

PART-1: Reading Comprehension

A. Read the following passage and then answer the questions that follow.

(15 points @ 1 point each)

I saw an accident and soon realized that I was the only person there who was qualified in first aid. I asked my friend to call an ambulance. I looked around to see if there was any danger to me if I went to help. I could see almost all of the wires in the broken traffic signal and none seemed to be touching the car. I went to the driver's seat of the pickup and there was a young man lying unconscious on the steering wheel.

I was not sure if the casualty had a spinal injury so I decided not to try to move the man. His window was broken, so I put my hand through it and reached under the man's mouth and nose to see if he was breathing. I could not feel any air on my hand so I knew I had to do something quickly. I opened the door and checked again to see if he was breathing. He was still not breathing so I carefully moved the casualty back in his chair, making sure his head and neck did not move. When I put the casualty's head back I opened his mouth and felt to see if he was breathing. I was relieved to find out I did not have to do mouth to mouth resuscitation.

I ran back to my car to get a pair of plastic gloves from my first aid kit. On the way I asked my friend if the ambulance was coming. He said it would get here in twenty-five minutes. I grabbed my first aid kit from my car and took it over to the injured man. I put on my plastic gloves and looked to see if the man was bleeding. He had a large wound on his head and one of his legs seemed to be broken. I checked the cut on the man's head and saw that the bleeding had stopped. I thought I would clean and dress the wound if he had no other serious injuries. I then looked at the man's body to see if he had any cuts or broken ribs. I guessed and hoped that he had no internal bleeding.

I looked at the man's arms and legs next. His arms had a few small cuts and bruises but his right leg did not look very good. He had a large blue swollen bump in just below his knee. I was looking for something I could tie to his leg to immobilize the fracture before the paramedics arrived. They brought out a board (piece of wood) and a tank of oxygen. They carefully put the man on the board and strapped him to it. Then they put an oxygen mask over his mouth and nose to help with his ventilation. The paramedics carried the man to the Red Crescent ambulance and put him on a stretcher inside. Before they drove off the paramedics thanked me and said that I had done a great job.

Choose the best answer.

1. The main idea of paragraph 1 is that it is important to _____.

- a. see if the man is bleeding
- b. see if the victim is breathing
- c. decide if I can help the victim
- d. look for other injuries the victim might have

2. I asked my friend to _____.

- a. stay away from the car
- b. help the victim breath
- c. tell me about the first aid
- d. phone the ambulance

3. The first thing I did after asking my friend to phone was to _____.

- a. open the car door
- b. touch the traffic signal wires
- c. drive away
- d. check for danger

of headaches and can be further divided into (1) tension headaches, (2) migraines and (3) cluster headaches. Secondary headaches are signs or symptoms of potentially more serious medical conditions, and they must not be ignored.

Tension headaches, also called chronic daily headaches, are the most common type of headaches among adults and adolescents. The most likely cause is contraction of skull muscles. They occur because of physical or emotional stress placed on the body. Tenderness on the scalp and pain in the neck and shoulder muscles are symptoms of tension headaches. They cause mild to moderate pain which is not disabling, meaning the sufferer may continue with daily activities. They are not associated with symptoms such as nausea or vomiting. They are usually treated with over-the-counter medications for pain.

Migraine headaches are less common than tension headaches. Migraine headaches typically last four to 72 hours and usually occur one to four times per month. They are unilateral, meaning they usually affect only one side of the head. They are usually described as dull and throbbing and are aggravated (become worse) by physical activity or exposure to light. Migraines are associated with symptoms such as sensitivity to noise or odors; nausea or vomiting; loss of appetite; and stomach upset. Sensitivity to these triggers (causes that start a problem) may cause migraine. Most of the migraine treatments fall into 2 groups—acute and preventive. Acute medications are available over the counter or by prescription and taken as needed. Preventive medications are prescribed to prevent migraine headaches before they start. Preventive medications are taken on a regular basis in order to reduce the frequency and severity of attacks.

Cluster headaches are the least common —although the most severe —type of primary headaches. The pain is usually intense, and sometimes only on one side of the head. The sufferer also feels pain around the eye on the painful side of the head, and it may be reddened and watery. Treatments can help make cluster headache attacks shorter and less severe. One immediate cause of the cluster headaches may be the dilation of the blood vessels in the brain, which increases the pressure on the trigeminal nerve, a nerve responsible for sensation in the face and skull. Abnormality in the function of the hypothalamus gland in the brain may be another cause. Some substances like nitroglycerine, nicotine, alcohol, and chocolate may trigger (cause) this headache.

The diseases that cause secondary headaches can be life-threatening and should be diagnosed and treated as quickly as possible. Secondary headaches may be caused by several diseases such as the common cold, influenza, sinusitis, eyestrain or glaucoma (an eye disease) , brain tumor , bleeding in the brain such as bleeding that may occur from a stroke, elevated blood pressure (hypertension) , and medication overuse .

Choose the best option to complete the following statements about the above passage.

- 16. Headache may be defined as a pain _____ of the head.**
a. only on the left side b. on both sides c. in the middle d. in any part
- 17. According to the passage most headaches _____ .**
a. always need medication b. need only massage to ease the pain
c. aren't relieved without medication d. usually go away without taking any medicine
- 18. According to the passage headaches can be grouped into _____ major groups.**
a. three b. two c. four d. five
- 19. Migraine is a type of _____ headaches.**

34. The brain and the _____ are part of our nervous system.
 a. cord b. spine c. spinal cord d. heart
35. A cup of coffee may keep a driver _____ and awake.
 a. sleepy b. alert c. neglectful d. tired
36. Bed rest is _____ for the people suffering from flu.
 a. discouraged b. opposed c. prescribed d. recommended
37. Cancer is defined as the uncontrolled division and multiplication of _____ in a part or an organ of the body.
 a. cells b. tissues c. organs d. viruses
38. Scientists have found many cancer-causing _____, and they are chemicals.
 a. cells b. tissues c. agents d. waves
39. One of the causes of cancer may be viruses because scientists have observed a close _____ between cancer and viruses in some animals.
 a. link b. tie c. union d. transmission
40. Cancer-causing chemicals must be _____ foods.
 a. excluded b. kept out of c. included in d. eliminated
41. _____ is the emergency treatment given to an injured or sick person before regular medical services arrive.
 a. Aid b. First aid kit c. First aid d. Medical treatment
42. After the accident, the _____ was moved to a hospital after giving him the necessary first aid.
 a. ambulance b. dead body c. casualty d. uninjured
43. The broken arm of the victim must be _____ before moving him into the ambulance.
 a. moved b. mobilized c. fractured d. immobilized
44. First aid is given to _____ the victim's condition from getting worse.
 a. prevent b. confirm c. look after d. protect
45. Highway accidents are a common _____ in Saudi Arabia.
 a. opportunity b. occurrence c. site d. vision
46. Carter was permanently _____ after the accident, so he wasn't able to use his left arm.
 a. injured b. disabled c. enabled d. damaged
47. A large number of people in America suffer from _____ injuries.
 a. unplanned b. intentional c. planned d. accidental
48. She is suffering from _____ headache. She tried different medicines but couldn't find permanent relief.
 a. remaining b. ancient c. chronic d. permanent

49. Influenza is a virus that specifically _____ the respiratory tract; it also has an impact on muscles and joints.
 a. heals b. directs c. aims d. affects
50. Sometimes teenagers take to smoking because their friends _____ them.
 a. stress b. forbid c. dissuade d. influence
51. Young _____, a population which includes those aged 18-24, present a constant challenge in the fight against smoking.
 a. matures b. adults c. immature d. middle-aged
52. People feel that the _____ effects of cigarette smoking gives them a sense of calmness.
 a. tranquilizing b. panicky c. kind d. irritating
53. _____ is another term used to describe high blood pressure.
 a. Hypertension b. Tension c. Anger d. Anxiety
54. The walls of the arteries are _____ and they can expand or contract to maintain blood pressure at consistent level.
 a. inflexible b. smooth c. elastic d. hard
55. Drugs used to treat hypertension _____ billions of dollars every year.
 a. expend b. cost c. pay d. spend
56. Cancer is a _____ disease.
 a. harmless b. infectious c. contagious d. lethal

B: Choose the word or phrase that cannot replace the underlined word.

(02 points @ 1 point each)

57. The consequences of accidents can be serious.
 a. deadly b. harmless c. lethal d. fatal
58. Stress may cause a rise in blood pressure.
 a. Anxiety b. Nervous tension c. Relaxation exercises d. Pressure

C: Choose the word that is synonym to the underlined word.

(02 points @ 1 point each)

59. Some people want to give up smoking, but they find it difficult to resist the urge to smoke.
 a. dislike b. disinclination c. hatred d. desire
60. Tea is a mild stimulant which makes you active.
 a. energizer b. sedative c. tranquilizer d. depressant