and cannot produce enough of the hormone cortisol, and often the hormone aldosterone. Addison's disease affects one to four of every 100,000 people, in all age groups and both sexes.

Passage 2

Secondary adrenal insufficiency occurs when the pituitary gland, a bean-sized organ in the brain, fails to produce enough adrenocorticotropin (ACTH), a hormone that stimulates the adrenal glands to produce cortisol. If ACTH output is too low, cortisol production drops. Eventually, the adrenal glands can shrink due to lack of ACTH stimulation. Secondary adrenal insufficiency is much more common than Addison's disease.

Passage 3

Addison's disease symptoms usually develop slowly, often over several months, and may include: muscle weakness and fatigue, weight loss and decreased appetite, darkening of skin (hyperpigmentation), low blood pressure (even fainting), salt cravings, low blood sugar (hypoglycemia), nausea, diarrhea or vomiting, muscle or joint pains etc. Sometimes, however, the signs and symptoms of Addison's disease may appear suddenly. In acute adrenal failure (addisonian crisis), the signs and symptoms may also include: pain in your lower back, abdomen or legs, severe vomiting and diarrhea, leading to dehydration, low blood pressure and loss of consciousness.

Passage 4

Your adrenal glands are composed of two sections: the interior (medulla) produces adrenaline-like hormones; the outer layer (cortex) produces a group of hormones

called corticosteroids, which include glucocorticoids, mineralocorticoids and male sex hormones (androgens).

Passage 5

Some of the hormones the cortex produces are essential for life (glucocorticoids and mineralocorticoids).

Glucocorticoids: These hormones, which include cortisol, influence your body's ability to convert food fuels into energy, play a role in your immune system's inflammatory response and help your body respond to stress.

Mineralocorticoids: These hormones, which include aldosterone, maintain your body's balance of sodium and potassium to keep your blood pressure normal.

Passage 6

Androgens, male sex hormones, are produced in small amounts by the adrenal glands in both men and women. They cause sexual development in men and influence muscle mass, libido and a sense of well-being in men and women.

Passage 7

Primary adrenal insufficiency

Addison's disease occurs when the cortex is damaged and doesn't produce its hormones in adequate quantities. Doctors refer to the condition involving damage to the adrenal glands as primary adrenal insufficiency. The failure of your adrenal glands to produce adrenocortical hormones is most commonly the result of the body attacking itself (autoimmune disease). For unknown reasons, your immune system views the adrenal cortex as foreign, something to attack and destroy.

Other causes of adrenal gland failure may include: tuberculosis, other infections of the adrenal glands, spreading of cancer to the adrenal glands and bleeding into the adrenal glands.

Passage 8

Secondary adrenal insufficiency

Adrenal insufficiency can also occur if your pituitary gland is diseased. The pituitary gland produces a hormone called adrenocorticotrophic hormone (ACTH), which

stimulates the adrenal cortex to produce its hormones. Inadequate production of ACTH can lead to insufficient production of hormones normally produced by your adrenal glands, even though your adrenal glands aren't damaged. Doctors call this condition secondary adrenal insufficiency.

Passage 9

Another more common cause of secondary adrenal insufficiency occurs when people who take corticosteroids for treatment of chronic conditions, such as asthma or arthritis, abruptly stop taking the corticosteroids.

Passage 10

If you have untreated Addison's disease, an Addisonian crisis may be provoked by physical stress (such as an injury), infection or illness. All treatment for Addison's disease involves hormone replacement therapy to correct the levels of steroid hormones your body isn't producing. Some options for treatment include: oral corticosteroids, corticosteroid injections and androgen replacement therapy.

Questions:**A Hormonal Disorder – Adrenal Insufficiency**

1 Addison's disease effects

- A** four of every 1,000 people
- B** one of every 1,000 people, including all age-groups
- C** one to four of every 1,000 people, including all age groups
- D** one to four of every 100,000 people

2 Secondary adrenal insufficiency occurs due to one of these reasons

- A** more production of adrenocorticotropin (ACTH)
- B** more production of cortisol
- C** low production of aldosterone
- D** low production of ACTH

3 According to the passage(s), symptoms of Addison's disease occur

- A** slowly
- B** suddenly
- C** after a month
- D** slowly after many months

4 Cortex produces

- A** androgens
- B** glucocorticoids
- C** mineralocorticoids
- D** all of the above

5 Aldosterone maintains

- A** body balance
- B** balance of sodium and potassium
- C** high BP
- D** low BP

6 According to the information given in the passage, the statement that “Androgen influences muscle mass and physical and mental nature of men and women” is

- A** true
- B** false
- C** can't say
- D** not given in the passage(s)

7 Doctors refer to the damage to the cortex of the kidney as

- A** primary adrenal insufficiency
- B** secondary adrenal insufficiency
- C** other fatal infections
- D** not given

8 In a condition like secondary adrenal insufficiency

- A** the kidney is damaged
- B** adrenal glands are damaged

- C** the kidney is slightly damaged
- D** adrenal glands are not damaged

9 Secondary adrenal insufficiency also occurs because of

- A** asthma
- B** arthritis
- C** both asthma and arthritis
- D** stopping the use of corticosteroids

10 Treatment of Addison's disease includes

- A** replacement therapy of hormones
- B** correcting the level of steroid hormones
- C** Androgen replacement therapy
- D** all

READING PASSAGE B

Carpal Tunnel Syndrome

Passage 1

Carpal tunnel syndrome is a condition that may be caused by repeatedly performing stressful motions with your hand or holding your hand in the same position for long periods of time. CTS is classified as a cumulative trauma disorder, an ailment that attacks the body's musculoskeletal system. The musculoskeletal system is made up of muscles that pull on tendons and move the bones at joints. The joints are held together by ligaments. Carpal tunnel syndrome specifically affects the sensitive nerves of - and the blood supply that feeds - the hands and wrists.

Passage 2

Carpal tunnel syndrome has been around for a long time; meat packers began complaining of pain and loss of hand function in the 1860s. Back then, these complaints were largely attributed to poor circulation. The nature of work has changed over the years; today, more jobs are highly specialized and require use of only a small number of muscles repeatedly. With the growing numbers of people using computers and keyboards, plus the focus on better health-care for workers,

carpal tunnel syndrome is of real concern to both employers and health-care professionals.

Passage 3

Recent studies have shown that carpal tunnel syndrome, like all other cumulative trauma disorders, is on the rise while other workplace injuries have leveled off. Many companies are turning to physical therapists for help with designing and implementing health promotion and injury prevention programs to protect their employees from CTS.

Passage 4

People with CTS usually experience feelings of numbness, weakness, tingling, and burning in their fingers and hands. If not treated, the symptoms may escalate into acute, persistent pain. CTS can become so crippling that people can no longer do their work or even perform simple tasks at home. At its most extreme, carpal tunnel syndrome forces people to undergo surgery and miss many days of work, or prevents them from working at all because their hand functions are permanently impaired.

Passage 5

Carpal tunnel syndrome occurs in men and women of all ages, and is often found in workers whose tasks require repeating the same motion in the fingers and hand for long periods of time. CTS has surfaced among meat packers, assembly line workers, jackhammer operators, and employees who spend hours working at a computer or typewriter. Carpal tunnel syndrome shows up in athletes as well as homemakers.

Passage 6

The U.S. Department of Labor has cited carpal tunnel syndrome, as well as other cumulative trauma disorders, as the cause of 48 percent of all industrial workplace illnesses. The disease affects more than five million Americans.

Passage 7

CTS's impact on American businesses is devastating. It shows up in the workplace in the form of fatigue, poor work performance, discomfort and pain, and poor employer/employee relations. The high cost of treatment for an employee with CTS, plus the lost productivity when that employee is absent for a long period of time, strains the company's ability to operate efficiently and can lead to morale problems when other employees have to take over the absent workers' responsibilities.

Passage 8

Physical therapists with specialized training in cumulative trauma disorders have been working in industrial and corporate settings for many years to meet the health-care needs of America's workforce. They work closely with employers to educate employees about CTS—what causes it and how to avoid it through proper use of the musculoskeletal system.

Passage 9

Physical therapists can target and correct poor work habits and improper work designs, such as tools, furniture, equipment, and work space. They can also assess the potential risks of an individual and determine if that person is physically unsuited to a particular job. Among their many responsibilities, physical therapists teach health awareness and job safety.

Passage 10

A typical education program includes exercises employees can do at work and at home, adjustments to the overall work environment and individual work stations, plus early detection of symptoms to avoid painful and costly surgery.

Passage 11

Physical therapists also work with employers and their engineering departments to design and modify the work environment, helping to remove the causal factors of CTS. If anyone has symptoms of carpal tunnel syndrome, then consulting a physical therapist or other qualified health-care practitioner for an evaluation and individualized treatment is always recommended.

Questions**Carpal Tunnel Syndrome**

11 According to the passage, CTS

- A** is a cumulative trauma disorder
- B** is caused due to weakness in musculoskeletal system
- C** occurs due to weakness in ligaments between joints

D all of the above

12 According to the information given, CTS

A is on the rise

B is on the rise without any other cumulative trauma disorders

C is one of the common cumulative trauma disorders that is on rise

D is on the rise with many other cumulative trauma disorders

13 "In CTS, may become permanently impaired."

A carpels

B hands

C feet

D wrists

14 CTS often occurs in

A men

B women

C men and women of all ages

D only men of all ages

15complained of pain and loss of hand function in the 1860s

A meat packers

B assembly line workers

C jackhammer operators

D employees who spend hours at a computer

16 CTS accounts forof all industrial workplace illnesses

A 50 %

B 48%

C 84%

D 60%

17 Physical therapists teach employees about

- A** proper use of the musculoskeletal system
- B** how to avoid CTS
- C** how to increase efficiency at work
- D** health-care needs

18 One of the impacts of CTS on American businesses

- A** low productivity because of absence of workers due to CTS
- B** absence of workers due to CTS condition
- C** unfair employee treatment
- D** none

19 CTS educational program includes

- A** only detection of CTS symptoms in employees
- B** explanation to employees on how to avoid CTS
- C** exercises that employees can do to avoid CTS
- D** discussion of cost involved in surgery

20 Physical therapists specialized in CTS

- A** work closely with employees in engineering departments
- B** work with employees to modify the work environment
- C** design new rules for employees at work
- D** none

END OF READING TEST