

PROFEX SZAKNYELVI VIZSGA

B2(középfok) – angol nyelv
Írásban teljesítendő
Olvasáskészség



vizsgázó sorszáma:

MINTATESZT

Olvassa el a két szöveget és az olvasott szöveg alapján oldja meg a két feladatlapot.

Elérhető pontszám: 20 pont

Figyelem! A vizsga akkor lehet sikeres, ha a vizsgázó részegységként legalább 40%-ot teljesít.

Végső megoldásként csak a tintával írt változatot fogadjuk el.

Kérjük, hogy jól gondolja meg a választát, mivel bármilyen válaszmódosítás esetén válasza érvénytelen.

1. szöveg

Helicobacter Pylori Infection

1. H. pylori is a type of bacteria that may infect around two-thirds of the people in the world. Helicobacter pylori normally infect your stomach, typically during childhood, and, while this strain of bacteria does not cause problems in most cases, it may cause diseases in some people.

In your stomach, the bacteria are able to change the environment around them by reducing the acidity so they can survive. Their shape lets them penetrate your stomach lining, where they are protected by mucus. Your body's immune cells are not able to reach them and the bacteria are able to interfere with your immune response, ensuring that they are not destroyed.

In some cases, an H. pylori infection can lead to problems such as ulcers developing in your stomach or duodenum. H. pylori infection is also associated with stomach cancer and an inflammation inside your stomach known as gastritis.

2. H. pylori infections are thought to spread from one person's mouth to another. They may also be transferred from feces to the mouth. It is also possible to contract the infection from H. pylori that is present in water or food. Children are more likely to develop an H. pylori infection—mostly due to lack of proper hygiene.

Your risk for the infection is associated with your environment and living conditions. Risk is higher if you:

- live in a developing country,
- share housing with others who are infected with H. pylori,
- live in overcrowded housing, or
- have no access to hot water which can help to keep areas clean and free from bacteria.

Symptoms may include abdominal pain, which typically occurs at night or a few hours after meals. It is described as a gnawing pain, and it may come and go. Eating or taking antacid drugs may relieve the pain.

A number of other symptoms can be due to other conditions: excessive burping, feeling bloated, feeling sick or vomiting, losing your appetite, or losing weight.

3. You may need to give blood samples, which will be used to look for antibodies against H. pylori. A stool sample test may be needed to check for signs of Helicobacter pylori in your feces. If you need to have a breath test, you will swallow a preparation containing radioactive carbon. The H. pylori bacteria release an enzyme that breaks down this combination, releasing the carbon, which is then detected by using a special device.

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4. Stomach cancer and duodenal and stomach ulcers are associated with H. pylori infection. If you have close relatives with such problems, your doctor may want you to have treatment. Treatment can cure an ulcer, and it may reduce your risk of developing stomach cancer. You will normally need to take a combination of two different antibiotics, together with another drug that reduces your stomach acid. Lowering stomach acid helps the antibiotics work more effectively. This treatment is sometimes referred to as triple therapy. You may have a test for H. pylori after you finish your treatment. In most cases, only one round of antibiotics is needed to clear the infection but, occasionally, you might need to take more, using different drugs.

530 szó

Source: <http://www.healthline.com/health/helicobacter-pylori#Overview1>

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MINTATESZT**FELADATLAP**

1. szöveg

1. A szövegrészek tartalmát összefoglaló kifejezéseket (a-f) rendelje hozzá a megfelelő bekezdésekhez úgy, hogy a bekezdéseket jelölő számot a táblázat megfelelő helyére írja. Figyelem, 2 kifejezés nem rendelhető egyik bekezdéshez sem.

(4 pont)

a	routes and risks of H. pylori infection	
b	worldwide incidence of infection in adults	
c	mechanism of infection of the stomach by bacteria	
d	effects of antibiotics on stomach acids	
e	optimal treatment with medications	
f	common tests for diagnosis	

2. Egészítse ki az alábbi táblázatot / ágrajzot a szöveg alapján. Válaszaiban kijelölt helyenként **egyetlen** angol szót használjon.

(6 pont)

	infection with H.pylori
incidence	two-thirds of the people are affected (1) _____
cause	H. pylori bacteria (2) _____ in the stomach by reducing its acidity
transmission	a person's (3) _____ comes in contact with infected people, faeces, food or water
risks	common risk factors for children include improper (4) _____
diagnosis	stool samples may be examined to (5) _____ the presence of Helicobacter pylori
treatment	a (6) _____ of different antibiotics is given for effective therapy

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2. szöveg Hashimoto's Thyroiditis

Definition

Hashimoto's thyroiditis is an autoimmune disorder, which means it occurs when immune cells attack healthy tissue instead of protecting it. In the case of Hashimoto's thyroiditis, immune cells mistakenly attack healthy thyroid tissue, causing inflammation of the thyroid.

Description

Hashimoto's thyroiditis is the most common thyroid disorder in America. The disease, which is also known as chronic lymphocytic thyroiditis or autoimmune thyroiditis, affects 14 million people in the United States alone. Autoimmune diseases affect women more than men, and women are 7 times more likely to have Hashimoto's thyroiditis.

In Hashimoto's thyroiditis, the process of destroying the thyroid gland is a slow one, which is why many people who have Hashimoto's thyroiditis go many years without any noticeable symptoms.

Causes

Hashimoto's thyroiditis is caused by a malfunction in your immune system. Instead of protecting your thyroid tissue, your immune cells attack it. These immune cells can cause hypothyroidism (underactive thyroid), a goiter (enlarged thyroid), or both. Eventually, the thyroiditis process can even destroy your entire thyroid, if left undetected or untreated.

Doctors aren't entirely sure why the immune system, which is supposed to defend the body from harmful viruses and bacteria, sometimes turns against the body's healthy tissues. But what scientists do understand is that there are some factors that may make you more susceptible to this disease, for example having a pre-existing autoimmune condition.

Symptoms

It's possible to have Hashimoto's thyroiditis for years without experiencing a single symptom. If you have symptoms of Hashimoto's thyroiditis, they will be associated with the disorder's two primary complications—goiter and hypothyroidism.

Symptoms Associated with Goiter

The primary sign of a goiter is visible swelling in the front of your neck. At first, the bulge may be painless. But if left untreated, it can put pressure on your lower neck. In advanced stages, a goiter can interfere with proper breathing and swallowing.

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Symptoms Associated with Hypothyroidism

Without enough thyroid hormone, your body cannot function properly. If you have hypothyroidism, you may experience:

- fatigue
- weight gain
- increased sensitivity to cold
- difficulty concentrating
- dry skin, nails, and hair
- constipation
- drowsiness
- muscle soreness
- increased menstrual flow

Diagnosis

In addition to conducting a physical examination and taking your unique symptoms into account, the thyroid-stimulating hormone (or TSH) test, anti-thyroid antibodies (ATA) tests, and the free T4 hormone test are used to diagnose Hashimoto's thyroiditis. The goal of the TSH test is to determine whether your TSH levels are within the normal range. If they are higher than they should be, this may indicate Hashimoto's thyroiditis (and, in turn, hypothyroidism). ATA tests detect the presence of antibodies produced by the thyroid gland when immune cells attack. This test is commonly used to confirm or exclude Hashimoto's thyroiditis as the reason for hypothyroidism. If the TSH test comes back normal, but symptoms resemble those of hypothyroidism, a free T4 test may help reveal any thyroid hormone problems.

Treatment

There is a single treatment for Hashimoto's thyroiditis: thyroid hormone replacement therapy. Thyroid hormone replacement therapy is highly effective at treating hypothyroidism associated with Hashimoto's thyroiditis. It compensates for the lack of hormones produced by the thyroid. Sometimes, it may be able to decrease the size of a small goiter associated with Hashimoto's thyroiditis, but a goiter may also need additional medical evaluation.

The type of thyroid hormone replacement therapy, the specific dose, and overall treatment plan is completely specific to each patient.

564 szó

source: <http://www.endocrineweb.com/conditions/hashimotos-thyroiditis>

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FELADATLAP

2. szöveg

1. Karikázza be az egyetlen helyes megoldás számát a szöveg alapján. (4 pont)

- 1.1.1. The first symptom of Hashimoto's thyroiditis is goiter, followed by hypothyroidism.
- 1.1.2. Hashimoto's thyroiditis may be asymptomatic for years.
- 1.1.3. An autoimmune disorder is often the first symptom of Hashimoto's.
- 1.1.4. Patients with Hashimoto's will have goiter and hypothyroidism as well.

- 1.2.1. TSH, anti-thyroid antibodies and free T4 hormone are used to treat Hashimoto's.
- 1.2.2. Only 3 tests are used in the diagnosis of Hashimoto's thyroiditis.
- 1.2.3. Hashimoto's thyroiditis is often undetected or misdiagnosed.
- 1.2.4. A free T4 test can still help diagnose the disease if other test results are normal.

- 1.3.1 Hashimoto's thyroiditis can lead to severe damage to the thyroid gland.
- 1.3.2. Hashimoto's thyroiditis always leads to goiter or hypothyroidism.
- 1.3.3. A goiter is painless, but always causes difficulty swallowing and breathing.
- 1.3.4. Hypothyroidism develops as a result of low TSH levels.

- 1.4.1 Patients living with Hashimoto's are usually unaware of their condition.
- 1.4.2. Patients living with Hashimoto's only need symptomatic treatment.
- 1.4.3. The effectiveness of thyroid hormone replacement therapy in Hashimoto's thyroiditis has not been proved.
- 1.4.4. Thyroid hormone replacement therapy can treat complications of Hashimoto's thyroiditis.

2. Egészítse ki az alábbi összefoglaló szöveget **egyetlen** odaillő angol szóval. (6 pont)

Hashimoto's thyroiditis occurs when thyroid tissue is under (1)_____ by a malfunctioning immune system. Its two primary complications are goiter and hypothyroidism, however, symptoms are often (2) _____ for a long time. TSH, ATA, and the free T4 hormone tests are used in the diagnosis of Hashimoto's thyroiditis to (3) _____ physical examination. High TSH levels are interpreted as a/an (4) _____ of Hashimoto's thyroiditis. If the TSH test results are clear but the symptoms are (5) _____ to hypothyroidism, a free T4 test may help detect thyroid hormone problems. Hormone replacement therapy is used to compensate for (6) _____ levels of the thyroid hormone.