

LÍNGUA INGLESA

Questões de 01 a 06

Read the text carefully and then answer the questions about it:

HEALTH

WHO'S THE WEAKER SEX?

BY KAREN SPRINGEN

MEN MAY EARN more than women, run faster and buy more wide-screen TVs. But when it comes to health, they trail the opposite sex in nearly every category. Stroke, cancer, diabetes, heart disease and the six other leading causes of death kill men at a higher rate than they do women. Yet men are half as likely to see a doctor regularly. "They're busy with work, and they always make excuses," says Rep. Randy (Duke) Cunningham of California, a prostate-cancer survivor who is pushing to open an Office of Men's Health at the U.S. Department of Health and Human Services. Here are some steps men can take to live longer, healthier lives.

18 to 35. Focus on prevention. See your doctor every two years for routine tests, including blood pressure, cholesterol and sugar screens. Ryan Cooper, 28, saw his dad die of a heart attack at 40 and now visits the physician regularly. After a recent checkup showed his triglycerides (a kind of fat) were twice the normal level, he hit the gym, cut back on burgers and pizza and now has a clean bill of health. Also, perform regular self-exams for testicular cancer, the most common form of cancer among men ages 20 to 35. (See urology.net.)

35 to 50. Pay particular attention to diabetes, hypertension and heart disease. If you have a family history of colon cancer, get a colonoscopy, says Dr. Gary Martin, vice chair of the department of medicine at Northwestern University.



And if you have a family history of prostate cancer, you may want to begin prostate screening. (Otherwise, start both at 50.) At 45, talk to your doctor about whether you should take an aspirin a day to help prevent a heart attack or stroke. **50s and 60s.** If you have a history of high blood pressure or diabetes, ask about an ultrasound of the carotid arteries in your neck to check for blockages that could lead to a stroke. If you haven't already

done so, get a colonoscopy. Have a dermatologist screen you for skin cancer and get your hearing checked every three years (see asha.org). **70s, 80s and above.** If you were a smoker, ask your doctor about a sonogram to check for weak spots or bulges in your aorta, the body's largest blood vessel. And get a bone-density scan to test for osteoporosis, which affects men 10 to 15 years later than women.

The bottom line: it pays to care for your health at every age.

In: Newsweek, May 23, 2005. p. 56.

01. Find in the text:

- A)** Two comparisons between men and women.

Men may earn more than women; run faster; buy more wide-screen TVs.

- B)** Two names of different diseases.

Stroke; cancer; diabetes; heart attack; prostate cancer; testicular cancer; colon cancer; blood pressure (hypertension).

- C)** Two names of medical procedures that can detect some kinds of diseases.

Colonoscopy; prostate screening; ultrasound of the carotid arteries; sonogram; bone-density scan.

- D)** The name of a popular medicine that is supposed to prevent people from having a heart attack.

Aspirin.

- E)** A kind of fat we have in the blood.

Cholesterol; triglycerides.

02. Find phrases in the text with a similar meaning:

- A)** ...em se tratando de saúde, os homens quase sempre são menos cuidadosos que as mulheres.

...when it comes to health, they trail the opposite sex in nearly every category.

- B)** ...as outras seis principais causas de morte matam os homens numa proporção maior que as mulheres.

...the six other leading causes of death kill men at a higher rate than they do women.

- C)** ... vai regularmente ao médico porque presenciou a morte do seu pai aos quarenta anos.

...saw his dad die of a heart attack at 40 and now visits the physician regularly.

- D)** ... faça um exame auditivo a cada três anos.

...get your hearing checked every three years.

- E)** ...para localizar saliências na sua aorta, o maior vaso sanguíneo do corpo humano.

to check for weak spots or bulges in your aorta, the body's largest blood vessel.

03. Match the columns:

- | | | |
|--------------------------------|---|---------------------|
| A) earn (line 1) | E | exame |
| B) stroke (line 7) | D | bloqueio |
| C) half as likely to (line 12) | A | ganhar |
| D) blockage (lines 65-66) | C | metade da propensão |
| E) screen (line 69) | B | derrame cerebral |

04. Choose from the words below to complete the text. Use each word only once:

becoming / blood pressure / low / neck / smoker / stronger / survivor / routine / weaker

It seems that as far as health is concerned, men are the **WEAKER** sex. Diseases often show up for them at an earlier age and most of them do not seem to avoid **BECOMING** sick. Few men have regularly controlled their **BLOOD PRESSURE** and most of them only visit a doctor if they feel really bad. Although the text lists diseases that can be quite harmful for men, their prevention of such illnesses is still at very **LOW** rates. It seems that making more money and being physically **STRONGER** than women are more important for them.

05. Answer the following questions according to the text:

- A) If you do not have a family history of prostate cancer, when should you start screening for this disease?

At the age of 50.

- B) What did Ryan Cooper do to reduce his triglycerides levels?

He hit the gym and cut back on burgers and pizza.

- C) When should men start checking their blood pressure?

At the age of 18.

- D) What kind of test can identify osteoporosis?

Bone-density scan.

06. Write **T** for true or **F** for false, according to the information from the text:

- A) **T** Men do not usually see a doctor as often as women do.
- B) **T** The most common kind of cancer among men from 20 to 35 years old is the testicular one.
- C) **F** Osteoporosis is a disease that affects men 10 to 15 years earlier than women.
- D) **F** The author explicitly states that we should not take care of our health before the age of 18.
- E) **T** The main purpose of the text is to make suggestions so that men can have longer and healthier lives.

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