

OPTION A: LONELINESS MAKES CANCER 'MORE LIKELY AND DEADLY'

Work in Proceedings of the National Academy of Science shows social isolation inclines the probability in favour of aggressive cancer growth. Rodents kept alone developed more tumours - and tumours of a more deadly type - than rats living as a group.

The researchers put it down to stress and say the same may well be true in humans. Lead investigator Gretchen Hermes, of Yale University, said: "There is growing interest in relationships between the environment, emotion and disease. This study offers insight into how the social world gets under the skin." Doctors already know that cancer patients who are depressed tend to manage worse in terms of survival. And previous research has suggested that social support can improve health outcomes for patients with breast cancer. In the latest study, the researchers found that isolation and stress increase the risk of breast cancer in the naturally sociable Norway rats. Isolated rodents developed 84 times the amount of tumours as those living in social groups, and the tumours also proved to be more aggressive. The lonely mammals also had higher levels of the stress hormone corticosterone and took longer to recover from a stressful situation than fellow Norway rats. The researchers ultimately hope their work will help cancer patients. Martha McClintock, a psychologist at the University of Chicago, said: "We need to use these findings to identify potential targets for intervention to reduce cancer." Ed Yong, of Cancer Research UK, said: "This study was done in rats. In general, research in humans does not suggest there is a direct link between stress and breast cancer. But it's possible that stressful circumstances could indirectly affect the risk of cancer by making people more likely to take up unhealthy behaviours that increase their risk, such as overeating, heavy drinking, or smoking.

I* COMPREHENSION (This section consists of six items combining 'True/False' and/or 'Multiple Choice' questions)
(3 points)

CHOOSE AND WRITE THE CORRECT OPTION. (A, B, C or D) (0,5 each one)

- Which are the consequences for some rats of living in isolation?
 - Rats living in isolation live healthier than those living alone.
 - Dangerous tumours appear in a higher number.
 - Cancer cells grow more quickly in isolated rats.
 - The number of tumours is higher although they aren't very aggressive.
- Which conducts might produce the rise of cancer?
 - Stress is a very important factor that affects the risk of cancer.
 - Isolation is crucial when talking about the risk of cancer.
 - Practising harmful habits such as overeating.
 - Depression is one of the most important factors that influence the risk of cancer.

ARE THESE STATEMENTS TRUE OR FALSE? JUSTIFY YOUR ANSWERS WITH THE PRECISE WORDS OR PHRASES FROM THE TEXT. (0,5 points)

- Martha McClintock thinks that we shouldn't take previous investigations to reduce cancer.
- Worrying situations have no negative effects on people having cancer.
- Norway rodents usually live isolated.
- Milk feeding animals regain quietness with more difficulty than rodents.

II. USE OF ENGLISH (4 points) 7-12 (0,25 each one); 13-16 (0,5 each one)

- FIND ONE SYNONYM FOR 'objective'.
- GIVE ONE OPPOSITE FOR 'stressful'.
- GIVE AN ADJECTIVE WITH THE SAME ROOT AS 'risk' (noun, line 10).
- WHICH OF THE FOLLOWING WORDS DOES NOT HAVE THE SAME MEANING? safety / hazard / risk / threat
- FIND A WORD FOR THE FOLLOWING DEFINITION: "something that is fairly sure"
- GIVE A NOUN WITH THE SAME ROOT AS: 'deadly'
- REWRITE THE SENTENCE WITHOUT CHANGING THE MEANING USING THE WORD IN BRACKETS:
My computer is too slow for me. (enough)
- USE THE WORDS IN THE BOXES TO MAKE A MEANINGFUL SENTENCE

girl	that	got	black	wearing	trousers	to	winter	in	baggy	used
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- WRITE A QUESTION FOR THE UNDERLINED WORDS.
The text warned about the unhealthy habits we should avoid.
- JOIN THE FOLLOWING SENTENCES USING A RELATIVE. MAKE CHANGES IF NECESSARY.
Mr. Carter is very interested in our plan. I spoke to him on the phone last night.
- REWRITE THE SENTENCE INTO THE PASSIVE VOICE.
Stress could indirectly affect the risk of aggressive diseases.

III. PRODUCTION (3 points): WRITE A COMPOSITION OF APROXIMATELY 120 WORDS ABOUT THE TOPIC PROPOSED. YOU MUST FOCUS STRICTLY ON IT. "Do we give enough importance to our health or do we worry about other trivial problems?" Discuss.