

**Part A. You are going to listen to a lecture about INFLUENZA twice. As you listen, take notes under the headings provided. After hearing the lecture twice, you will be given your questions and you will then have five minutes to answer the questions in Part A. Your notes will not be marked.**

Lecturer: Good morning everyone. In our lecture today, we will have a look at what influenza or flu is, what its symptoms are, who should have a flu vaccination, how to avoid getting it and how to treat it.

Let's start with what it is. Influenza, more commonly known as flu, is a viral infection. It is caused by the influenza virus. A person catches the infection by breathing in the virus that has been coughed or sneezed into the air. It can also be spread when people touch objects contaminated with the virus.

**Student: How do we understand if a person has flu but not the common cold?**

Lecturer: Symptoms of flu include fever, headache, coughing, sneezing, a sore throat and muscle aches. While coughing and sneezing are also seen in the common cold, fever, headache, sore throat and muscle aches are peculiar only to flu.

**Student: So, who should receive a flu vaccination?**

Lecturer: Well, anyone who wants protection from the illness. However, there are groups of people who are especially advised to have a flu vaccination. A flu vaccination is highly recommended for everyone over the age of 65, and people of any age with lung disease or heart disease. Also, people with kidney disease, liver disease, diabetes or lowered immunity are advised to have a flu vaccination. Of course, not everyone might have a flu vaccination. For example, it is not advisable for pregnant women to have a flu vaccination.

**Student: So, how can those who do not want the vaccination avoid flu?**

Lecturer: The best way to avoid getting flu is to keep your immune system strong by eating healthy food and taking multivitamins. You should also avoid people who are coughing and sneezing, especially if they're not covering their mouth and nose.

If a person catches flu, there are some ways of treating it. It is important to take plenty of rest, drink plenty of water to avoid dehydration, and take paracetamol or other anti-inflammatory medicines. The medicine one takes will not cure the illness but will lower a high temperature and relieve headaches and muscle aches. Remember that antibiotics are of no use in fighting flu. Well, that's all for today. In our next session, we will look at the common cold, whose symptoms are often confused with flu... **(Fade out)**

**Note to the speaker: After the second reading, tell the students "Now you have five minutes to answer the questions"**

**Part B. You are going to listen to a lecturer giving a lecture to her students about ALTERNATIVE MEDICINE twice. While listening, put a tick (✓) next to the statements 1-10 according to whether they are True (T), False (F), or No Information (NI) is given. Now you have two minutes to read the statements.**

**Lecturer:** In this lecture we are going to discuss alternative medicine, but before we start, I'd like to give you some information about it. Does anyone know what alternative medicine is? Yes, James.

**James:** Alternative medicine can be defined as health care practices and products that are not a part of conventional medicine.

**Lecturer:** That's right. Alternative medicine is health care practices and products which are not considered to be a part of conventional medicine. Generally, alternative therapies follow three basic principles. The first principle is that alternative therapies are based on the body's natural ability to heal itself. It is believed that the body has the power to heal itself and alternative medicine helps the body to do this. The second principle is that natural methods should be used to treat illnesses. That is to say, alternative medicine does not rely on prescription drugs, surgery or other conventional medical procedures. However, it should be remembered that conventional medicine can also be used, but only when it is really necessary. The last and the most important principle is that alternative medicine addresses the whole person. Because it looks at the patient as a whole, it is also called holistic medicine. In other words, it looks at the underlying cause of the problem. This means that it doesn't just treat the symptoms of an illness. It also tries to heal the person's mind, body, emotions and spirit. Alternative medicine is a broad term that covers a range of healing therapies. I'd like to talk briefly about the three most popular therapies, namely massage therapy, acupuncture and homeopathy.

To begin with, massage therapy is one of the most popular forms of alternative medicine. Massage therapy is popular due to the stressful conditions of modern living and the harmful side effects of traditional medicines. It is a great form of therapy especially for people who suffer from the stressful conditions of modern life. So, basically what does massage therapy do? First of all, it improves blood circulation by bringing oxygen and other nutrients to body tissues. Secondly, it relieves muscle tension and pain. Most people feel calm and relaxed after a treatment. However, It is not recommended immediately after surgery, chemotherapy or radio therapy.

The next popular therapy I'd like to talk about is acupuncture. It is a part of traditional Chinese medicine that originated in China over 5,000 years ago. Does anyone know the basic principle behind acupuncture? Sally?

**Sally:** I'm not sure, but is it something about invisible energy lines on the human body?

**Lecturer:** Yes. Acupuncture is based on the belief that human beings have a vital energy. This vital energy is believed to move through twelve invisible energy lines on the body. In order to cure the illness, acupuncturists insert needles into specific points along these meridian lines. So, how do these needles work? Does anyone know how they affect the body? It is believed that these needles stimulate the release of endorphins and help blood circulation. Acupuncture successfully heals several problems. Some of these health problems include headaches, common cold, addictions like smoking and weight loss. Therefore, it is a commonly accepted type of treatment now. In 1997, acupuncture needles were classified as "medical device" by the US Food and Drug Administration.

The last type of alternative therapy I'd like to mention is homeopathy. Homeopathy is based on the theory that if large amounts of a substance cause symptoms of illness in a healthy person, very small amounts of the same substance can treat the symptoms by stimulating the body's self-healing abilities.

**James:** It sounds a bit confusing. Could you repeat that, please?

**Lecturer:** Sure. If large doses of a substance cause illness, very small doses of that same substance can treat the illness. According to homeopathic philosophy, an illness can be cured by a substance that produces symptoms similar to the illness. By delivering very small doses of the substance, homeopathic physicians try to activate the body's self-healing abilities. Another interesting fact about homeopathy is that instead of prescribing standard remedies for certain illnesses, homeopathic physicians select remedies based on each patient's unique symptoms.

**Sally:** So, you mean two people with the same health problem do not use the same drug.

**Lecturer:** That's right. Each patient is different even if their illnesses are the same. Homeopathic physicians consider the patient's unique symptoms in order to prepare a special medicine for him. Therefore, before preparing a drug for a patient, a homeopathic physician will usually conduct an interview with the patient. He tries to fully determine the patient's individual symptoms. Now, if you don't have any more questions, I'd like to... **(Fade out)**

<p><b>Note to the speaker: After the second reading, tell the students "Now you can go on with the next sections of the exam".</b></p>
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**PAPER 1 (Listening / Reading / Use of English)**

**SECTION: LISTENING**

**Part A: You are going to listen to a lecture about INFLUENZA twice. As you listen, take notes under the headings provided. After hearing the lecture twice, you will be given your questions and you will then have five minutes to answer the questions in Part A. Your notes will not be marked.**

1. What is the lecture mainly about?
  - a. flu
  - b. vaccination
  - c. viral infections
  
2. Which of the following is NOT TRUE about influenza?
  - a. It is transmitted through the air by coughing.
  - b. It is only spread through contaminated objects.
  - c. It is caused by the influenza virus.
  
3. Which of the following is NOT a symptom of the common cold?
  - a. fever
  - b. coughing
  - c. sneezing
  
4. According to the lecture who SHOULD NOT receive a flu vaccination?
  - a. Young people with lung disease
  - b. Pregnant women
  - c. People over the age of 65
  
5. How can people avoid flu without having the vaccination?
  - a. By staying away from public places
  - b. By exercising
  - c. By eating fruit and vegetables
  
6. Which of the following is TRUE about the treatment of flu?
  - a. Taking paracetamol will cure the illness.
  - b. Taking medicine will lower a high temperature.
  - c. Taking antibiotics will help you fight against flu.

**Part B: You are going to listen to a lecturer giving a lecture to her students about ALTERNATIVE MEDICINE twice. While listening, put a tick (✓) next to the statements 7-16 according to whether they are True (T), False (F), or No Information (NI) is given. Now you have two minutes to read the statements.**

Statements	T	F	NI
7. Alternative medicine totally rejects conventional medicine.			
8. Alternative medicine is also called holistic medicine as it addresses the whole person.			
9. Healing therapies vary from country to country.			
10. People who have just had surgery should avoid massage therapy.			
11. Acupuncture emerged as a form of therapy more than 5,000 years ago.			
12. Different variations of acupuncture are practiced and taught throughout the world.			
13. Acupuncture needles prevent the release of endorphins.			
14. Acupuncture is not a legally accepted treatment in the US.			
15. Prescribing the right homeopathic remedy for cancer patients takes a little more time.			
16. In homeopathy, two people with the same illness can use different drugs.			

## SECTIONS: READING & UOE

**I. Read the following text about healing illnesses carefully and circle the best option (a, b, c or d) for the questions 17-23.**

1. Scientists and doctors are discovering surprising new ways of looking at health. Close your eyes and imagine that there are no medicines, hospitals, clinics, and medical staff. How would you find a cure by yourself? If you find it hard to list suggestions, perhaps, like me, you have regarded medical care as necessary as food and fresh air. No doubt the mechanics of medicine are vital, but perhaps, **alongside** the existing professionals, we need a new breed of experts specifically to bring out the best in us.

### Emotional control - a cure for diseases?

2. Take a deep breath, and as you blow out, mentally say 'relax'. Think of the muscles round your eyes. Relax them. Open your mouth wide and allow it to fall to the most relaxed position. Take a deep breath, and as you blow it out, mentally say 'relax' to yourself.... These exercises are not from a new beauty bible but are part of a series put on CD by Dr Simonton, an American radiation therapy specialist, who finds the patient's emotional considerations to be highly significant in the treatment of cancer. In his practice, radiation treatment is backed up with a course about awareness. It is purely psychological therapy. Dr Simonton said,

'Anyone involved in the treatment of cancer becomes aware of the great differences between patients. Personality, to which emotional stresses are related, is a significant feature in the development of the disease and its progress. I believe that the biggest feature activating the disease is the loss of something significant – a loved one, or maybe a job. It can be a real or imagined loss, but what matters is the patient's response to **it**. Very often a feeling of helplessness and hopelessness overtakes them. Many men experience the beginning of the disease within a year of retiring.'

**3.** What the patient believes about his treatment is vital. Dr Simonton considers that his own belief system plays an important part in his patients' responses: his attitude affects **them**. In Britain, the British Cancer Council is helping nurses and medical students to take an optimistic view. After all, he says, 30,000 cures were achieved here in one year, and the figure could have been doubled if fear had not stopped patients from getting help early. Patient power is more effective than we realize, and perhaps it is time to look inside ourselves for the strength we need to maintain good health and to help one another.

### **The magic touch of a loving hand**

**4.** An American *Franciscan*\*, Sister Justa Smith, who combines her profession with a scientific career says, 'There is something within the body that controls healing. It doesn't happen knowingly. Doctors do many things to assist the healing process, but the body heals by itself.' She smiled, 'We should be able to heal not only ourselves but each other as well, or we can make each other ill!' Responsibility, then, is not only the responsibility to keep ourselves well, but an awareness of how we are affecting our loved ones, colleagues and friends. Sister Justa said, 'The ability to heal is almost inborn in human beings. You see it particularly in young mothers when they immediately put their hand on the spot – the grazed knee, bumped elbow – that is causing a small child to cry. The magical touch of a loving hand is all that is required.'

**5.** Scientists are making a study of **faith healers** -who have strong beliefs in God and use the Bible as a guide- in an attempt to find out what takes place when a patient puts him or herself in the hands of the untrained. It is a subject that has remained a mystery since biblical times. Whether you're in the hands of a medical doctor or a faith healer, you, the patient, help the healer. The body should know what is wrong and put it right. By the time symptoms can be detected, the disease has progressed. The body knows about it before that stage.

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\**Franciscan: A person belonging to a Christian group*

**17.** The word **alongside** in para.1, line 5 is closest in meaning to \_\_\_\_\_.

- a. on the contrary
- b. together with
- c. despite
- d. come along

**18.** Dr Simonton \_\_\_\_\_.

- a. sees psychology as part of cancer treatment and therefore, has supported the treatment with an awareness course
- b. says that the personality of the patient plays a minor role in cancer treatment therapy
- c. believes that emotional stress hardly affects the development of the illness cancer
- d. explained that helplessness and hopelessness lead retired men to think they have cancer

19. 'it' in para.2, line 11 refers to a/an \_\_\_\_\_.

- a. job
- b. loved one
- c. object
- d. loss

20. 'them' in para.3, line 2 refers to \_\_\_\_\_.

- a. the belief systems of doctors
- b. his patients
- c. belief system of patients
- d. patients' attitude

21. Sister Justa Smith believes that \_\_\_\_\_.

- a. one's touch could easily hurt a person
- b. young mothers who learn about their ability to heal others put their hands on the wound
- c. people have an inborn ability, with which they can make each other well
- d. body's self-healing abilities assist doctors, without whom a cure could not be possible

22. 'A faith healer' in para.6, line 1 is a person who \_\_\_\_\_.

- a. performs magic
- b. heals using power of prayer and belief
- c. heals by magic
- d. heals by using medicine

23. The author expresses \_\_\_\_\_ alternative therapies.

- a. interest in
- b. disapproval of
- c. memories about
- d. doubt about

**II. Read the text about vaccination and decide whether the statements are true (T), false (F) or NI (No information is given) for questions (24-33).**

### **MORE HARM THAN GOOD?**

Vaccines, or injections to protect people against diseases, have long been considered as important defence mechanism. Every year millions of babies, kids and teenagers get vaccinated. However, there is still a debate about vaccines. Do they cause serious side-effects which are more dangerous than the diseases they are supposed to prevent?

Lately, doctors have had to answer more questions about vaccines. Although the evidence is still not proven, there are fears that vaccines could cause autism, (a condition that affects a child's development), attention deficit disorder (ADD), or sudden infant death syndrome (SIDS). Such fears have caused many parents to question their doctors' advice, and to refuse the shots altogether. The number of parents who do not allow their children to be vaccinated has increased in recent years.

Although at one time they were considered very effective, vaccines became a cause for concern in the early 1970s. At this time, incidents of autism and SIDS began to rise. Some

researchers studying these cases found a link between certain vaccines and these conditions. Other studies, however, disagreed with the findings. More recently, in the late 1990s, findings from a small study suggested that a vaccine preservative made from mercury affected neurological development in children, and thus led to autism and ADD. Those claims, however, have been proven wrong by a larger study. Nonetheless, as a precaution, the majority of vaccines for pre-schoolers are no longer made with that preservative.

Although the findings about the side effects of vaccines have not been conclusive, the consequences of the decrease in the number of children being vaccinated have already started to appear. Childhood diseases such as whooping cough and measles are affecting a greater number of children. In some American states, that number has increased by thousands over the previous years. This is a great cause for concern because these diseases can spread a lot more quickly than other contagious diseases. If fewer children are immunized, it is much easier for the disease to spread to other children in the same school, neighbourhood or hospital. Some children that are infected do not fully get better. In fact, some of them even die.

Are vaccines a cause for alarm? Should parents stop vaccinating their children? Doctors generally support vaccination for kids, but have some specific advice for parents. The first is to stay informed. Parents are advised to follow the debate closely, but to ensure they are checking reliable information. A great way to do this is to discuss their fears with their doctors or paediatricians. When parents decide to go ahead with vaccinations, there are two main suggestions: one related to the type of vaccine and the other with the timing of its administration. Parents have to ask for a preservative-free vaccine. This may be hard to do as there are few preservative-free shots currently available. In terms of timing, it is best to avoid vaccinating children when they are sick with a cold or the flu. The immune system responds better, and the shots have the greatest effect when children are in sound condition.

The debate over vaccines will continue for some time until additional research results become available. Parents have a lot of decisions to make regarding their children's health. For the time being, vaccines are still considered as an essential protection against harmful diseases.

Statements	T	F	NI
24. Nowadays people are not sure if injections against diseases may cause problems instead of preventing them.			
25. Some vaccines have been proven to cause serious side effects such as ADD and SIDS.			
26. Lately, the number of vaccinated children has increased considerably.			
27. Before the early 1970s, people were becoming increasingly doubtful about the benefits of vaccines.			
28. There was a disagreement in the treatment of SIDS and autism between doctors and parents.			
29. Mercury is a substance that is considered unsafe for pre-school children.			
30. In most American states, childhood diseases are not as common as they used to be.			

31. Families who have their children immunized are not happy with their children having high fevers because of vaccination.			
32. Most doctors advise parents to get reliable information about vaccines before having their children vaccinated.			
33. It is not easy for parents to find shots without preservatives.			

**III. Read the text about another alternative medicine technique called color therapy and circle the correct option for questions 33-41.**

Color therapy is the use of color in a variety of ways to promote health and healing. It **33. was used / is used** to treat both physical and emotional problems. It **34. generally involves / is generally involved** exposure to colored lights, massages using color-saturated oils, visualizing colors, even wearing colored clothing and eating colored foods.

In recent years, interest in color therapy **35. would grow / has grown** as studies have shown the positive effects on different forms of depression. Nowadays, researchers **36. are looking / has looked** into its use for a variety of other illnesses as well, from sleep disorders to hormonal problems. **37. In addition / whereas** over the past decade, Aura-Soma, which is an Eastern-influenced therapy that uses colored bottles of essential oils, has gained a lot of popularity. Moreover, at the moment, Esoteric Color Puncture Therapy, which focuses colored light on acupuncture points, **38. needs to study / is being studied** as a treatment for a variety of health problems, including migraines and bronchitis.

Color has been playing an important role in healing for centuries. In ancient Egypt, patients **39. were treated / had treated** in rooms that were specifically designed to break up the sun's rays into separate colors. In Iraq, people made regular journeys to the Hanging Gardens of Babylon to take advantage of the healing colors of the exotic plants and flowers found there. In India, practitioners of Ayurveda taught that specific colors corresponded with the seven chakras. Each of these seven chakras **40. is / are** an energy center **41. that represents / represents** organs, emotions, or aspects of the spirit.

**IV. Below there are some health related sentences. Rewrite the sentences using the word given, so that the second sentence has a similar meaning to the first one. Write between two and five words. Do not change the word in bold. Contracted forms (isn't, haven't, don't etc.) count as one word.**

**42.** He regrets not being vaccinated against the epidemic. **(been)**  
He wishes he \_\_\_\_\_ against the epidemic.

**43.** "Alternative therapies are based on the bodies' natural ability to heal itself." said Dr Richardson. **(based)**  
Dr Richardson said that alternative therapies \_\_\_\_\_ the bodies' natural ability to heal itself.

44. Scientists have considered different kinds of protection as important defence mechanisms for a long time. **(have)**  
Different kinds of protection \_\_\_\_\_ as important defence mechanisms for a long time by scientists.
45. I will take my daughter to her paediatrician for vaccination. **(have)**  
I will \_\_\_\_\_.
46. In Africa, the number of children who struggle with childhood diseases is higher than the number of children in the USA. **(as)**  
In the USA, there aren't \_\_\_\_\_ who struggle with childhood diseases as there are in Africa.