2011年职称英语卫生类A考前每日一练(13) PDF转换可能丢失图片或格式，建议阅读原文 https://www.100test.com/kao_ti2020/646/2021_2022_2011_E5_B9_B4_E8_81_8C_c91_646462.htm 下面有3篇短文，每篇短文后有5道题。请根据短文内容，为每题确定1个最佳选项。 第4部分：阅读理解(第31～45题，每题3分，共45分) 下面有3篇短文，每篇短文后有5道题。请根据短文内容，为每题确定1个最佳选项。 第一篇 High Stress May Damage Memory According to a report issued in May 1998, elderly people who have consistently high blood levels of cortisol dont score as well on memory tests as their peers with lower levels of the stress hormone. Whats more, high levels of cortisol are also associated with shrinking of the hippocampus, a region of the brain that plays a key role in learning and memory. The findings suggest that even cortisol levels in the normal, "healthy" range can actually accelerate brain aging. The study results "now provide substantial evidence that long-term exposure to adrenal stress hormones may promote hippocampal aging in normal elderly humans," write Nada Porter and Philip Landfield of the University of Kentucky in Lexington in their editorial. Cortisol is a hormone released in response to stress by the adrenal glands, which sit on top of the kidneys. Over a 5 to 6-year period, Dr. Sonia Lupien and his colleagues measured 2C-hour cortisol levels in 51 healthy volunteers, most of whom were in their 70s. Despite wide variation in cortisol levels, the participants could be divided into three subgroups: those whose cortisol progressively increased over time and was currently high (increasing/high). those

whose cortisol progressively increased over time and was currently moderate (increasing/moderate). and subjects whose cortisol decreased, but was currently moderate (decreasing/moderate). The researchers tested the volunteers memory on six people in the increasing/high category and five people in the decreasing/moderate group. The groups did not differ on tests of immediate memory, but the increasing/high cortisol group had other memory problems compared with those in the decreasing/ moderate group. The researchers also found that the total volume of the hippocampus in those in the increasing/high group was 14% lower than those in the decreasing/moderate group, although there were no differences in other brain regions. The results suggest that "... brain aging can be accelerated by levels of adrenal hormones that are not generally regarded as pathological and that variation within this normal range is related to variation in the rate of brain aging," write Porter and Landfield. "This further suggests that chronic stress may accelerate the worsening of hippocampus. " 31. The part of the brain important for a persons learning and memory is A. the cortisol. B. the adrenal glands. C. the stress hormones. D. the hippocampus. 32. When the levels of cortisol go higher, the hippocampus in the brain may A. become larger. B. become smaller. C. disappear completely. D. be totally damaged. 33. According to the article, when people feel too worried or nervous or when they overwork, A. the adrenal glands will produce a stress hormone. B. the kidneys will produce adrenal glands. C. the hippocampus will produce high levels of cortisol in the blood. D. the brain will work more effectively. 34. It appears that

when the total volume of the hippocampus becomes smaller as a result of high blood levels of cortisol, other brain regions A. become smaller too. B. become larger. C. may remain the same in size. D. maybe damaged. 35. The research conducted by Porter and Landfield shows that A. changes in the levels of adrenal hormones have nothing to do with brain aging. B. changes in the levels of adrenal hormones may affect brain aging. C. chronic stress may strengthen a mans memory. D. the rate of brain aging always remains stable. 