

# 南華大學九十六學年度 碩士班 招生考試試題卷

系所別：自然醫學研究所

科目編號：4402-1

科目：英文

試題紙第 1 頁共 4 頁

Answer all questions based on what is stated or implied in the following passages. Choose the one best or most appropriate answer.

## I. Read the following passage: (30%)

Not so long ago, antioxidant vitamins were hailed as nature's own weapons against chronic illness, powerful antidotes to horrid diets and failed exercise plans. But recent and more rigorous research suggests that this silver bullet missed its mark. Most long-term prospective trials have shown that using antioxidant vitamin supplements  
Line does not prevent heart disease or cancer, with the possible exception of prostate cancer.

(5) In a study published last month in *The Journal of the American Medical Association*, researchers in Europe analyzed data from 68 large trials in which more than 232,000 adults were given antioxidant supplements. In a subset of those studies, the scientists concluded, subjects taking vitamins A and E and beta carotene saw a slightly increased risk of death compared with those who did not take supplements.

(10) So are America's most popular vitamins actually harmful? Not likely, other experts say. Although antioxidant supplements have not been the cure-alls scientists had hoped for, there may yet be a place for them. Dr. Andrew Shao, vice president of the Council for Responsible Nutrition, a trade group for the supplement industry, said, "Most of these patients already had disease, so the conclusions simply aren't relevant to a healthy population."

(15) The essential premise behind antioxidant supplements remains intact, researchers say. Free radicals of reactive oxygen species, a normal byproduct of metabolism, damage cellular DNA unless antioxidant compounds remove them. Oxidative damage is characteristic of a wide variety of chronic diseases. Still, faced with solid basic science but a litany of null results in the clinic, many scientists are calling for a change in tactics. Some theorize that a randomized clinical trial, the gold standard for medical research, may not be the best way to evaluate vitamin supplements.

(20) Moreover, cancer and heart disease arise from a powerful confluence of genetic and environmental influences. In hindsight, it was naïve of scientists and consumers to hope that the relatively short-term addition of one or two antioxidants would be enough to counteract decades of poor diet and inadequate exercise, not to mention the genome.

But for most of us, the time has come to let go of the notion that high-dose supplements provide a magic wand against disease. The good news is that a diet rich in fruits and vegetables contains literally thousands of  
(25) antioxidant nutrients. Prevention begins in the kitchen. (*Excerpted from The New York Times, "Another Supplement, Under the Microscope" by Michael Mason. March 13, 2007.*)

1. This passage is mainly about \_\_\_\_\_.  
(A) lifestyles and diseases (B) the eating habits of Americans  
(C) clinical studies in nutrition research (D) antioxidant supplements and diseases
2. According to the research findings in the passage, which one of the following appears to increase the risk of death?  
\_\_\_\_\_.  
(A) Horrid diets and failed exercise plans (B) Vitamins A and E and beta carotene  
(C) Free radicals (D) A diet low in fruits and vegetables
3. The word "naïve" in line 20 is closest in meaning to \_\_\_\_\_.  
(A) sophisticated (B) childlike (C) smart (D) honest



# 南華大學九十六學年度 碩士班 招生考試試題卷

系所別：自然醫學研究所

科目編號：4402-1

科目：英文

試題紙第3頁共4頁

### III. Read the following passage: (20%)

The use of complementary and alternative medicine (CAM) has been rapidly increasing among cancer patients. The aim of this study is to evaluate the prevalence and patterns of CAM use, particularly patients' intentions and their perceived effectiveness of using Chinese herbal medicine (CHM), as well as the relations between the herbal medicine use and demographic factors among Chinese women with breast cancer.

Line

(5) We analyzed the data from a population-based sample of 1065 breast cancer women in urban Shanghai. Patients' average age at diagnosis was 48.1 years and the median time from the initial diagnosis to the follow-up survey was 4.3 years.

(10) Overall, 98% of patients had used at least one form of CAM therapy after diagnosis of breast cancer. The most popular CAM modality was traditional Chinese medicine (86.7%), followed by the use of supplements (84.8%), physical exercises (65.5%), and support group attendance (16.6%).

(15) CHM was used by 86.4% of patients, while acupuncture was used only by 4.9% of patients. Treating cancer (81.5%) was the most common intentions of using CHM. Other cited intentions included enhancing the immune system (12%), preventing metastasis of cancer or managing other discomforts (7.9%), and lessening menopausal symptoms (4.7%). The majority of patients reported that they had benefited from the use of CHM. Patients who

were younger, married, had higher education or income, received chemotherapy or radiotherapy, or had recurrence/metastasis of cancer tended to use CHM more frequently than other patients. Given the high prevalence of CAM use among breast cancer patients, research is urgently needed to systematically evaluate the efficacy and safety of CAM use, particularly use of herbal medicines. [Cui Y, et al. (2004) Use of complementary and alternative medicine by Chinese women with breast cancer. *Breast Cancer Res Treat.* 85(3):263-70]

11. The word "perceived" in line 3 means \_\_\_\_\_.

- (A) received
- (B) assumed
- (C) true
- (D) long-term

12. The phrase "98% of patients had used at least one form of CAM therapy" in line 9 means \_\_\_\_\_.

- (A) 98% of patients had used just one form of CAM therapy
- (B) 98% of patients had never used CAM therapy
- (C) 98% of patients had used one or more forms of CAM therapy
- (D) 98% of patients had used more than one form of CAM therapy

13. According to the passage, research is urgently needed to evaluate the efficacy and safety of CAM use because \_\_\_\_\_.

- (A) the majority of patients benefited from the use of CAM
- (B) cancer patients used CAM to treat their disease
- (C) Chinese herbal medicine is harmful to cancer patients
- (D) many breast cancer patients used CAM

14. Which of the following is true about the research study? \_\_\_\_\_.

- (A) Less than one-fifth of the patients attended a support group
- (B) One of the intentions of using CAM was to prevent cancer
- (C) Few patients benefited from the use of Chinese herbal medicine
- (D) Patients who used Chinese herbal medicine were less likely to be young

# 南華大學九十六學年度 碩士班 招生考試試題卷

系所別：自然醫學研究所

科目編號：4402-1

科目：英文

試題紙第 4 頁共 4 頁

## IV. Link each word in the left column with its correct meaning provided in the right column: (30%)

- |                 |       |   |
|-----------------|-------|---|
| 15. acute       | _____ | a. a sign or indication of something                  |
| 16. chronic     | _____ | b. Involving direct observation of the patient        |
| 17. symptom     | _____ | c. the act of taking for granted or supposing         |
| 18. diagnosis   | _____ | d. having long duration                               |
| 19. clinical    | _____ | e. overweight   |
| 20. assumption  | _____ | f. important  |
| 21. risk        | _____ | g. experiencing a rapid onset but severe course       |
| 22. obesity     | _____ | h. enough   |
| 23. significant | _____ | i. exposure to the chance of injury or loss           |
| 24. sufficient  | _____ | j. identifying the nature or cause of some phenomenon |