



Pró-reitoria de Pesquisa, Pós-Graduação e Inovação

e

Curso de Licenciatura em Letras: Línguas Adicionais - Inglês, Espanhol e Respectivas

Literaturas

## Teste de Proficiência em Inglês

06 de novembro de 2019

CPF:

O objetivo deste teste é comprovar sua proficiência em leitura e compreensão de textos em língua inglesa. Para tanto:

- 1) Leia atentamente o texto e as questões referentes aos textos;
- 2) Baseie-se somente no texto para responder as perguntas;
- 3) Utilize somente dicionário **impresso**.

Antes de começar o exame, certifique-se de que:

- 1) Desligará seus equipamentos eletrônicos;
- 2) Escreverá com caneta azul ou preta;
- 3) Utilizará somente as folhas de rascunho fornecidas;
- 4) Ao final do teste, entregará ao examinador o teste impresso e as folhas de rascunho.

Leia o texto de referência e depois responda aos questionamentos que os seguem. São 10 (dez) perguntas relativas ao texto. Cada questão poderá ser pontuada em até 1 ponto. São 10 pontos ao total.

A duração da prova é de 03 (três) horas.

## Owning a dog tied to lowering your risk of dying early by 24%, says science

By Sandee LaMotte, CNN

1. Need an excellent reason to add a dog to your life? How about living longer?  
2. "Our analysis found having a dog is actually protective against dying of any  
3. cause," said Mount Sinai endocrinologist Dr. Caroline Kramer, lead author of  
4. a new systematic review of nearly 70 years of global research published Tuesday  
5. in "Circulation," a journal of the American Heart Association.

6. The review of the health benefits of man's best friend analyzed research  
7. involving nearly 4 million people in the United States, Canada, Scandinavia, New  
8. Zealand, Australia and the United Kingdom. "Dog ownership was associated with  
9. a 24% reduction in all cause mortality," said Kramer, an assistant professor in the  
10. division of endocrinology and metabolism at the University of Toronto.

11. The meta-analysis found an even bigger benefit for people who had already had  
12. a heart attack or stroke. "For those people, having a dog was even more beneficial.  
13. They had a 31% reduced risk of dying from cardiovascular disease," Kramer said.

### 14. **Dogs and surviving illness**

15. A separate study of more than 336,000 Swedish men and women, also  
16. published Tuesday in "Circulation," likewise found people who owned dogs had  
17. better health outcomes after suffering a major cardiovascular event such as heart  
18. attack or stroke. Heart attacks and stroke are the leading causes of death  
19. globally, according to the World Health Organization. The benefit was highest for  
20. dog owners who lived alone.

21. "The most interesting part of this study was that people who lived alone  
22. **actually** seem to get the greatest benefit in both the heart attack group and the  
23. stroke group," said dog owner Dr. Martha Gulati, who is the editor-in-chief of  
24. CardioSmart.org, the American College of Cardiology's patient education  
25. platform.

26. "People who lived with a dog actually had less mortality than people living  
27. alone who didn't have a dog," said Gulati, who was not involved in either study.  
28. Heart attack survivors living alone who owned dogs had a 33% lower risk of  
29. death compared to people who did not own a dog. Stroke survivors living alone  
30. had a 27% reduced risk of death.

31. "We know that loneliness and social isolation are strong risk factors for  
32. premature death and our hypothesis was that the company of a pet can **alleviate**  
33. that," said study author Tove Fall, an associate professor of epidemiology at  
34. Uppsala University in Sweden. "Single owners have to do all the dog walks and  
35. we know that physical activity is important in rehabilitation after a myocardial  
36. infarction or stroke," Fall added.

### 37. **Observational but significant**

38. Both published studies were observational, meaning that researchers cannot  
39. prove that dog ownership was the direct cause of the increased life expectancy or  
40. the better health outcomes after heart attack and stroke; only a randomized  
41. clinical trial could answer those questions.

42. "Is it the dog or is it the behaviors?" Gulati asked. "Is it because you're  
43. exercising or is it because there is a difference in the type of person who would  
44. choose to have a dog versus somebody who would not? Are **they** healthier or  
45. wealthier? We don't know those things." (...)

46. Other studies suggest dogs provide companionship and affection that can  
47. reduce anxiety and depression. That's especially important after a major illness,

<p>48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58.</p>	<p>such as a heart attack or stroke."We know that if you have depression after a heart attack, you're more likely to have a poor outcome," Gulati said, which is one reason so many hospitals have begun using therapy dogs for cardiac patients.</p> <p>In fact, a number of cardiologists believe in the benefits of dog ownership so much they will actually prescribe a dog for their patients, if they believe the person can appropriately care for a pet. "I know a lot of my patients often say to me after they have a heart attack or stroke, can I even take care of a dog? They worry because they don't want to leave the dog alone if something happens to them," Gulati said. "But if possible, I always encourage them to get a dog," she said, "perhaps an older dog who needs to be <b>rescued</b> and not a puppy that will be harder to manage."</p> <p>Adapted from: LAMOTTE, Sandee. <b>Owning a dog tied to lowering your risk of dying early by 24%, says science.</b> CNN News. 8 out. 2019. Disponível em: <a href="https://edition.cnn.com/2019/10/08/health/dogs-help-us-live-longer-wellness/index.html">https://edition.cnn.com/2019/10/08/health/dogs-help-us-live-longer-wellness/index.html</a>. Acesso em: 2 de nov. 2019.</p>
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Questões de 1 a 10, responda as perguntas e escolha as alternativas mais adequadas:

1) Qual é a principal questão discutida pelo texto?

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2) Qual o resultado mais significativo encontrado pela meta-análise conduzida e apresentada no texto?

- a) Ter um cachorro traz um benefício menor para quem já sofreu um derrame ou ataque cardíaco.
- b) Ter um cachorro traz um benefício maior para quem tem propensão a ter derrame ou ataque cardíaco.
- c) Ter um cachorro traz um benefício maior para quem já sofreu um derrame ou ataque cardíaco.

3) De acordo com a Organização Mundial de Saúde, ataques cardíacos e derrame são:

- a) As piores causas de morte no mundo.
- b) As maiores causas de morte no mundo.
- c) As causas mais assustadoras de morte no mundo.

4) Qual a parte mais interessante do estudo conduzido com homens e mulheres suecos, publicado na mesma data, em outro periódico?

- a) Pessoas que moram sozinhas e têm cachorro(s) parecem beneficiar-se mais tanto no grupo de ataque cardíaco quanto no grupo de derrame.
- b) Pessoas que moram sozinhas e têm cachorro(s) parecem não beneficiar-se em ambos os grupos de ataque cardíaco e de derrame.
- c) Pessoas que não moram sozinhas e têm cachorro(s) parecem beneficiar-se mais tanto no grupo de ataque cardíaco quanto no grupo de derrame.

- 5) Qual a implicância de ambos os estudos serem observacionais?
- a) Somente um estudo clínico padronizado poderia provar os benefícios de ter cachorros para a saúde mental.
  - b) Não há como provar que ter cachorros foi a causa direta do aumento da expectativa de vida ou das melhores recuperações após ataque cardíaco ou derrame.
  - c) A relação entre o aumento da expectativa de vida ou das melhores recuperações após ataque cardíaco ou derrame e o fato de se ter cachorros só podem ser provados por estudos observacionais.

6) O pronome **they** (linha 44) se refere, no texto, a:

- a) As pessoas que têm cachorro.
- b) As pessoas que não têm cachorro.
- c) Aos cachorros.

7) A palavra **actually** (linha 22) pode ser substituída, sem perda de sentido no texto, por:

- a) *Besides*
- b) *Due to*
- c) *In fact*

8) A palavra **rescued** (linha 57) não pode ser traduzida, devido ao seu sentido no texto, por:

- a) Resgatado
- b) Socorrido
- c) Alimentado

9) A palavra **alleviate** (linha 32) pode ser traduzida, sem perder o seu sentido no texto, por:

- a) Estimular
- b) Atenuar
- c) Mascarar

10) Traduza o excerto abaixo (linhas 48 a 50) , de modo que ele não perca o sentido pretendido pelo autor do texto:

"‘We know that if you have depression after a heart attack, you're more likely to have a poor outcome,’ Gulati said, which is one reason so many hospitals have begun using therapy dogs for cardiac patients”.

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