

V Ogólnopolska Olimpiada „Język angielski w naukach medycznych”, 2018	KOD uczestnika	WYNIK
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LISTENING COMPREHENSION

EXERCISE 1. LISTENING 1

You are going to hear a radio talk discussing the effect of sugar on the brain. Choose the correct answer. You are going to hear the conversation twice.

1. Research into sugar has increased due to
 - A) scientific progress in general
 - B) false advertising and misleading marketing ploys, leading to overconsumption of sugar
 - C) soaring body mass and the ensuing diseases

2. An average American consumes
 - A) 22 teaspoons of sugar total
 - B) 22 teaspoons of naturally occurring sugar
 - C) 22 teaspoons of sugar on top of what is naturally found in food produce

3. The daily recommended amount of sugar is
 - A) equal for any gender
 - B) greater for men
 - C) greater for women

4. When lab rats consume too much sugar
 - A) their brain structure changes
 - B) they become addicted to drugs
 - C) there are alterations in released neurotransmitters and gene expression

5. When we eat something sweet,
 - A) the reward system is activated
 - B) taste buds release dopamine
 - C) we experience pleasurable sexual desire

6. Artificial sweeteners
 - A) can trick the brain into believing we consume real sugar
 - B) will be identified by the brain as different
 - C) are good for feeding animals

7. Human brain prefers sugar
- A) due to the calorie content it provides
 - B) because of the pleasant sweet taste in the mouth
 - C) as a result of sensory reaction
8. The main drawback of artificial sweeteners is:
- A) they're inactive physiologically
 - B) they don't stimulate neural pathways in the brain
 - C) they are sensitive to energy content
9. The sensible way to lose weight is to
- A) replace sugar with artificial sweeteners
 - B) reduce sugar consumption
 - C) eat only low-calorie food

EXERCISE 2. LISTENING 2

You will hear a news bulletin about microsurgery. For questions 1-10, complete the sentences with a word or short phrase.

In the first successful operation, carried out in Zurich, the surgeon reconstructed the blood vessels, tendons, muscles and skin of a worker's (1)

Operations of this kind are really long, that's why microsurgeons must have a lot of (2).....

As blood vessels are tiny structures, microsurgical procedures demand great (3)..... when sewing them back together.

The percentage of patients with restored limbs who find the outcome of the operation quite satisfactory amounts to (4)

The interesting fact about the operation carried out in Lyons, France, was that the reattached hand belong to a person who (5)

Unlike organs, hands are seen as a part of one's (6)....., so doctors are afraid that patients may not accept the new limb.

The potential risk of all transplant surgeries is the (7).....

To avoid this risk patients have to take potent drugs which (8) the immune system.

The adverse effects of these medications are (9) or even (10).....

READING COMPREHENSION

EXERCISE 3. READING 1. Read the text carefully. Some sentences were removed from the text – put them back in correct gaps 1-6 using the sentences A-H. There are 3 options you won't need:

Do fish oils and omega 3 oils benefit our health?

- A. Fish oils help young people with behavioural problems, especially those with ADHD. Adequate dietary consumption of omega-3 fatty acid protects people from age-related vision loss, Canadian researchers reported in the journal *Investigative Ophthalmology & Visual Science*.
- B. For instance, omega 3 supplements may affect blood clotting and interfere with drugs that target blood-clotting conditions; they can also sometimes trigger side effects, normally minor gastrointestinal problems such as belching, indigestion, or diarrhea.
- C. The authors, from the Fred Hutchinson Cancer Research Center reported that high fish oil intake raises the risk of high-grade prostate cancer by 71% and all prostate cancers by 43%.
- D. However, their recommendations have never been compellingly proven scientifically in large population studies.
- E. Nevertheless, studies have produced mixed results.
- F. However, a study carried out by researchers from University Hospital in Bergen, Norway, in April 2012 found that omega-3 fatty acids do not help people with MS.
- G. Secondly, omega oils protect the heart from mental stress.
- H. Fish oils come from fatty fish, also known as oily fish, specifically the tissue of fatty fish, such as trout, mackerel, tuna, herring, sardines, and salmon.

Health experts commonly tell people that oily fish have more health benefits than any other fish. Many health authorities around the world advise people to consume either plenty of oily fish or to take supplements, because of their supposed health benefits. Studies over the last ten years have produced mixed results regarding the benefits of the dietary intake of fish oils.

Fish oils are said to have several health benefits if they are included in a human diet, including:

- Fish oils are said to help people with multiple sclerosis. **(1)**
- Prostate cancer. Fish oils reduce men's risk of developing prostate cancer if they follow a low-fat diet, one study found, while another linked omega-3 levels to a higher risk of aggressive prostate cancer. A study published in the *Journal of the National Cancer Institute* found that omega fish oils raise prostate cancer risk. **(2)**
- Post-natal (post-partum) depression. Fish oils protect from post-partum depression. Dr. Michelle Price Judge, of the University of Connecticut School of Nursing, said after carrying out a study in 2011

"DHA consumption during pregnancy at levels that are reasonably attained from foods has the potential to decrease symptoms of postpartum depression."

- Mental health benefits and memory benefits. **(3)** Additionally, working memory can improve in healthy young adults if they increase their Omega-3 fatty acids intake, researchers reported in the journal *PLOS One* (October 2012 issue).
- Protection from Alzheimer's disease. Claims were made for many years that regular fish oil consumption would help prevent people from developing Alzheimer's disease. However, a major study in 2010 found that fish oils and a placebo were no different in Alzheimer's prevention.

There are some recent developments on the benefits of fish oil claims from. Firstly, omega-3 does not fight cognitive decline, study shows. A study by researchers at the University of Iowa suggest that high levels of omega-3 are of no benefit to cognitive decline in older women. **(4)** A study published in the *American Journal of Physiology - Regulatory, Integrative, and Comparative Physiology* revealed that people who took fish oil supplements for over a month experienced less anxiety in measurements of cardiovascular health than those who did not. Last but not least, omega-3 fish oil could reduce the frequency of convulsions for epilepsy patients. A new study claims epilepsy patients could reduce seizure frequency by consuming low doses of omega-3 fish oil every day.

Furthermore, experts and members of the general public believe that a high consumption of omega-3 oils has heart benefits. **(5)** For example, a review of 20 different studies published in *JAMA* (Journal of the American Medical Association), involving almost 70,000 people, surprisingly found no compelling evidence linking fish oil supplements to a lower risk of heart attack, stroke or early death. A 2011 study, on the other hand, carried out by researchers at Michigan Technological University, found that fish oil consumption can improve blood flow by reducing triglyceride levels, as well as slowing down the growth rate of atherosclerotic plaques.

Nevertheless, despite certain health benefits, taking fish oils, fish liver oils, and omega 3 supplements may pose a risk for some people. **(6)** Moreover, fish liver oils contain high levels of vitamins A and D, too much of which can be poisonous; those with a shellfish or fish allergy may be at risk if they consume fish oil supplements. Last but not least, consuming high levels of oily fish also increases the chance of poisoning from pollutants in the ocean. A person who consumes a healthful, balanced diet should not need to use supplements.

EXERCISE 4. READING 2. Read the text carefully and mark the following statements as true (T) or false (F).

Sore throats to be tested by pharmacists instead of GPs under NHS initiative

In 2019 sore throat sufferers will visit their pharmacist instead of their GP for an on-the-spot test to see if they need antibiotics under a new NHS move. The “sore throat test and treat” program is planned as a walk-in service outside health care providers. Thus, it could help relieve pressure on family doctors and tackle antibiotic resistance, according to NHS. NHS has been researching methods to reduce winter deaths triggered by sub-zero weather infections in UK. As a result of research this campaign has been started. It urges people with long-term health conditions and over 65 years of age to take these preventive steps.

The sore throat test and treat service, which was piloted with 335 patients treated at Boots pharmacies, involves taking a swab test with results provided in five minutes to see if a course of antibiotics is needed. The initiative could save the health service £35m a year and reduce GP consultations by as many as 800,000 if the scheme is taken up nationwide. Normally about 1.8 million people visit their GP with sore throat symptoms every year and many are given antibiotics unnecessarily.

There is another issue related to this initiative and it is not just a theoretical threat. Due to antibiotic abuse high antibiotic resistance has developed recently. On the 61st anniversary of Alexander Fleming’s death, we are virtually on the road back to where he started: the threat of people dying from common infections and injuries is imminent. The initiative is part of the NHS innovation accelerator scheme, designed to help with the adoption of new treatments and technologies.

Meanwhile, the mayor of London, Sadiq Khan, has urged those citizens eligible for pharyngeal tests to take up the national “stay well this winter” campaign by reducing the cycles of antibiotics. In the long run this type of service will be accessible via all community pharmacies for GBP 12.00 or under NHS insurance. By 2050, drug-resistant throat infections are expected to cause 10 million deaths annually – becoming a greater killer than cancer is today. Antimicrobial resistance is also expected to shove over 28 million people into extreme poverty. Misuse of antibiotics in food animals is a major driver of resistance. Farm animals consume about two-thirds of the world’s antibiotics, with much of this added to water to make animals grow faster. Still, it is predicted to increase by two-thirds soon. In World Antibiotics Awareness Week, we can only call on big meat manufacturers worldwide like KFC, Subway and McDonald’s to end the routine use of all antibiotics in livestock. Antibiotics should be used again as intended: only when there has been a diagnosis of illness, not for growth promotion or disease prevention.

1. Family physicians have issued a new recommendation to visit the drug store for consultation in case of sore throat.	
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2. Antibiotic resistance starts with unsatisfactory observance of standards in food processing technology.	
3. Only certain citizens will need to participate in the program this year.	
4. The test is done for free	
5. This project has not been prepared in isolation.	
6. We are to blame for the current health situation.	
7. The number of antibiotics used by human beings is substantial compared to other users.	
8. The scheme depends on its international availability	
9. Antibiotics are used not only to cure detected infections.	
10. The initiative seems really cost and time effective.	
11. The feasibility study needs to be performed, yet	
12. The campaign has a couple of profits.	