

ASOCIACIÓN
ROSARINA DE
ANESTESIA,
ANALGESIA Y
REANIMACION



UNIDAD 2:

“RELACIONES CONTEXTUALES”

Prof. Carina Jovović



*CURSO DE LECTO-COMPREENSIÓN
DE TEXTOS MÉDICOS EN INGLÉS*

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I) ELEGIR LA ORACIÓN TÓPICA QUE MEJOR SE ADAPTE AL PÁRRAFO

1) _____. First of all, we need money to repair old roads and build new roads. We also need more to pay teachers' salaries and to pay for services such as trash collection. Finally, more tax money is needed to give financial help to the poor citizens of the city. It is clear that the city will have serious problems if taxes are not raised soon.

- a. We should raise city taxes.
- b. City taxes are too high.
- c. City taxes pay for new roads.

2) _____. One thing you must consider is the quality of the university's educational program. You also need to think about the school's size and location. Finally, you must be sure to consider the university's tuition to make sure you can afford to go to school there.

- a. It is expensive to attend a university in the United States.
- b. There are several factors to consider when you choose a university to attend.
- c. You should consider getting a good education.

3) _____. For example, a person can have breakfast in New York, board an airplane, and have dinner in Paris. A businesswoman in London can instantly place an order with a factory in Hong Kong by sending a fax. Furthermore, a schoolboy in Tokyo can turn on a TV and watch a baseball game being played in Los Angeles.

- a. Airplanes have changed our lives.
- b. Advances in technology have made the world seem smaller.
- c. The fax machine was an important invention.

II) ELEGIR LA ORACIÓN QUE MEJOR DESARROLLE LA IDEA DE LA ORACIÓN TÓPICA PROPORCIONADA

1) Life on Earth is ancient and, even at its first appearance, unimaginably complex.

- a. Scientists place its beginnings at some three billion years ago, when they hypothesize that the first molecule floated up out of the ooze with the unique ability to replicate itself.
- b. The most complex life form is, of course, the mammal—and the most complex mammal is humankind.
- c. It is unknown exactly where life started, where the first molecule was "born" that had the ability to replicate itself.
- d. Darwin's theory of evolution was one attempt to explain what essentially remains a great mystery.



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2) Cosmetic plastic surgery is one of the fastest-growing segments of U.S. medicine.

- a. Cosmetic plastic surgery can have dangerous side effects, some of which can be fatal.
- b. Americans are eager to make their bodies as perfect as possible and to minimize the visible signs of aging.
- c. The price of cosmetic plastic surgery is also on the rise.
- d. This increase in cosmetic plastic surgery says something quite disturbing about our culture.

3) One scientific theory of the origin of the universe is the much misunderstood big bang theory.

- a. Physicists now believe they can construct what happened in the universe during the first three minutes of its beginning.
- b. Many scientists believe that, during microwave experiments, we can actually “hear” echoes of the big bang.
- c. The popular notion is that the big bang was a huge explosion in space, but this is far too simple a description.
- d. The big bang theory, if accepted, convinces us that the universe was not always as it is now.

**III) LEER LOS SIGUIENTES PÁRRAFOS Y SUBRAYAR LAS ORACIONES QUE MEJOR DESARROLLEN LA IDEA DE LA
ORACIÓN TÓPICA PROPORCIONADA**

1) Use of the internet has grown very quickly. In 1983, there were 562 computers connected to the Internet. By the turn of the century, there were 72.3 million computers in 247 countries on-line. Experts say that the Internet is now growing at a rate of approximately 40 percent a year. As time goes on, the Internet is becoming more and more popular.

2) There are many reasons I hate my apartment. The plumbing doesn't work properly and the landlord refuses to fix it. I also have noisy neighbours who keep me up all night. Furthermore, there are so many bugs in my apartment that I could start an insect collection. I really want to move.

3) Vegetables and fruits are an important part of a healthy diet. First, fruits and vegetables are packed with the vitamins and minerals you need to keep your body functioning smoothly. In addition, they give you the carbohydrates you need for energy. Fruits and vegetables have lots of fiber to help your digestive system work properly. Finally, many scientists believe that the nutrients in fruits and vegetables can help fight diseases. If you eat a diet rich in fruits and vegetables, you'll be on the road to better health.



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IV) LEER LOS TEXTOS, HACER INFERENCIAS E IDENTIFICAR IDEAS IMPLÍCITAS PARA COMPLETAR LAS CONSIGNAS

Mental and physical health professionals may consider referring clients and patients to a music therapist for a number of reasons. It seems a particularly good choice for the social worker who is coordinating a client's case. Music therapists use music to establish a relationship with the patient and to improve the patient's health, using highly structured musical interactions. Patients and therapists may sing, play instruments, dance, compose, or simply listen to music.

The course of training for music therapists is comprehensive. In addition to formal musical and therapy training, music therapists are taught to discern what kinds of interventions will be most beneficial for each individual patient. Because each patient is different and has different goals, the music therapist must be able to understand the patient's situation and choose the music and activities that will do the most toward helping the patient achieve his or her goals. The referring social worker can help this process by clearly communicating each client's history.

Although patients may develop their musical skills, that is not the main goal of music therapy. Any client who needs particular work on communication or on academic, emotional, and social skills, and who is not responding to traditional therapy, is an excellent candidate for music therapy.

1) Which of the following best organizes the main topics addressed in this passage?

- a. I. The role of music therapy in social work
 - II. Locating a music therapist
 - III. Referring patients to music therapists
- b. I. Using music in therapy
 - II. A typical music-therapy intervention
 - III. When to prescribe music therapy for sociopaths
- c. I. Music therapy and social work
 - II. Training for music therapists
 - III. Skills addressed by music therapy
- d. I. How to choose a music therapist?
 - II. When to refer to a music therapist
 - III. Who benefits the most from music therapy



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2) Which of the following would be the most appropriate title for this passage?

- a. How to Use Music to Combat Depression
- b. What Social Workers Need to Know about Music Therapy
- c. Training for a Career in Music Therapy
- d. The Social Worker as Music Therapist

3) According to information presented in the passage, music therapy can be prescribed for social work clients who

- a. need to develop coping skills.
- b. were orphaned as children.
- c. need to resolve family issues.
- d. need to improve social skills.

4) Which of the following inferences can be drawn from the passage?

- a. Music therapy can succeed where traditional therapies have failed.
- b. Music therapy is a relatively new field.
- c. Music therapy is particularly beneficial for young children.
- d. Music therapy is only appropriate in a limited number of circumstances.



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A healthy diet with proper nutrition is essential for maintaining good overall health. Since the discovery of vitamins earlier in this century, people have routinely been taking vitamin supplements for this purpose. The Recommended Dietary Allowance (RDA) is a frequently used nutritional standard for maintaining optimal health. The RDA specifies the recommended amount of a number of nutrients for people in different age and sex groups. The National Research Council's Committee on Diet and Health has proposed a definition of the RDA to be that amount of a nutrient which meets the needs of 98% of the population.

The RDA approach _____. First, it is based on the assumption that it is possible to accurately define nutritional requirements for a given group. However, individual nutritional requirements can vary widely within each group. The efficiency with which a person converts food intake into nutrients can also vary widely. Certain foods when eaten in combination actually prevent the absorption of nutrients. For example, spinach combined with milk reduces the amount of calcium available to the body from the milk. Also, the RDA approach specifies a different dietary requirement for each age and sex; however, it is clearly unrealistic to expect a homemaker to prepare a different menu for each family member. Still, although we cannot rely solely upon RDA to ensure our overall long-term health, it can be a useful guide so long as its limitations are recognized.

1) Which of the following would best fit in the blank in the first sentence of paragraph 2?

- a. is based on studies by respected nutritionists
- b. has a number of shortcomings
- c. has been debunked in the last few years
- d. is full of holes

2) With which of the following would the author most likely agree?

- a. The RDA approach should be replaced by a more realistic nutritional guide.
- b. The RDA approach should be supplemented with more specific nutritional guides.
- c. In spite of its flaws, the RDA approach is definitely the best guide to good nutrition.
- d. The RDA approach is most suitable for a large family.



VI) LEER EL TEXTO, PRESTAR ATENCIÓN AL DETALLE Y COMPLETAR LAS CONSIGNAS

No longer is asthma considered a condition with isolated, acute episodes of bronchospasm. Rather, asthma is now understood to be a chronic inflammatory disorder of the airways—that is, inflammation makes the airways chronically sensitive. When these hyperresponsive airways are irritated, airflow is limited, and attacks of coughing, wheezing, chest tightness, and breathing difficulty occur.

Asthma involves complex interactions among inflammatory cells, mediators, and the cells and tissues in the airways. The interactions result in airflow limitation from acute bronchoconstriction, swelling of the airway wall, increased mucus secretion, and airway remodeling. The inflammation also causes an increase in airway responsiveness. During an asthma attack, the patient attempts to compensate by breathing at a higher lung volume in order to keep the air flowing through the constricted airways, and the greater the airway limitation, the higher the lung volume must be to keep airways open. The morphologic changes that occur in asthma include bronchial infiltration by inflammatory cells. Key effector cells in the inflammatory response are the mast cells, T lymphocytes, and eosinophils. Mast cells and eosinophils are also significant participants in allergic responses, hence the similarities between allergic reactions and asthma attacks. Other changes include mucus plugging of the airways, interstitial edema, and microvascular leakage. Destruction of bronchial epithelium and thickening of the subbasement membrane is also characteristic. In addition, there may be hypertrophy and hyperplasia of airway smooth muscle, increase in goblet cell number, and enlargement of submucous glands.

Although causes of the initial tendency toward inflammation in the airways of patients with asthma are not yet certain, to date the strongest identified risk factor is atopy. This inherited familial tendency to have allergic reactions includes increased sensitivity to allergens that are risk factors for developing asthma. Some of these allergens include domestic dust mites, animals with fur, cockroaches, pollens, and molds. Additionally, asthma may be triggered by viral respiratory infections, especially in children. By avoiding these allergens and triggers, a person with asthma lowers his or her risk of irritating sensitive airways. A few avoidance techniques include: keeping the home clean and well ventilated, using an air conditioner in the summer months when pollen and mold counts are high, and getting an annual influenza vaccination. Of course, asthma sufferers should avoid tobacco smoke altogether. Cigar, cigarette, or pipe smoke is a trigger whether the patient smokes or inhales the smoke from others. Smoke increases the risk of allergic sensitization in children, increases the severity of symptoms, and may be fatal in children who already have asthma. Many of the risk factors for developing asthma may also provoke asthma attacks, and people with asthma may have one or more triggers, which vary from individual to individual. The risk can be further reduced by taking medications that decrease airway inflammation. Most exacerbations can be prevented by the combination of avoiding triggers and taking anti-inflammatory medications. An exception is physical activity,



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which is a common trigger of exacerbations in asthma patients. However, asthma patients should not necessarily avoid all physical exertion, because some types of activity have been proven to reduce symptoms. Rather, they should work in conjunction with a doctor to design a proper training regimen, which includes the use of medication.

In order to diagnose asthma, a healthcare professional must appreciate the underlying disorder that leads to asthma symptoms and understand how to recognize the condition through information gathered from the patient's history, physical examination, measurements of lung function, and allergic status. Because asthma symptoms vary throughout the day, the respiratory system may appear normal during physical examination. Clinical signs are more likely to be present when a patient is experiencing symptoms; however, the absence of symptoms upon examination does not exclude the diagnosis of asthma.

- 1) According to the passage, what is the name for the familial inclination to have hypersensitivity to certain allergens?
 - a. interstitial edema
 - b. hyperplasia
 - c. hypertrophy
 - d. atopy

- 2) Why does a person suffering from an asthma attack attempt to inhale more air?
 - a. to prevent the loss of consciousness
 - b. to keep air flowing through shrunken air passageways
 - c. to prevent hyperplasia
 - d. to compensate for weakened mast cells, T lymphocytes, and eosinophils

- 3) The passage suggests that in the past, asthma was regarded as which of the following?
 - a. a result of the overuse of tobacco products
 - b. a hysterical condition
 - c. mysterious, unrelated attacks affecting the lungs
 - d. a chronic condition

- 4) Which of the following would be the best replacement for the underlined word exacerbations in this passage?
 - a. allergies
 - c. triggers



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- b. attacks d. allergens
- 5) The passage mentions all of the following bodily changes during an asthma attack EXCEPT
- a. severe cramping in the chest.
 - b. heavy breathing.
 - c. airways blocked by fluids.
 - d. constricted airways.
- 6) Although it is surprising, which of the following triggers is mentioned in the passage as possibly reducing the symptoms of asthma in some patients?
- a. using a fan instead of an air conditioner in summer months
 - b. exposure to second-hand cigarette smoke
 - c. the love of a family pet
 - d. performing physical exercise
- 7) Why might a patient with asthma have an apparently normal respiratory system during an examination by a doctor?
- a. Asthma symptoms come and go throughout the day.
 - b. Severe asthma occurs only after strenuous physical exertion.
 - c. Doctor's offices are smoke free and very clean.
 - d. The pollen and mold count may be low that day.
- 8) Who might be the most logical audience for this passage?
- a. researchers studying the respiratory system
 - b. healthcare professionals
 - c. a mother whose child has been diagnosed with asthma
 - d. an antismoking activist
- 9) What is the reason given in this article for why passive smoke should be avoided by children?
- a. A smoke-filled room is a breeding ground for viral respiratory infections.
 - b. Smoke can stunt an asthmatic child's growth.
 - c. Smoke can heighten the intensity of asthma symptoms.
 - d. Breathing smoke can lead to a fatal asthma attack.



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VII) LEER LA PREGUNTA DE INVESTIGACIÓN

In the United States, the infant mortality rate is 7.0 (seven deaths for every thousand babies under the age of one). Though this is lower than the mortality rate in many developing countries (which range up to 287.5 in Angola), it is higher than in all other developed countries. It is higher even than the rate in some developing countries, such as Cuba and Singapore (with the lowest rate of 2.29). What could explain the relatively high infant mortality rate in the United States?

VIII) HACER UNA LECTURA VELOZ (SKIMMING) DEL ARTÍCULO 1 SOBRE LA MORTALIDAD INFANTIL Y CONTESTAR LAS PREGUNTAS. TRABAJAR CON LA MAYOR RAPIDEZ POSIBLE.

Preguntas:

- 1) Does this article contain information that is useful for your research?
- 2) Does it discuss the cause(s) of the high infant mortality rate in the United States?
- 3) If so, what causes are mentioned?

Respuestas:

- 1) _____

- 2) _____

- 3) _____



Artículo 1

ABC News: U.S. Babies Die at a Higher Rate
by Marc Lallanilla

What's causing the increased death rate among babies in the United States?

While the health of infants in many countries is improving, babies born in the United States now face an increased risk of dying in the first year of life.

The U.S. infant mortality rate is on the rise for the first time since 1958, according to the Centers for Disease Control and Prevention. In 2001, the infant mortality rate was 6.8 deaths per 1,000 live births—in 2002, the rate rose to 7.0. (2003 data is not yet complete.)

At the same time, other countries are improving their infant mortality rates to the point that they have surpassed the United States. Cuba, for example, reported a lower 2002 rate than the United States at 6.3.

The CIA World Factbook estimates the infant mortality rate in the United States is now comparable to Croatia, Lithuania and Taiwan. Most analysts currently rank the United States 28th in the world in infant mortality, far behind other industrialized nations such as Sweden, France, Japan and Germany.

Premature Births Increase in U.S.

According to health care experts, there is no simple explanation for the increase in U.S. infant mortality.

"But there are a number of factors that could contribute," said Dr. William A. Engle, neonatologist with

the Indiana University School of Medicine in Indianapolis. "The number of babies born pre-term has increased in general, and pre-term populations are at a high risk for morbidity and mortality," Engle said.

Births of two or more babies are often associated with prematurity', and, Engle said, "The number of multiple births has increased." Some of these multiple births are the result of fertility drugs' and in-vitro fertilization procedures'. [...]

African-American Rates Alarming High

Within the United States, there are important differences in the infant mortality rates between racial groups and across geographic boundaries.

"Infant mortality rates tend to trend with socio-economic status," said Dr. Nancy Green, medical director for the March of Dimes [a charity organization]. "African-Americans have much, much higher rates of infant mortality than other groups."

The rate among African-Americans is nearly double that of the general population: 13.9 versus 7.0. Rates among some other ethnic minorities also tend to be higher: the infant mortality rate among Puerto Ricans is 8.2, and for Native Americans, the rate is 9.1. "Some of that is due to poverty, but it doesn't track perfectly with poverty," said Green. The infant mortality rate among Central and South American immigrants, for example, is only 5.1.

(Source: <http://abcnews.go.com/Health>)

IX) HACER UNA LECTURA VELOZ (SKIMMING) DEL ARTÍCULO 2 SOBRE LA MORTALIDAD INFANTIL Y CONTESTAR LAS PREGUNTAS. TRABAJAR CON LA MAYOR RAPIDEZ POSIBLE.

Preguntas:

- 1) Does this article contain information that is useful for your research?
- 2) Does it discuss the cause(s) of the high infant mortality rate in the United States?
- 3) If so, what causes are mentioned?



Respuestas:

- 1) _____

- 2) _____

- 3) _____

Artículo 2

U.S. Infant Mortality Rate Up for First Time in Four Decades While Overall National Health Improvement Slowed

For the first time in 40 years, the infant mortality rate in the U.S. has increased, with seven out of every 1,000 children born in America dying within their first year of life, according to the annual report "America's Health: State Health Rankings," issued by the United Health Foundation, together with the American Public Health Association (APHA) and Partnership for Prevention. The report, available online, was released at the APHA meeting in Washington, D.C., on November 8.

Infant mortality is one of the more sensitive measures of a community's health, since data can be tracked in increments of months as opposed to years, said Georges Benjamin, executive director of APIIA at a press conference. He pointed to a number of factors that may be associated with the increase, including women receiving less prenatal care or losing their jobs, cuts to nutrition programs, and climbing poverty rates. A commentary published in the report pointed to an increase in premature births as a culprit, too.

The U.S. infant mortality rate is about double the rate found in Hong Kong (3.1) and Japan (3.4), according to "America's Health". 1...1 In the National Center for Health Statistics survey, the U.S. ranked 28th among 37 nations. 1••.1

Reed Tuckson, vice president of United Health Foundation, pointed out that the subtitle of the report is "A Call to Action for People and Their Communities." That may be because there is bad news on other fronts as well. Since 1990, the prevalence of obesity has increased by 97 percent, and the number of uninsured rose by 16 percent, according to the report. Since just last year, there was an 8 percent increase in the number of children living in poverty.

These unsettling statistics emerge against a backdrop in which improvements in the overall health of the nation have slowed dramatically since 2000. During the 1990s, health in the United States advanced by an annual rate of 1.5 percent each year, according to the report. However, during the 2000s, health improvement in the country slowed to an annual rate of only 0.2 percent each year— one eighth the rate of the 1990s.



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X) HACER UNA LECTURA VELOZ (SKIMMING) DEL ARTÍCULO 3 SOBRE LA MORTALIDAD INFANTIL Y CONTESTAR LAS PREGUNTAS. TRABAJAR CON LA MAYOR RAPIDEZ POSIBLE.

Preguntas:

- 1) Does this article contain information that is useful for your research?
- 2) Does it discuss the cause(s) of the high infant mortality rate in the United States?
- 3) If so, what causes are mentioned?

Respuestas:

- 1) _____

- 2) _____

- 3) _____

Artículo 3

Eliminate Disparities' in Infant Mortality

What is the burden of Infant Mortality?

Infant mortality is used to compare the health and well-being of populations across and within countries. The infant mortality rate, the rate at which babies less than one year of age die, has continued to steadily decline over the past several decades (from 26.0 per 1,000 live births in 1960 to 7.0 per 1,000 live births in 2002). The United States ranked 43rd in the world in 2000. This ranking is due in large part to disparities which continue to exist among various racial and ethnic groups in this country, particularly African Americans.

Examples of Important Disparities Infant mortality among African Americans in 2000 occurred at a rate of 14.1

deaths per 1,000 live births. This is more than twice the national average of 7.0 deaths per 1,000 live births. The leading causes of infant death include congenital abnormalities', pre-term/low birth weight, Sudden Infant Death Syndrome (SIDS), problems related to complications of pregnancy, and respiratory distress syndrome. [...]

Promising Strategies

Focus on modifying the behaviors, lifestyles, and conditions that affect birth outcomes, such as smoking, substance abuse, poor nutrition, lack of prenatal care, medical problems, and chronic illness. Public health agencies, health care providers, and communities of all



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ethnic groups must partner to lower the infant mortality rate in the United States. This joint approach should address the behaviors, lifestyles, and conditions that affect birth outcomes. Substantial investments have been made in consultation, research, and service delivery to reduce disparities in access to health care and health status. The plan to reduce infant mortality includes:

- A network between health care experts and minority communities to encourage healthy behaviors by pregnant women and parents of infants.
- Research that will determine the cause of SIDS, develop effective strategies to identify at-risk infants more precisely and create effective interventions for high-risk infants.

What Can Healthcare Providers Do to Help Reduce Infant Mortality Rates?

Health care providers should advise their patients about factors that affect birth outcomes, such as maternal smoking, drug and alcohol abuse, poor nutrition, stress, insufficient prenatal care, chronic illness or other medical problems.

What Can Communities and Individuals Do to Help Reduce Infant Mortality Rates?

Communities can play an important role in this effort by encouraging pregnant women to seek prenatal care in the first trimester, which will ensure a better birth outcome than little or no prenatal care. Parents and caregivers should place sleeping infants on their backs and reduce bed sharing. Research has demonstrated that babies who slept on their stomachs were at a higher risk for SIDS.

(Source: The Office of Minority Health, Centers for Disease Control and Prevention. <http://www.cdc.gov>)

XI) COMPARAR LOS TRES ARTÍCULOS SOBRE LA MORTALIDAD INFANTIL Y CONTESTAR LAS PREGUNTAS.

Preguntas:

- 1) Which article is most helpful in answering the research question? Why?
- 2) Do all three articles agree on the underlying causes of the poor infant mortality rate in the United States?
If not, how do they differ?

Respuestas:

- 1) _____

- 2) _____



X) LEER EL SIGUIENTE TEXTO Y CONTESTAR LAS PREGUNTAS ELIGIENDO UNA OPCIÓN

The first year of life

A message from Life co-author, Helen Stephenson

Anyone with experience of babies knows how quickly they develop. When you only see a baby once in a while, it's incredible how much they have learned to do. I'd love to understand more about how a baby's brain works, and what they are thinking

A study into child development published in 2010 was one of the first to demonstrate that childhood experience influences the structure of the developing brain. Since then, other studies have shown a link between a baby's socioeconomic status and the growth of its brain. Despite millennia of child rearing, we have only a limited understanding of how babies take such gigantic strides in cognitive, linguistic, reasoning and planning ability. At birth, the brain has nearly a hundred billion neurons, as many as in adulthood. As the baby grows, receiving a flood of input through their senses, neurons get connected to other neurons, resulting in some hundred trillion connections by the age of three.

Using new technology, scientists can better understand the mystery of how a child goes from being barely able to see when just born to being able to talk, ride a bike, draw, and invent an imaginary friend by the age of five. The more scientists find out about how children acquire the capacity for language, numbers and emotional understanding during this period, the more they realise that the baby brain is an incredible learning machine. Its future—to a great extent—is in our hands.

Judit Gervain, a cognitive neuroscientist at Paris Descartes University, tested how good newborns are at distinguishing different sound patterns. Using near-infrared spectroscopy, the researchers produced images of the brains of babies as they heard audio sequences. In some, the sounds were repeated in an ABB structure, such as mu-ba-ba; in others, an ABC structure, such as mu-ba-ge. The researchers found that brain regions responsible for speech and audio processing responded more strongly to the ABB sequences. In a later study, they found that the newborn brain was also able to distinguish between audio sequences with an AAB pattern and those with an ABB pattern. Not only could babies notice repetition, they also were sensitive to where it occurred in the sequence. Gervain is excited by these findings because the order of sounds is the building block of words and grammar. 'Position is key to language,' she says. 'If something is at the beginning or at the end, it makes a big difference: "John killed the bear" is very different from "The bear killed John."'

Elsewhere, researchers led by Patricia Kuhl, a neuroscientist at the University of Washington in Seattle, have found that language delivered by television, audio book, internet, or smartphone — no matter how educational — doesn't appear to be enough for children's development. They carried out a study of nine-month-old American babies. The researchers expected the group who'd watched videos in Mandarin Chinese to show the same kind of learning as the group who were face-to-face with the same sounds. Instead they found a huge difference. The babies exposed to the language through human interactions were able to distinguish between similar Mandarin sounds as well as native listeners. But the other babies — regardless of whether they had watched the video or listened to the audio — showed no learning whatsoever.

'We were blown away,' Kuhl says. 'It changed our fundamental thinking about the brain.' The result of this and other studies led Kuhl to propose that social experience is necessary for linguistic, cognitive, and emotional development.



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1. According to the article...

- A. current theories about child development are incorrect.
- B. scientists are now able to confirm their ideas about the development of a baby's brain.
- C. we are only just starting to understand clearly how babies' brains develop.

2. According to the article, which statement is true?

- A. Babies who interact with technology develop more quickly.
- B. Information technology is useful for a child's brain development.
- C. Technology is an important tool for brain research.

3. Which statement is supported by the article?

- A. Babies' brains are programmed to develop in the same way.
- B. Early exposure to language promotes brain development.
- C. We can influence the way a child's brain develops.

4. According to the first paragraph,...

- A. in recent years, we have been able to discover the size of a newborn's brain.
- B. today's babies develop more quickly than in previous millennia.
- C. until a few years ago, the link between experiences and brain growth wasn't known.

5. A newborn baby's brain...

- A. has a similar number of neurons to an adult's.
- B. has far fewer neurons than an adult's.
- C. has many more neurons than an adult's.

6. Which statement is implied by the second paragraph?

- A. Baby's brains use the same mechanisms as machines.
- B. Scientists are close to understanding how a child's brain learns.
- C. The ability to invent an imaginary friend is an indicator of brain development.

7. Which statement is true?

- A. Audio processing is not well developed in newborn babies.
- B. Babies' brains recognise different sound patterns.
- C. Judit Gervain discovered the region of the brain used to process speech.

8. Why is Judit Gervain's study interesting?

- A. It demonstrates that babies understand different words.
- B. It shows that babies can begin to understand grammar.
- C. It suggests that word order is relevant to meaning.

9. What did Patricia Kuhl's study focus on?

- A. the effect of social interaction on learning
- B. the importance of exposing babies to language from many sources
- C. the way different languages are processed by babies

10. What is the main conclusion from Kuhl's study?

- A. Babies shouldn't watch a lot of television.
- B. Brain development is improved by interacting with people.
- C. Foreign languages help a baby's brain develop.



XI) LEER EL SIGUIENTE TEXTO Y CONTESTAR LAS PREGUNTAS ELIGIENDO UNA OPCIÓN

A long and healthy life?

A message from Life co-author, Helen Stephenson

Tortoises are among the record-breakers when it comes to lifespan. They can often live for 200 years. I'm pretty sure I don't want to live that long, but, these days, we are all living longer. This article about long life has made me think a lot about old age. How would I feel about living beyond 100? What about you?

A baby born today could live to be not only 100, but even 120 years old. Hard to believe? Apparently, there could be a gene for not only long life, but long and healthy life.

Even today, there are many, many people who have passed the landmark age of 100 – an age that seemed an impossible achievement only a few decades ago. In fact, there are now so many healthy, elderly people that a new term has been coined: the *wellderly*. These are people over the age of 80 who have no chronic diseases such as high blood pressure, coronary disease or diabetes and who have never taken medication for these conditions. There have been quite a few scientific studies of communities where a healthy old age is typical. These include places like Calabria in southern Italy and the island of Okinawa in Japan.

The small village of Molochio in Calabria numbers about 2,000 inhabitants. And of these, there are at least eight centenarians. When researchers ask people like this what the secret of their long life is, the answer is invariably to do with diet and is almost always the same: 'I eat a lot of fruit and vegetables.' 'A little bit, but of everything.' 'No smoking, no drinking.'

But such evidence is now regarded as unreliable and these days scientists are looking beyond diet and lifestyle to genetic factors. Eric Topol is one researcher who questions the received wisdom, saying, 'There must be genes that explain why some individuals are protected from the harmful genes that affect the aging process.'

New research into long life, looking at groups of people who have a genetic connection, has taken scientists to Ecuador. In one small region there are a number of people with a genetic condition called Laron syndrome. The main effect of this condition is to restrict the individual's growth to little more than a metre, but it also seems to protect them against both cancer and diabetes. Ultimately, those with Laron's syndrome live longer than the rest of their families. Meanwhile, on the Hawaiian island of Oahu, there's a completely separate group of Japanese-American men who are particularly long-lived. And it turns out that they have a variant of the same gene as the Laron syndrome group.

Back in Calabria, scientists have been trying to work out exactly how much of the local longevity is due to genetics and how much to environmental factors. By checking public records going back to the 19th century, researchers have reconstructed the family trees of 202 nonagenarians and centenarians. They concluded that there were genetic factors which seemed to benefit the men more than the women – a surprising result because generally in Europe, women centenarians outnumber men by about five to one.

So what really makes people live longer? It seems likely that it is an interaction of genes, the environment and ultimately a third factor beyond our control – luck.



1. Research into long life...

- A. looks mainly at the influence of lifestyle.
- B. has changed its focus in recent years.
- C. suggests that luck is the key factor in reaching old age.

2. The important factors in long life...

- A. are mainly to do with people's daily habits.
- B. include a person's genetic makeup.
- C. seem to be connected to where people live.

3. According to the article...

- A. people have been reaching the age of 100 for decades.
- B. there are very few people over 80 who are healthy.
- C. people could live to be 120 in the future.

4. According to the article,...

- A. the number of healthy old people is growing.
- B. certain illnesses such as high blood pressure need no medication.
- C. chronic diseases are not to be expected in elderly people.

5. In certain parts of Italy and Japan...

- A. the majority of elderly people are not in good health.
- B. about eight percent of people are over 100.
- C. healthy elderly inhabitants are the norm.

6. Research in Italy and Japan has shown that...

- A. old people tend to believe their age is due to what they eat.
- B. most people can't explain what the secret to long life is.
- C. there are many different factors influencing old age.

7. Some researchers...

- A. think that they've found a gene responsible for old age.
- B. have linked people's lifestyle to their genes.
- C. doubt that diet is the key to old age.

8. Laron syndrome is a genetic condition which...

- A. affects people in a number of ways.
- B. only affects groups in Ecuador and Hawaii.
- C. affects everyone in a family.

9. Laron syndrome is interesting to scientists because...

- A. it explains why some people don't grow tall.
- B. it shows that there is a genetic reason for old age.
- C. it only affects men.

10. Research into families in Calabria...

- A. doesn't support the idea of a genetic basis for old age.
- B. found that more women lived to old age than men.
- C. showed unexpected old age patterns.



XII) LEER EL SIGUIENTE TEXTO Y CONTESTAR LAS PREGUNTAS ELIGIENDO UNA OPCIÓN

Siberia's medical train

A message from Life co-author, Helen Stephenson

Some years ago, I lived in a place which had few doctors and only a basic hospital. But we did have a fantastic book called, appropriately enough, 'Where there is no doctor'. From this book, which I read from cover to cover many times, we got two things: information and confidence. Information to help us diagnose and treat disease, and confidence to feel that we'd be able to treat ourselves if we got ill. When I read this article, I found myself remembering that book and wondering if the people described here have a Russian version of it.

In Khani, a small village under the snowy peaks of the Stanovoy Mountains in Russia, there is a queue of patients waiting next to the railway line to see the doctor. They are waiting for the *Matvei Mudrov* train – a mobile medical clinic with basic equipment, examination rooms and twelve to fifteen doctors on board. The *Matvei Mudrov* runs along the 4,000 kilometres of the Baikal-Amur Mainline (BAM), a railway line parallel to but 650 kilometres north of the more famous Trans-Siberian line. The *Matvei Mudrov* takes its name from a nineteenth century Russian doctor. He was one of the first doctors to promote treatment of the patient as an individual, not just the disease. Khani is typical of settlements along the BAM, a reminder of the growth era of the Soviet Union, but now with little access to specialist health care its community is dependent on the *Matvei Mudrov*. Among the people in the queue is a man who has broken both ankles and a teenage girl needing a post-operative check-up. She had appendicitis a month earlier and, luckily, was able to get to a town three hours away for treatment. The *Matvei Mudrov* is not equipped for surgery, although its doctors can offer a diagnosis and recommend a course of treatment. The medical train is one of the few points of contact those along the BAM have with the rest of the country.

The town of Berkakit is larger than Khani but similar in many ways. It was once home to as many as 9,000 people. Today less than half remain. Mikhail Zdanovich is one of them. Now 61, Zdanovich was sent to the BAM in 1976, when he had just finished Soviet military service. He married a woman who worked at the town bakery and they settled in the town. Zdanovich's right arm is in a fabric sling: he is waiting for surgery on his shoulder in Khabarovsk, about 1,600 kilometres away. He wants to ask the doctors if he should work in the meantime. As soon as Zdanovich goes into the office, the doctor, Yelena Miroshnichenko, cries 'Oh, Mikhail Pavlovich, I recognised your voice.' Miroshnichenko writes a letter to say that he can't work while he's waiting for his shoulder to be treated. He leaves, happy, and then he returns a few minutes later. He brings freshly baked cabbage pies and a jar of goat's milk. The patients treated on the train generally praise the doctors for their honesty and competence.

Life on the *Matvei Mudrov* settles into a rhythm for the doctors on board: the green pines of the surrounding forest, the rumble of the train's engine, the hypnotic clop clop clop of the tracks below. The cook is a 27-year-old jokester named Vitya who serves three meals a day. The doctors eat standing up behind the counters in the dining car, amusing one another with tales of patients. The train only visits each place twice a year, but after years of treating patients along the BAM, as Yelena Miroshnichenko says, 'You don't just know the people, you even know the dogs.'



- 1. What kind of services does the Matvei Mudrov train offer?**
 - A. dentists and opticians
 - B. emergency surgery
 - C. medical diagnosis and advice
- 2. Which word best describes the communities in the article?**
 - A. over-populated
 - B. remote
 - C. urban
- 3. According to the article, the towns along the BAM ...**
 - A. have never had good medical services.
 - B. used to have better medical services.
 - C. will soon have better medical services.
- 4. According to the article, which statement is true?**
 - A. The Matvei Mudrov train carries over a dozen medical staff.
 - B. The Matvei Mudrov train has been running since the nineteenth century.
 - C. The Matvei Mudrov train is carried on the Trans-Siberian line.
- 5. Which word describes Dr Matvei Mudrov's view of medicine?**
 - A. eccentric
 - B. pioneering
 - C. traditional
- 6. The village of Khani...**
 - A. grew during the time of the Soviet Union.
 - B. is a short distance from a large city.
 - C. is unlike most places close to the railway line.
- 7. Mikhail Zdanovich...**
 - A. has recently had an operation.
 - B. needs some advice from the doctor.
 - C. was born in Berkakit.
- 8. The doctor, Yelena Miroschnichenko,...**
 - A. also supplies her patients with food gifts.
 - B. has met Mikhail Zdanovich before.
 - C. isn't able to help Zdanovich with his problem.
- 9. What picture does the article paint of the atmosphere on the train?**
 - A. hectic
 - B. tense
 - C. tranquil
- 10. The article suggests that the doctors on the train...**
 - A. are doing their final training.
 - B. only do one trip.
 - C. work on the route regularly.



CURSO DE LECTO-COMPREENSIÓN
DE TEXTOS MÉDICOS EN INGLÉS

Prof. Carina Jovović

XIII) LEER LOS SIGUIENTES TEXTOS Y CONTESTAR LAS PREGUNTAS SOBRE EL PATRÓN DE ORGANIZACIÓN

A boycott is an organized refusal by people to deal with a person or group in order to reach a certain goal. An example is the famous boycott that began in 1955 when Mrs. Rosa Parks of Montgomery, Alabama, refused to obey a law requiring black people to sit at the back of city buses. Mrs. Parks was arrested, and her arrest sparked a boycott of the city bus system by African Americans. The boycott was organized and led by Dr. Martin Luther King, Jr. Rather than continue to lose money needed to run the bus system, the city changed the law.

1. The main pattern of organization is:

- A) definition and example
- B) cause and effect
- C) comparison-contrast
- D) time order

2. Transitions that signal the pattern:

The story of the city mouse and the country mouse is one version of the age-old debate between the people who prefer city life and those who prefer country life. In the city there is always something to do. But in the country, you can always find peace and quiet. In the city, you are constantly exposed to new and different kinds of people. On the other hand, in the country, you are always among familiar faces. These are the images we have. The reality is less clear-cut. Rural towns do have their night spots, and even New York City has places to escape to and be alone with your thoughts.

3. The main pattern of organization is:

- A) definition and example
- B) cause and effect
- C) comparison-contrast
- D) time order

4. Transitions that signal the pattern:



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Many people say rapid population growth is the reason why nearly one billion people go hungry every day. However, political factors are also among the causes of hunger. First, many countries with hungry citizens actually export crops to other countries. Exporting the crops offers greater profits than selling them at home. Secondly, surpluses that could feed many people are often destroyed in order to keep the price of products high. For example, some crops are allowed to rot, and extra milk is fed to pigs or even dumped.

5. The main pattern of organization is:

- A) definition and example
- B) cause and effect
- C) comparison-contrast
- D) time order

6. Transitions that signal the pattern:



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XIV) LEER LOS SIGUIENTES TEXTOS Y CONTESTAR LAS PREGUNTAS SOBRE EL PATRÓN DE ORGANIZACIÓN

1. Chimps are intelligent enough to make and use dinner utensils. Jane Goodall was the first scientist to study this behavior. One day, as she was observing, several chimps plucked long blades of grass and stripped off the leaves. Each licked one end to make it sticky, and poked the stem into a termite nest. Each chimp then pulled the stem out covered with termites and licked them off, much as a child would a lollipop.

Pattern of organization:

2. There were two kinds of fireworks at the show last night. The first was the skyrocketing type, exploding high up in the air and producing the most dramatic effects, as well as “oohs” and “ahs” in the audience. The second type, Roman Candles, shot up separate showers of sparks and colored flames.

Pattern of organization:

3. Winston, my friend’s old dog, doesn’t see well anymore. In the evening, when the light is dim, he bumps into chairs and walls as he searches for his bowl.

Pattern of organization:

4. Open communication leads to healthier relationships. Research has shown that couples who often disclose their feelings to each other report having stronger feelings of love and happiness than others.

Pattern of organization:

XV) LEER LAS SIGUIENTES IDEAS PRINCIPALES DE TEXTOS Y DETERMINAR EL PATRÓN DE ORGANIZACIÓN

1. Parents tend to treat the oldest child differently from his or her siblings.

Pattern of organization:

2. Artificial intelligence (AI) is a term that describes computer programs that solve problems by “thinking” the way people do.

Pattern of organization:

3. The high cost of college today creates several problems for many students in more ways than one.

Pattern of organization:

4. Identical twins, even when raised separately, have remarkably similar mannerisms.

Pattern of organization:



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5. The bartender keeps a gun under his cash register, and next to that, a can of Mace.
Pattern of organization:
6. Certain colors are associated with particular emotions, as in the following examples.
Pattern of organization:
7. There are a number of symptoms of drug abuse.
Pattern of organization:
8. King Ludwig's castle had several well-placed towers from which archers could fire on an attacking army.
Pattern of organization:
9. There are three reasons why Titanic sank.
Pattern of organization:
10. The following is a description of the North Shore Music Theater, from the entrance hall to backstage.
Pattern of organization:
11. Her behavior was unusual yesterday in a number of ways.
Pattern of organization:
12. Usury is the practice of lending money and charging too much for interest.
Pattern of organization:



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XVI) LEER EL PÁRRAFO Y CONTESTAR LAS PREGUNTAS

1. Dogs make better companions than cats. 2. The main reason why many people prefer dogs to cats is their loyalty. 3. They show this by being obedient and showing affection to their masters. 4. Cats, on the other hand, cannot be trained and treat their owner with indifference. 5. Secondly, dogs are more fun to spend time with. 6. You can take your dog running, swimming at the beach or even play Frisbee. 7. Conversely, cats like to do their own thing and are not inclined to join in play such as chasing a ball. 8. Finally, dogs help make your home more secure. 9. If an unknown person tries to enter your home or property, a dog will alert you with their bark or even attack the intruder. 10. A cat, on the other hand, will stay silent and let anyone enter your home. 11. To sum up, dogs are the best choice as a pet because they are loyal, fun and provide security.

- A) Which sentence expresses the main idea of the paragraph? _____
- B) Which sentences give reason to support the main idea? _____
- C) Which sentences explain or give examples of the first reason? _____
- D) Which sentences repeat the main idea and summarise the supporting ideas? _____

XVII) UNIR LAS OPCIONES 1-4 CON LAS OPCIONES A-D

- | | |
|---|---|
| 1. A topic sentence expresses the main idea _____ | A) the main idea expressed in the topic sentences is true or valid. |
| 2. Supporting sentences help show that _____ | B) to help develop supporting ideas. |
| 3. Details can include examples or explanations _____ | C) in different words and may also summarise the supporting ideas. |
| 4. A concluding sentence restates the main idea _____ | D) of the paragraph and all sentences in the paragraph support it. |



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XVIII) ESCRIBIR UNA ORACIÓN SECUNDARIA PARA CADA ORACIÓN TÓPICA. LUEGO, DESARROLLAR LA ORACIÓN SECUNDARIA ESCRIBIENDO OTRA ORACIÓN QUE PROPORCIONE UN EJEMPLO O UNA EXPLICACIÓN

Example: Thailand is an enjoyable country to visit.

One reason to go to Thailand is that it has a very good cuisine. For instance, dishes like tom yum hung are well-known for their fresh ingredients and strong spicy flavours.

1. Regular exercise has a number of important benefits.

2. Living in the city centre has three key advantages.

3. There are a number of important steps in making a good sandwich.

4. There are three main characteristics that all successful language learners share.

5. University education should be made freely available to all citizens.



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Prof. Carina Jovović

XIX) RESUMIR EL SIGUIENTE TEXTO EN NO MÁS DE 120 PALABRAS

Include: the purpose of snakes' bite, the venom's fatality and also the remedy for such bites.

All snakes are hunters and predators, feeding on the animals and sometimes their eggs. Having no limbs, snakes cannot hold their preys down to bite; hence they usually swallow them whole. Poisonous snakes sometimes do immobilize their preys with their venom to make consumption easier.

Most poisonous snakes are conspicuously colored to warn others off. One example is the redheaded krait which has a bluish-black body and scarlet head and tail. Snakes like the cobras, which have less outstanding body colors, display their fatality by lifting the front part of their body and spreading their hoods.

It is truly a myth that poisonous snakes attack humans for food. Humans can never be their targets for food as we are normally too large for them to swallow. In cases where snakes do bite, these attacks are usually defensive ones and the venom injected is normally little or sometimes even none. The full, fatal dose of the venom is only released on smaller animals which the snakes can swallow easily. Besides helping in the killing and immobilizing of their preys, the poison also acts as digestive agents for snakes.

Why then is the venom so deadly? In general, there are three kinds of poisons in the venom, though in varying amounts, depending on the type of snake in question. Venoms usually contain substances that weaken the blood corpuscles and the lining of the blood vessels. Profuse bleeding, often a common result of snake-bites, is caused by the anticoagulants present in the poison which prevents blood clotting. The paralysis of the heart and respiratory muscles is performed by the nervous system attacking toxins.

Though these bites are deadly, certain actions can be taken to slow down the spread of the venom, hence saving the victim's life. Attempting to incise and suck at the spot of the bite is more likely to be harmful than a cure. The poisonous venom usually travels fast into the body upon being released; hence sucking at the mouth of the wound will not help remove the poison, rather, incising the bite may lead the victim to great pain and further profuse bleeding. Instead, a broad, firm crepe bandage should be applied over the wound and up the full limb to compress the tissues and prevent the spread of the venom. After which, the victim must be duly sent to the hospital for professional treatment.

SUMMARY: _____



*CURSO DE LECTO-COMPREENSIÓN
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Prof. Carina Jovović

XX) RESUMIR EL SIGUIENTE TEXTO EN NO MÁS DE 120 PALABRAS

Bacteria are the smallest living things with a cellular structure; each individual bacterium consisting of one single colorless cell, which is usually either spherical or rod-shaped. Individual bacteria measure from 0.0001 inches to 0.00001 inches in length, so they can be seen only with the help of a high-power microscope. They are so small that they can float in the atmosphere, usually as 'passengers' on dust particles, up to a height of several thousand feet, except immediately after a heavy downpour, when the air is washed clean.

Bacteria are present in all natural as well as in drinking water that has not been purified or bailed. A large number of bacteria live in the soil, down to a depth of several feet, and they are particularly abundant in faeces and sewage. Thus, living bacteria are always present on the surface of our bodies and on everything around us, but they are seldom found inside the tissues of healthy plants and animals.

Since most kinds of bacteria contain no chlorophyll, they cannot use light energy and Synthesize their food. They have to get their food in other ways, mostly ready-made by other living things. Like plants, it can only take in dissolved food. A majority get their supply from dead remains of other organisms.

Bacteria reproduce by dividing into two, and these new individuals grow so quickly that they are ready to divide again in about half an hour. Hence, in ten hours, under the most favorable conditions, a single bacterium can produce over a million bacteria. That is one reason for it being so difficult to ensure any object is completely free from any kind of living organisms. In addition, some forms of bacteria have a waxy envelope outside their cell wall and are thus more difficult to kill.

Few bacteria can long survive a temperature above 80°C in the presence of moisture. Hence, when food items are boiled, nearly all the bacteria present is killed. Pasteurization is a milder heat treatment that destroys the bacteria in milk.

The rate of multiplication of bacteria is greatly slowed down at temperatures below 10°C. This means that food will remain unaffected by bacteria in a refrigerator.

Drying is also another method of preserving food and this dehydration of foodstuff prevents bacteria from growing and multiplying as there is insufficient moisture.

SUMMARY: _____

SUMMARY: