



**III OGÓLNOPOLSKA OLIMPIADA  
„JĘZYK ANGIELSKI W NAUKACH MEDYCZNYCH”**

pod honorowym patronatem

JM Rektora

Uniwersytetu Medycznego

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<b>PAPER 1 – LISTENING</b>	
<b>PARTICIPANT IDENTIFICATION CODE:</b>	
<b>TOTAL SCORE:</b>	_____ / 30

## PAPER 1 - LISTENING COMPREHENSION

### TASK 1 - TRUE / FALSE

You are going to listen to a discussion on the role of functional foods containing plant sterols in the human diet. There are three interlocutors: Doctor Porter (interviewer), Mrs Mayne and Mrs McCartney (interviewees). The first one to speak is Mrs Mayne and she is referring to substances called stanols and sterols.

The programme will be played two times.

Read the following sentences and mark them T (True) or F (False).

- 1 Stanols and sterols are plant lipids present in cereals and kernels. **1. T / F**
- 2 Stanols and sterols comprise 400-600 mg of cholesterol commonly found in grains. **2. T / F**
- 3 They began to be included in functional foods because they have a similar structure and function to cholesterol. **3. T / F**
- 4 One of two functions of these substances is to decompose fat into tiny droplets that can be reabsorbed later on. **4. T / F**
- 5 A number of clinical trials have shown that stanols and sterols cause a considerable drop in the cholesterol level if consumed regularly. **5. T / F**
- 6 The beneficial effect of stanols and sterols can be observed if you consume at least 5 teaspoons of margarine, or 2 yoghurts, or two glasses of milk. **6. T / F**
- 7 Mrs Mayne strongly believes that if one consumes cholesterol-lowering products for an unlimited period of time, their cholesterol level will keep lowering. **7. T / F**
- 8 According to the speakers, TV commercials claim that if you consume products like Flora and Benecol every day, there will be a 9-10% decline in the level of your bad cholesterol. **8. T / F**
- 9 What Mrs McCartney means as "leapfrogging of the evidence" is the fact that the marketing companies claim that there is evidence of both cholesterol reduction and a prolonged life if you take stanol and sterol-based drugs. **9. T / F**
- 10 "Leapfrogging of the evidence" may be understood as extending the evidence so that it fits the theory one supports. **10. T / F**
- 11 According to Mrs Mayne, clinical trials lasting for 20-40 years have not been found effective in healthy people years before suffering their first heart attack. **11. T / F**
- 12 Clinical trials that would prove the life-prolonging action of Flora/Benecol would have to last much longer than the trials carried out up to that point. **12. T / F**
- 13 The NICE and EAS\* differ on the fact whether stanol/sterol-containing products should be used in people who are at risk of heart disease. **13. T / F**
- 14 According to the European Atherosclerosis Society, people taking statins can enhance the cholesterol-decreasing effects of the statins by eating appropriate functional foods. **14. T / F**
- 15 A condition called familial hypercholesterolaemia affects 0.2% of the entire population. **15. T / F**

SCORE: \_\_\_\_\_ /15

**TASK 2 – SEQUENCING / LISTENING FOR DETAIL**

There has been news that children whose mothers suffered from thyroid problems during pregnancy are more likely to have problems with maths later in life. You are going to listen to a talk about this problem between Dr Porter (interviewer) and Dr Levy (interviewee).

The programme will be played two times.

- A. Put the sentences in the proper order as they appear in the conversation. Some have been already marked.

<b>6</b>	If your thyroid is underactive and you would like to conceive, you are advised to undergo a detailed health appraisal by your family doctor so as to make sure you receive the proper amount of the thyroid hormone.
	Nevertheless, women are advised to follow iodine-rich diet, provided with fish, dairy and eggs.
	People who suffer from extreme lack of the thyroid hormone tend to inhabit places that are distant from the coast, thus, their diet is short in iodine.
	It is estimated that approximately 2 in 100 people suffer from hypothyroidism.
	When the patient is at the end of the first trimester of pregnancy, the faulty action of the thyroid may be impossible to be corrected.
<b>1</b>	The lack of the thyroid hormone in pregnant women has long been linked to far-reaching growth complications in children.
	Levy thinks women should not embark on iodine-rich dietary supplements since large doses of this hormone may trigger both hypo- and hyperthyroidism.
	Women slightly short in the thyroid hormone were administered a small dose of the hormone, while the control group received no such treatment, and the relationship wasn't confirmed.
	According to Doctor Levy, thyroxine deficiency cannot be unambiguously associated with learning disturbances that children may exhibit later in life.
	There has been a research project whose aim was to check whether diagnosing thyroid problems in pregnancy is relevant to the health of mothers and children.
	Almost 50% of Americans present with a slight lack of iodine.

SCORE: \_\_\_\_\_ /9

B. In the programme, find the words and phrases that mean the following:

a. Very low shortages	S_____ D_____
b. To generalize	to make S_____ C_____
c. Contradictory factors	C_____ V_____
d. Places surrounded by land	L_____ countries
e. A troublesome or difficult situation	a C_____ of W_____
f. Not strict with the treatment	L_____ with the treatment
g. Iodine-rich	iodine R_____
h. Powdered brown seaweed, a source of iodine	K_____

**SCORE:** \_\_\_\_\_/6

(0.5 points for each good answer)