



MATERIAL



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READING TEST 9**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

Trichinosis (also termed trichinellosis, trichiniasis, or trichinelliasis) is a disease caused by parasites, called roundworms (*trichinella* spp.), that can infect and damage many body tissues. Although the parasites can pass through the intestinal tract and other tissues, muscle tissues are where the majority of them persist. Trichinosis is usually characterized by two phases: the initial phase (intestinal) of abdominal discomfort, diarrhea, and nausea that begins one to two days after ingestion; and the second phase (muscle) of muscle aches, itching, fever, chills, and joint pains that begin about two to eight weeks after ingestion.

Text 2

Trichinosis is caused by *Trichinella* species (also termed parasitic nematodes, intestinal worms, and roundworms) that initially enter the body when meat containing the trichinella cysts (roundworm larvae) is eaten. For humans, undercooked or raw pork and pork products, such as pork sausage, has been the meat most commonly responsible for transmitting the trichinella parasites. It is a food-borne infection and not contagious from one human to another, unless infected human muscle is eaten. However, almost any carnivore (meat eater) such as bear or cougar or omnivore (eats meat and plants for food) such as domestic pigs or wild boar can both become infected and, if eaten, can transmit the disease to other carnivores and omnivores. For example, undercooked or raw bear meat can contain livable trichinella cysts; therefore, if humans, dogs, pigs, rats, or mice eat the meat,

they can become infected. In rare instances, larvae that inadvertently reaches cattle feed can infect cattle. The signs, symptoms, severity and duration of trichinellosis vary; nausea, diarrhea, vomiting, fatigue, fever, and abdominal discomfort are often the first symptoms of trichinellosis. Headaches, fevers, chills, cough, swelling of

the face and eyes, aching joints and muscle pains, itchy skin, diarrhea, or constipation may follow the first symptoms. If the infection is heavy, patients may experience difficulty coordinating movements, and have heart and breathing problems. In severe cases, it can cause death. Symptoms often go away, however certain symptoms (such as fatigue, muscle pain, diarrhea etc.) may last for a few months.

Text 3

There are no reliable tests for the early phase of infection of the intestines. The history from the patient telling the doctor that he or she ate raw or undercooked meat could be the first clue. Unfortunately, most patients do not seek advice from a physician during the relatively short intestinal phase. During the muscle phase of the disease, a presumptive clinical diagnosis can be made in patients that have a history of eyelid swelling, pain, tenderness, and swelling in muscles, especially skeletal muscles and small hemorrhages (bleeding into tissues) under the fingernails and the conjunctivae of the eye that resemble splinters that occur a few weeks after eating raw or undercooked meat from pork or wild animals. Other laboratory findings that are elevated, but not specific for trichinosis, are creatine kinase and lactate dehydrogenase, two enzymes that increase in the blood when muscle cells are damaged or destroyed. Also, a particular type of white blood cell, eosinophils, are usually increased several times their normal concentration after the muscle phase starts, but eosinophil increases can also occur in other parasitic infections.

Text 4

More specific tests (indirect immunofluorescence, latex agglutination, enzyme-linked immunosorbent assays) are available that detect antibodies developed by the infected person's immune response to the parasites. However, these tests may not be positive until three or more weeks after infection and may be falsely positive in patients with infections with other parasites or autoimmune diseases. The best test for trichinosis is a biopsy of muscle that shows larvae in the muscle tissue. In general, biopsies are done infrequently and the diagnosis is based on presumptive clinical findings, patient history, and associated blood tests outlined above. In addition, trichinosis often occurs in outbreaks (a number of infections occurring at about the same time). For trichinosis, outbreaks occur when a number of people eat infected meat from the same source. For example, in 2007, over 200 patients were diagnosed with trichinosis in Poland when a meat-processing plant

sold trichinella-contaminated pork to customers. Knowledge of the source of an outbreak can help identify and diagnose individuals that may be exposed to the parasites; it can also allow the source of the infections to be eliminated.

Summary

Trichinellosis, also called trichinosis, is caused by 1..... or undercooked 2..... of animals infected with the larvae of a species of worm called trichinella. Infection occurs most commonly in certain wild carnivorous animals such as 3....., or omnivorous (meat and plant-eating) animals such as 4.....The signs, symptoms, severity and duration of trichinellosis 5..... 6....., 7....., vomiting, fatigue, fever, and abdominal discomfort are often the first symptoms of trichinellosis. Aching 8.....and 9....., itchy skin, etc. may follow the first symptoms. If the infection is heavy then patients may face difficulty with 10....., and have 11.....and 12..... For mild to moderate infections, most symptoms subside within a few months. 13....., weakness, 14....., and diarrhea may last for months. A diagnosis of trichinellosis is made in patients whose signs and symptoms are compatible with 15....., have a 16..... for trichinella, and who can recall eating 17..... pork or wild game meat. 18..... of the trichinella infection is most often made by a 19..... test. In some cases a 20..... may be performed.

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

What is Yersiniosis?

Paragraph 1

Yersiniosis is an infectious disease caused by a bacterium of the genus Yersinia. In the United States, most human illness is caused by one species, Y enterocolitica (not more than one species often). Infection with Y. enterocolitica can cause a variety of symptoms depending on the age of the person infected. Infection with Y.

enterocolitica occurs most often in young children; adults may be on a safer side. Common symptoms in children are fever, abdominal pain, and diarrhea, which is often bloody. Symptoms typically develop 4 to 7 days after exposure and may last 1 to 3 weeks or longer. In older children and adults, right-sided abdominal pain and fever may be the predominant symptoms, and may be confused with appendicitis.

In a small proportion of cases, complications such as skin rashes, joint pains, or the spread of bacteria to the bloodstream can occur.

Paragraph 2

Y. enterocolitica belongs to a family of rod-shaped bacteria. Other species of bacteria in this family include *Y. pseudo tuberculosis*, which causes an illness similar to *Y. enterocolitica*, and *Y. pestis*, which causes plague. Only a few strains of *Y. enterocolitica* cause illness in humans. The major animal reservoir for *Y. enterocolitica* strains that causes human illness is pigs, but other strains are also found in many other animals including rodents, rabbits, sheep, cattle, horses, dogs, and cats. In pigs, the bacteria are most likely to be found on the tonsils.

Paragraph 3

Infection is most often acquired by eating contaminated food, especially raw or undercooked pork products. The preparation of raw pork intestines (chitterlings) may be particularly risky. Infants can be infected if their caretakers handle raw chitterlings and then do not adequately clean their hands before handling the infant or the infant's toys, bottles, or pacifiers. Drinking contaminated unpasteurized milk or untreated water can also transmit the infection. Occasionally *Y. enterocolitica* infection occurs after contact with infected animals. On rare occasions, it can be transmitted as a result of the bacterium passing from the stools or soiled fingers of one person to the mouth of another person. This may happen when basic hygiene and hand washing habits are inadequate. Rarely, is the organism transmitted through contaminated blood during a transfusion.

Paragraph 4

Y. enterocolitica is a relatively infrequent cause of diarrhea and abdominal pain. Based on data from the Food-borne Diseases Active Surveillance Network which measures the burden and sources of specific diseases over time, approximately one culture-confirmed *Y. enterocolitica* infection per 100,000 people occurs each year. Children are infected more often than adults, and the infection is more common in the winter.

Paragraph 5

Y. enterocolitica infections are generally diagnosed by detecting the organism in stools. Many laboratories do not routinely test for *Y. enterocolitica*, so it is important to notify laboratory personnel when infection with this bacterium is suspected so that special tests can be done. The organism can also be recovered from other sites, including the throat, lymph nodes, joint fluid, urine, bile, and blood. Uncomplicated cases of diarrhea due to *Y. enterocolitica* usually resolve on their own without antibiotic treatment. However, in more severe or complicated infections, antibiotics such as aminoglycosides, doxycycline, trimethoprim-sulfamethoxazole, or fluoroquinolones may be useful.

Paragraph 6

There are many things which can be done to prevent the infection or the spread of the infection:

- Avoid eating raw or undercooked pork.
- Consume only pasteurized milk or milk products.
- Wash hands with soap and water before eating and preparing food, after contact with animals, and after handling raw meat.
- After handling raw chitterlings, clean hands and fingernails scrupulously with soap and water before touching infants or their toys, bottles, or pacifiers. Someone other than the food handler should care for children while chitterlings are being prepared.
- Prevent cross-contamination in the kitchen - use separate cutting boards for meat and other foods, carefully clean all cutting boards, counter-tops, and utensils with soap and hot water after preparing raw meat.
- Dispose of animal feces in a sanitary manner.

Questions

1 According to paragraph 1, Yersiniosis occurs more commonly in

- A Children
- B Americans
- C Adults
- D Teens

2 According to paragraph 2, symptoms such as fever and diarrhea may persist for about

- A 4 days
- B 7 days
- C 1-3 weeks
- D more than 3 weeks

3 According to paragraph 2, plague is caused by

- A *Y. pestis*
- B *Y. enterocolitica*
- C *Y. pseudo tuberculosis*
- D none

4 Paragraph 3 talks about

- A How this infection occurs in children
- B How this parasite transfers
- C How this parasite is different from other parasites causing infection
- D The severity of the infection

5 According to paragraph 3, one of the following is not a common form of transmission of the parasite

- A Contaminated unpasteurized milk
- B Blood transfusion
- C Raw or undercooked pork products
- D After contact with infected animals

6 Paragraph 4 talks about

- A Prevention of the disease
- B Spread of the infection
- C How common the infection of *Y. enterocolitica* is
- D Reports by Active Surveillance Network

7 Paragraph 5 talks about

- A Diagnosis
- B Treatment
- C Spread of the infection and its control
- D A and B

8 Which of these can be derived from Paragraph 5?

- A Treatment is not required for the infection caused by *Y. enterocolitica*
- B Diarrhea requires no treatment
- C Complications which are mild can be resolved easily
- D None

9 According to paragraph 6, which one of the following statements is true?

- A Disposal of animal feces is required
- B Cleaning the hands with soap after handling pork meat is necessary
- C Eating uncooked or raw pork meat can cause infection
- D Pasteurized milk is good for health

10 According to paragraph 6, what is said about chitterlings?

- A Handling raw chitterlings with care is necessary
- B Contamination occurs more due to the careless handling chitterlings
- C Washing hands with soap before touching infants or their toys is vital
- D There should be separate care takers to look after infants, while chitterlings are prepared.

Reading Passage 2**What is an MRI scan?****Paragraph 1**

An MRI (or magnetic resonance imaging) scan is a radiology technique that uses magnetism, radio waves, and a computer to produce images of body structures. The MRI scanner is a tube surrounded by a giant circular magnet. The patient is placed on a moveable bed that is inserted into the magnet. The magnet creates a strong magnetic field that aligns the protons of hydrogen atoms, which are then exposed to a beam of radio waves. This spins the various protons of the body, and they produce a faint signal that is detected by the receiver portion of the MRI scanner. The receiver information is processed by a computer, and an image is produced. The image and resolution produced by MRI is quite detailed and can detect tiny changes of structures within the body. For some procedures, contrast agents, such as gadolinium, are used to increase the accuracy of the images.

Paragraph 2

An MRI scan can be used as an extremely accurate method of disease detection throughout the body. In the head, trauma to the brain can be seen as bleeding or swelling. Other abnormalities often found include brain aneurysms, strokes, tumors of the brain, as well as tumors or inflammation of the spine. Neurosurgeons use an MRI scan not only in defining brain anatomy but in evaluating the integrity of the spinal cord

after trauma. It is also used when considering problems associated with the vertebrae or inter vertebral discs of the spine. An MRI scan can evaluate the structure of the heart and aorta, where it can detect aneurysms or tears. It provides valuable information on glands and organs within the abdomen, and accurate information about the structure of the joints, soft tissues, and bones of the body. Often, surgery can be deferred or more accurately directed after knowing the results of an MRI scan.

Paragraph 3

An MRI scan is a painless radiology technique that has the advantage of avoiding x-ray radiation exposure. There are no known side effects of an MRI scan. The benefits of an MRI scan relate to its precise accuracy in detecting structural abnormalities of the body. Patients who have any metallic materials within the body must notify their physician prior to the examination or inform the MRI staff; metallic chips, materials, surgical clips, or foreign material can significantly distort the images obtained by the MRI scanner. Patients who have heart pacemakers, metal implants, or metal chips or clips in or around the eyeballs cannot be scanned with an MRI because of the risk that the magnet may move the metal in these areas. Similarly, patients with artificial heart valves, metallic ear implants, bullet fragments, and chemotherapy or insulin pumps should not undergo MRI scanning. During the MRI scan, the patient lies in a closed area inside the magnetic tube; some patients can experience a claustrophobic sensation during the procedure. Therefore, patients with any history of claustrophobia should relate this to the practitioner who is requesting the test, as well as the radiology staff. A mild sedative can be given prior to the MRI scan to help alleviate this feeling.

Paragraph 4

All metallic objects on the body are removed prior to obtaining an MRI scan. Occasionally, patients will be given a sedative medication to decrease anxiety and relax the patient during the MRI scan. MRI scanning requires that the patient lies still for best accuracy; patients lie within a closed environment inside the magnetic machine. Relaxation is important during the procedure and patients are asked to breathe normally. Interaction with the MRI technologist is maintained throughout the test and there are loud, repetitive clicking noises which occur during the test as the scanning proceeds. Occasionally, patients require injections of liquid intravenously to enhance the images which are obtained. The MRI scanning time depends on the exact area of the body studied, but ranges from half an hour to an hour and a half.

Paragraph 5

After the MRI scanning is completed, the computer generates visual images of the area of the body that was scanned. These images can be transferred to film (hard copy). A radiologist is a physician who is specially trained to interpret images of the body. The interpretation is transmitted in the form of a report to the practitioner who requested the MRI scan. The practitioner can then discuss the results with the patient and/or family.

Questions**1 According to paragraph 1, an image is produced**

- A When a signal is detected by the receiver portion of the scanner
- B When the signal passes through the receiver, after coupling of the protons of the body
- C When the signal is identified by the receiver which is accurately processed by a computer
- D Only when the information, detected by the receiver is processed by a computer

2 According to paragraph 1, what is the image like?

- A Crystal clear with no patches
- B Self explanatory
- C Dense
- D Well enough to give a clear idea of the structures within the body

3 According to paragraph 2, an MRI gives a clear idea about

- A Brain aneurysms
- B Strokes of the brain
- C Brain tumours and spinal cord injury
- D All

4 According to paragraph 2, an MRI can

- A Detect brain tumors
- B Give a clear picture of the injury to the spinal cord and other soft tissues related to it
- C Give clear pictures to evaluate the structure of the heart and aorta
- D All

5 Paragraph 3 talks about

- A Detection of the diseases through an MRI scan
- B Importance of taking an MRI scan
- C Risks of an MRI scan

D None

6 Metallic materials mentioned in paragraph 3 include

- A Surgical clips
- B Artificial joints, metallic bone plates
- C Only metal clips in or around the eyeballs
- D Only A and B

7 Paragraph 4 talks about

- A How an MRI is performed
- B How a patient prepares for an MRI scan
- C How a patient prepares for an MRI scan and how it is performed
- D How an MRI scan is different from others

8 According to paragraph 4, which one of these statements is incorrect?

- A Clicking noises occur during the scanning process
- B Patients will be asked to breathe normally
- C Sedative medication is a must before MRI scan
- D Metallic objects must be removed prior to scanning

9 Paragraph 5 talks about

- A The process of obtaining MRI results
- B How a patient obtains the results of the MRI scan
- C A new invention in the field of MRI scanning
- D None

10 According to paragraph 5, interpreting the images implies

- A Identifying the disease through scanning
- B Analysis of the disease
- C Decoding the report
- D All of the above

END OF READING TEST