

INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO,

RAJAGIRIYA

BUMS LEVEL I – FIRST SEMESTER EXAMINATION – AUGUST 2018

ENGLISH

COURSE CODE – EN 1000

Time: 1 ½ hours

Date: 03.09.2018
1.45 p.m. – 3.15 p.m.

Answer all questions on this paper itself.

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Part I - Structured Questions

01) Read the following passage and answer the questions. Your answers should be in complete sentences. (20 Marks)

- P1 "Blood pressure" is the force with which your heart pumps blood through the body. High blood pressure is also called hypertension. High blood pressure in the simplest terms means the increase of blood pressure due to the malfunctioning of one or several of the organs responsible for maintaining normal blood pressure. This malfunctioning may have many causes: an increased pumping of the blood by the heart; an excess of volume of the blood improperly excreted by the kidney; an excess of hormones able to increase blood pressure; and constriction of the blood vessels. Occasional increases in blood pressure levels are not unusual. Examples may include physical activities that make your heartbeat faster and more powerful, and this can raise your blood pressure to meet the added demands of activity. However, if your blood pressure reaches abnormally high levels and stays high, then you could be considered to have high blood pressure (HSP). A high blood pressure that is consistently over the recommended range of 140 Systolic, over 80 Diastolic, (140/80) is considered high. The Diastolic number is of the most concern when considering high blood pressure.
- P2 One blood pressure reading that is high does not mean you have high blood pressure. There are many reasons for pressures to be high at any one time. In the past medical authorities had agreed that at least two elevated blood pressure readings taken on two different days were the basic minimums to make a preliminary diagnosis of high blood pressure or hypertension. More current research indicates that blood pressure may vary over several months. Authorities now recommend that for patients whose diastolic blood pressure is mildly elevated, the diagnosis of "high blood pressure" should be based on at least three blood pressure measurements over a period of several months.
- P3 High blood pressure, if untreated for long periods of time, can cause damage to the arteries of the body and to the organs that are supplied with blood by those arteries. It can also lead to pre-mature death. The major organs are the heart, the brain, and the kidneys. Firstly, the heart, which pumps the blood, becomes enlarged and later strained. Secondly, the arteries themselves become hardened and thickened and this is called hardening of the arteries. Thirdly, the organs at the ends of the arteries can also become damaged by the high blood pressure. Related medical conditions to high blood pressure include: heart failure, kidney failure, poor eyesight, stroke, dementia, heart attack, and peripheral vascular disease.

P4 There is a wide range of drugs that can be prescribed to bring blood pressure down. The aim is to find the particular drug or combination of drugs that can lower ones blood pressure to a safe level (ideally to go below 140/80) to prevent problems. Approximately half of all people with high blood pressure can control it with only one drug, three-fourths can control it with two different drugs and nine out of ten can control it with three different drugs.

P5 The use of these blood pressure medications can cause side effects that include: sleepiness, impotence, headaches, weak muscles, fatigue, dizziness, frequent urination and many others. In cases of people who are overweight, treatment can be as simple as losing weight. Altering your diet, reducing the amount of salt and fatty foods, increasing the amount of fruits and vegetables you eat, and sensible drinking can help lower your blood pressure and prevent high blood pressure from developing. Getting regular exercise can lower blood pressure and help control your weight. Giving up cigarettes and managing stress can also lower blood pressures. Following and maintaining a well-balanced treatment plan will help a person lower their blood pressure and increase their chance for a longer life.

01. What does it mean by high blood pressure according to the passage?
.....
.....(03 Marks)

02. What is the basic minimum to make a preliminary diagnosis of hypertension?
.....
..... (03 Marks)

03. What will cause if high blood pressure is untreated for long periods of time?
.....
.....(03 Marks)

04. What are the related medical conditions to high blood pressure?
.....
..... (03 Marks)

05. Write the full sentence that gives examples of side effects of blood pressure medications.
.....
.....(03 Marks)

06. Find words in the passage that have similar meanings to the words given below.

- a) surplus (Para1) -
- b) raised (Para 2) -
- c) roughly (Para4) -
- d) persistent (Para5) -
- e) inability (Para5) - (05 Marks)

02)

2.1. Fill in each blank with a suitable word from those given in the list below.

(15 Marks)

(thinking /the /coming /had /with /an /separately /obviously /animals /express /we /believe /at /complicated /to)

Human beings talk. They use extremely 1) systems of sputtering, hissing, gurgling, clucking, cooing noises called language, to 2) what goes on in their mind. This is called communication. People communicate 3) each other. They tell others what they are 4) about and they get others thoughts at the same time. This is a kind of cooperation, to some extent. Scholars 5) that widespread interpersonal cooperation through the use of language is 6) fundamental mechanism of human survival. The principle that if we don't hang together we shall all hang 7) was discussed by nature long before it was put into words by man. Most of us probably have 8) the following experience. When you are walking in the street, someone shouts 9) you, "Look out!" and you jump just in time to avoid being hit by 10) automobile. You owe your escape from injury to the fundamental cooperation act by which most of the higher 11) survive, namely, communication by means of noise. You did not see the car 12) Nevertheless, someone did, and he made certain noises to communicate his alarm 13) you. Indeed, most of the time when we are listening to the noises people make, 14) are drawing upon the experiences of others in order to make up for what we ourselves have missed. 15), the more an individual can make use of the nervous systems of others to supplement his own, the easier it is for him to survive.

2.2. Arrange the following words in the correct order to make sentences,

(05 Marks)

1. Supun / the / usually / at / weekends / works
.....
2. foods / eat / they / at / never / home / fatty
.....
3. sleepy / the / to / very / baby / be / seems
.....
4. holidays / their / of / beach / spend / people / the / lot / at
.....

Part II - Essay Questions

01) Write a well-organized paragraph of 50-60 words including topic sentence, supporting details and concluding sentence on one of the following topics. (Marks will be deducted if you exceed the word limit) (15 Marks)

- 1) Importance of healthy food habits
- 2) Herbs as medicine
- 3) What I learnt about herbs in my first year of study

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