



MATERIAL



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READING TEST 7**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

Irritable Bowel Syndrome (IBS) is a functional bowel disorder characterized by chronic abdominal pain, discomfort, bloating, and alteration of bowel habits in the absence of any detectable organic cause. It is a chronic gastrointestinal disorder of an unknown cause. Common symptoms include: abdominal cramping or pain, bloating and gassiness and altered bowel habits. Irritable bowel syndrome has been called spastic colon, functional bowel disease, and mucous colitis. However, IBS is not a true "colitis." The term colitis refers to a separate condition known as inflammatory bowel disease (IBD). Irritable bowel syndrome is not contagious, inherited, or cancerous. However, IBS often disrupts daily living activities. The prevalence is greater in women (it affects twice as many women as men). Though most of the patients are older than 60 years, IBS can affect all ages. IBS is not life threatening.

Text 2

What are the causes of Irritable Bowel Syndrome (IBS)?

The cause of irritable bowel syndrome is currently unknown. IBS is thought to result from an interplay of abnormal gastrointestinal (GI) tract movements, increased awareness of normal bodily functions, and a change in the nervous system communication between the brain and the GI tract. Abnormal movements of the colon, whether too fast or too slow, are seen in some, but not all, people who have IBS.

Irritable bowel syndrome has sometimes also developed after episodes of gastroenteritis. It has been suggested that IBS is caused by dietary allergies or food sensitivities, but this has never been proven.

Symptoms of irritable bowel syndrome may worsen during periods of stress or during menstruation, but these factors are unlikely to be the cause that leads to the development of IBS.

What are the signs and symptoms of Irritable Bowel Syndrome (IBS)?

The primary symptoms of IBS are:

- Abdominal pain or discomfort
- Frequent diarrhea or constipation (change in bowel habits)
- Feeling of incomplete evacuation (tenesmus)
- Bloating or abdominal distention
- Gassiness (flatulence)
- Passing mucus from the rectum
- Gassiness (flatulence)
- Passing mucus from the rectum
- Weight loss
- Vomiting, nausea
- Fever

Text 3

How is it diagnosed?

After discussing your medical history, your health care provider will examine your abdomen and may do a rectal examination. There is no specific test for IBS. Depending on your history and the results of the examination, your provider may do the following tests to look for other possible causes of your symptoms:

- blood tests
- tests of bowel movement samples to check for blood and infection
- x-rays
- colonoscopy or sigmoidoscopy (procedures that allow your provider to see the inside of your colon with a thin, flexible, lighted tube)
- barium enema (a procedure in which a special liquid is passed into the colon through the rectum before x-rays are taken) to check the colon lining.

Your health care provider may ask you to try a milk-free diet to see if lactose intolerance (trouble digesting milk) may be causing your symptoms.

Text 4

How is it treated?

Doctors have not yet found a cure for IBS. However, controlling diet and emotional stress usually relieves the symptoms. Some medicines may also help.

Diet: Increasing the fiber in your diet often helps, although sometimes a decrease in fiber is needed. Try eating smaller meals more often. Avoid foods that cause gas, such as cabbage.

Food diary: Your health care provider may ask you to keep a food diary to see if eating a particular food, for example milk or sausage, worsens your symptoms.

Stress: Your provider will help you identify things that cause stress in your life and will suggest ways to help you control them. Relaxation or biofeedback techniques may help you manage stress.

Medicines: Your provider may prescribe:

- bulk-forming agents, such as bran or methyl cellulose
- antispasmodic drugs to slow contractions in the bowel and help with diarrhea and pain antidepressants, which can help control chronic pain
- one of two new serotonin-related medicines to help with diarrhea or constipation.

Summary

Irritable bowel syndrome (IBS) is a chronic (long-lasting) disorder of the 1..... (also called the colon or bowel). IBS is not a disease it's a 2....., which means that the bowel doesn't work as it should. Although IBS can cause much distress, it does not damage the 3..... and does not lead to a life threatening illness. IBS is the most common 4..... and it affects twice as many 5..... as men and usually begins in early adult life. It is not known to be contagious, 6....., or 7.....

The cause of IBS is not fully understood. Most symptoms of IBS probably results from 8..... of the muscles in the lower part of the 9..... Sometimes an abnormal contraction delays bowel movements, causing 10..... At other times, it may lead to more rapid passage of bowel movements, causing 11..... In either case it usually causes abdominal cramps. Some foods may trigger attacks. Symptoms may also be triggered by 12..... or depression because muscles in the bowel are controlled by the 13.....

The most common symptoms include: (i) cramping and pain in the 14....., which may be severe (ii) constipation or diarrhea (iii) a lot of gas. Other symptoms include: (i) bloating (ii) a feeling of fullness in the rectum. Symptoms often occur after you have eaten a 15..... or when you are under stress. Your symptoms may be relieved by having a bowel movement.

A combination of history, physical examination, and selected tests are used to help 16.....irritable bowel syndrome. No single blood test or17.....confirms a diagnosis of IBS. The symptoms of irritable bowel syndrome (IBS) can often be 18..... by changing your diet and lifestyle, and understanding the nature of the condition. In some cases, medication or psychological treatments may also be helpful. Changing your 19..... will play an important part in controlling your symptoms of IBS. However, there is no "one size fits all" diet for people with IBS. People with IBS are often advised to modify the amount of 20..... in their diet. Reducing the amount of 21..... in your life may help lower the frequency and severity of your IBS symptoms.

Reading Test - 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

Paget's Disease

Paragraph 1

Paget's disease of the bone is an unusual, chronic bone condition that occurs in only about 1% of people in the United States and slightly more often in men than in women (3 to 2). Individuals with Paget's disease experience rapid bone repair, which causes a variety of symptoms from softer bones to enlarged bone growth, typically in the pelvis, lower back (spine), hips, thighs, head (skull) and arms. Medical therapies have proven effective in reducing the frequency of pain, fractures and arthritis that may be caused by this condition. Paget's disease typically occurs in the older population and usually only in a few

of their bones. Bones become large and soft, leading to problems such as bending, breaking, pinched nerves, arthritis and reduced hearing. Effective and safe treatment methods can help most people with Paget's disease.

Paragraph 2

What is Paget's disease?

Normally, as people age, their bones rebuild at a slower rate. For those with Paget's disease, however, this process of rebuilding bones takes place at a faster rate. As a result, the rebuilt bone has an abnormal structure. The involved bone can be soft, leading to weakness and bending of the pelvis, lower back (spine), hips, thighs, head and arms. Or, the rebuilt bone can enlarge, making it more susceptible to arthritis, hearing loss, fractures and discomfort. Given that this takes place in those over the age of 40, the symptoms are often mistaken for changes associated with aging.

Paragraph 3

What causes Paget's?

The cause of Paget's disease is unknown. It does appear to be, at least partially, hereditary, perhaps when activated by exposure to a virus.

Who gets Paget's?

Indicative of the hereditary consideration: Paget's disease occurs more commonly in European populations and their descendants. In 30% of cases, disease incidents often involve more than one member of a family.

How is Paget's diagnosed?

Paget's is rarely discovered in individuals before they reach the age of 40, and the number of people identified increases in each progressive age group. Typically, it is the appearance of the bones on an X-ray that prompts the physician to make the diagnosis. Blood tests taken most often will indicate an increase in serum alkaline phosphatase (SAP), which is reflective of the rapid new bone turnover. Urine test results will also indicate the speed at which this rebuilding is taking place. Physicians usually obtain a non-invasive bone scan to determine the extent of bone involvement. Only if cancer is suspected will it be necessary to do a bone biopsy to examine it under a microscope.

Paragraph 4

How is Paget's disease treated?

Treatment approaches can focus on providing physical assistance, including the addition of wedges in the shoe, canes as walking aids and the administration of physical therapy (this is considered to be the best). Medications that help reduce the pain associated with Paget's include acetaminophen (e.g. Tylenol) and anti-inflammatory drugs such as ibuprofen and naproxen. In addition, a group of medications called bisphosphonates reduce the pain and help the body regulate the bone-building process to stimulate more normal bone growth. Your physician may prescribe an oral medication such as:

- Alendronate (Fosamax) or etidronate (Didronel) to be taken orally every day for 6 months.
- Tiludronate (Skelid) to be taken orally every day for 3 months.
- Risedronate (Actonel) to be taken orally every day for 2 months.

All oral medications should be taken with a large glass of water (6-8 oz) upon rising in the morning. Patients should remain upright for the next 30 minutes and not eat until that time has passed. Any of these treatments can be repeated if necessary. Side effects of these medicines may involve heartburn and sometimes an increase in bone pain for a short period of time.

Paragraph 5

There are also injectable medications that can be given to a patient for Paget's which include:

- Pamidronate (Aredia), which is injected in the vein once a month or once every few months. The injection takes a few hours. Unusually, there is inflammation of the eye or loss of bone around the teeth (osteonecrosis).
- Zoledronate (Reclast), which is injected in the vein once a year. The injection takes less than 30 minutes.
- Calcitonin, a hormone that is injected under the skin several times a week.

Surgery for arthritis caused by Paget's disease is effective in reducing pain and improving function. Medical treatment is not expected to correct some of the changes of the Paget's disease that have already occurred, such as hearing loss, deformity or osteoarthritis.

Questions

1 According to paragraph 1, Paget's disease

- A Affects more women than men
- B Affects 3 men in 4
- C Affects 3 women in 4
- D Affects a higher number of men than women

2 According to paragraph 1, Paget's disease can lead to

- A Bone disorder
- B Softening of bones
- C Arthritis in its final stage
- D None of the above

3 According to paragraph 2, Paget's disease is a condition in which

- A Bones become large and soft
- B Rebuilding of bones is stopped
- C Pelvis bends at a faster rate
- D Rebuilding of bone is accelerated

4 According to paragraph 2, reformation of the bones can lead to

- A Lower back pain, loss of hearing and discomfort
- B Arthritis, loss of hearing and softening of bone tissues
- C Fractures and discomfort only
- D All of the above

5 According to paragraph 3, which of the following statements is right?

- A If one member of the family is affected with Paget's disease then other members will also be affected
- B If one member of the family is known to have Paget's disease then others can also be affected
- C Paget's disease is highly hereditary
- D Paget's disease, is both heritable and inheritable

6 What does "paragraph 3" suggest?

- A Those who reach the age of 40 shall undergo blood tests and urine tests for the identification of Paget's disease
- B Physicians should always advise the patients to go for a non-invasive bone scan
- C Increase is indicative of the development of the bone at a rapid speed
- D It is necessary to do a biopsy of the bone to understand the nature of the disease

7 According to paragraph 4, oral medications

- A May increase bone pain
- B Should be taken only during the morning

- C May disturb physiological function
- D All of the above

8 According to paragraph 4, which of the following statements is not true?

- A Tylenol can reduce the pain associated with the Paget's disease
- B Actonel should be taken for 3 months
- C Bisphosphonates can effectively stimulate normal bone growth
- D Calcitonin should be injected a couple of times a week.

9 According to paragraph 5, which one of the following statements is incorrect?

- A Aredia, Tiludronate and calcitone can be very effective
- B Pamidronate, zoledronate are the most effective injections
- C Calcitone can't be as effective as others.
- D None of the above

10 According to paragraph 5, which of the following statements is incorrect?

- A Paget's disease is a condition which can lead to arthritis
- B Surgery can get rid of Paget's disease
- C Surgery of arthritis which occurred due to Paget's disease can only reduce the pain associated with it
- D Medical treatment will not correct loss in hearing or deformity or osteoarthritis which resulted from it

**Reading Passage - Two
Pancreatic Cancer****Paragraph 1**

Cancer is a class of diseases characterized by out-of-control cell growth, and pancreatic cancer occurs when this uncontrolled cell growth begins in the pancreas. Rather than developing into healthy, normal pancreas tissue, these abnormal cells continue dividing and form lumps or masses of tissue called tumors. Tumors then interfere with the main functions of the pancreas. If a tumor stays in one spot and demonstrates limited growth, it is generally considered to be benign. More dangerous, or malignant, tumors form when the cancer cells migrate to other parts of the body through the blood or lymph systems. When a tumor successfully spreads to other parts of the body and grows, invading and destroying other healthy tissues, it is said to have metastasized. This process itself is called metastasis, and the result is a more serious condition that is very difficult to treat. In the United States each year, over 30,000 people are diagnosed with

pancreatic cancer. Europe sees more than 60,000 diagnoses each year. In Asian countries, numbers can be even higher than that.

Paragraph 2

Pancreatic cancer is categorized depending on whether it affects the exocrine or endocrine functions of the pancreas. There is an important distinction between the two broad types of pancreatic cancer because they have different risk factors, causes, symptoms, diagnostic tests, treatments, and prognoses. Tumors that affect the exocrine functions are the most common type of pancreatic cancer. Sometimes these tumors or cysts are benign, called cystadenomas. However, it is more likely to find malignant tumors called adenocarcinomas, which account for 95% of exocrine pancreatic cancers. Adenocarcinomas typically start in gland cells in the ducts of the pancreas, but they can also arise from pancreatic enzyme cells (acinar cell carcinoma). Other types of pancreatic cancers that are associated with exocrine functions include adenosquamous carcinomas, squamous cell carcinomas, and giant cell carcinomas, named for their appearances underneath a microscope. There is also a disease called ampullary cancer (carcinoma of the ampulla of Vater) that starts where the bile duct and pancreatic duct meet the duodenum of the small intestine.

Paragraph 3

Cancer is ultimately the result of cells that grow uncontrollably and do not die. Normal cells in the body follow an orderly path of growth, division, and death. Programmed cell death is called apoptosis, and when this process breaks down, cancer occurs. Pancreatic cancer cells do not experience programmatic death, but instead continue to grow and divide. Although scientists do not know exactly what causes these cells to behave in this way, they have identified several potential risk factors. Cancer can be the result of a genetic predisposition that is inherited from family members. It is possible to be born with certain genetic mutations or a fault in a gene that makes one statistically more likely to develop cancer later in life. About 10% of pancreatic cancers are thought to be caused by inherited gene mutations. Genetic syndromes that are associated with pancreatic cancer include hereditary breast and ovarian cancer syndrome, melanoma, pancreatitis, and non-polyposis colorectal cancer (Lynch syndrome).

Paragraph 4

Carcinogens are a class of substances that are directly responsible for damaging DNA, promoting or aiding cancer. Certain pesticides (dyes may also be included in this list here), and chemicals used in purification of the metal are thought to be carcinogenic, increasing the risk of developing pancreatic cancer. When our bodies

are exposed to carcinogens, free radicals are formed that try to steal electrons from other molecules in the body. These free radicals damage cells, affecting their ability to function normally, and the result can be cancerous growths. As we age, there is an increase in the number of possible cancer-causing mutations in our DNA. This makes age an important risk factor for pancreatic cancer, especially for those over the age of 60. There are several other diseases that have been associated with an increased risk of cancer of the pancreas. These include cirrhosis or scarring of the liver, helicobacter pylori infection (infection of the stomach with the ulcer-causing bacteria *H. pylori*), diabetes mellitus, chronic pancreatitis (inflammation of the pancreas), and gingivitis or periodontal disease.

Paragraph 5

In order to detect pancreatic cancer, physicians will request a complete physical examination as well as personal and family medical histories. The way in which the cancer presents itself will differ depending on whether the tumor is in the head or the tail of the pancreas. Tail tumors present with pain and weight loss while head tumors present with steatorrhea, weight loss, and jaundice. Doctors also look for recent onset of atypical diabetes mellitus, Trousseau's sign, and recent pancreatitis. In general, when making a pancreatic cancer diagnosis, physicians pay special attention to common symptoms such as abdominal or back pain, weight loss, poor appetite, tiredness, irritability, digestive problems, gallbladder enlargement, blood clots (deep venous thrombosis (DVT) or pulmonary embolism), fatty tissue abnormalities, diabetes, swelling of lymph nodes, diarrhea, steatorrhea, and jaundice.

Questions

1 According to paragraph 1, pancreatic tumors can be

- A Benign
- B Malignant
- C Benign and malignant
- D None

2 According to paragraph 1, metastasized is a condition

- A When pancreatic tumors spread to other parts of the body
- B When malignant tumors form in the pancreas
- C When harmful tumors invade and destroy other healthy tissues of the body
- D when tumors are grown automatically in other parts of the body

3 According to paragraph 2, pancreatic cancer is most commonly associated with

- A Endocrine gland
- B Exocrine gland
- C Cystadenomas
- D Adenocarcinomas

4 According to paragraph 2, ampullary cancer is associated with

- A Endocrine gland
- B Exocrine gland
- C Pancreatic duct
- D None

5 According to paragraph 3, failure of apoptosis results in

- A Pancreatic cell growth
- B Enlargement of the pancreatic duct
- C Cancerous tissues in the pancreas
- D B and C

6 According to paragraph 3, cancerous growth in the pancreas is a result of

- A Specific carcinogens
- B Family genes
- C Genetic mutations
- D None

7 According to paragraph 4, the risk of pancreatic cancer is associated with these carcinogens

- A Pesticides and dyes
- B Pesticides, dyes and chemicals used for refining metals
- C Only dyes
- D None

8 According to paragraph 4, diseases associated with pancreatic cancer include

- A Cirrhosis
- B Infection of the stomach
- C Diabetes Mellitus
- D All

9 Paragraph 5 talks about

- A How pancreatic cancer is diagnosed
- B How cancerous growth in the pancreas can be stopped
- C How pancreatic disease can be prevented
- D None

10 According to paragraph 5, one of these is not a symptom associated with PC

A Back pain and problems with digestion

B Digestive problems and blood clotting

C Pulmonary edema and enlargement of the gall bladder

D Jaundice and modification in the lymph

END OF READING TEST