

AS QUESTÕES DE 41 A 50 REFEREM-SE A LÍNGUA ESTRANGEIRA (INGLÊS – PÁG. 15 OU FRANCÊS – PÁG. 17)

VOCÊ DEVERÁ RESPONDER ÀS QUESTÕES RELATIVAS AO IDIOMA PELO QUAL OPTOU NO ATO DA INSCRIÇÃO

LÍNGUA INGLESA – QUESTÕES DE 41 A 50

Ask the Expert: Is Laughter the "Best Medicine" for Your Heart?

- 1 Can a laugh every day keep the heart attack away? Maybe so.
2 "The old saying that 'laughter is the best medicine,' definitely appears to be true when it comes to protecting your heart,"
3 says Michael Miller, M.D., director of the Center for Preventive Cardiology at the University of Maryland Medical Center. "We don't
4 know yet why laughing protects the heart, but we know that mental stress is associated with impairment of the endothelium, our blood
5 vessels protective barrier, which can cause a series of inflammatory reactions that leads to fat and ultimately to a heart attack."
6 About his recent study, Miller states that its most significant finding "was that people with heart disease responded less
7 humorously to everyday life events. They generally laughed less, even in positive situations, and they displayed more anger and
8 hostility.
9 "The ability to laugh - either naturally or as learned behavior - may have important implications in societies where heart
10 disease remains the number one killer," says Miller. "We know that exercising, not smoking and eating foods low in saturated fat will
11 reduce the risk of heart disease. Perhaps regular, hearty laughter should be added to the list."
12 Miller's conclusion leads to incorporate laughter into our daily activities, just as we do with other heart-healthy exercises,
13 such as taking the stairs instead of the elevator. "We could perhaps read something humorous or watch a funny video and try to find
14 ways to take ourselves less seriously," Miller says. "The recommendation for a healthy heart may one day be exercise, eat right and
15 laugh a few times a day."

(Available at: <http://www.umm.edu/features/laughter.htm>. Retrieved on: July, 2011. Adapted.)

41. According to the text, it is CORRECT to say that:

- a) researchers are aware that stress influences heart conditions.
- b) researchers know exactly why laughing protects the heart.
- c) a heart attack can cause a series of inflammatory reactions.
- d) people who takes life humorously tend to have heart disease.

42. According to the text, the ability to laugh:

- a) is difficult for everybody.
- b) can be a learned behavior.
- c) is unnatural for all human beings.
- d) shows better results than any medicine.

43. According to the text, the alternative which presents a recommendation for a healthy heart is:

- a) eating high saturated fat foods.
- b) using the elevator instead of the stairs.
- c) smoking only light cigarettes.
- d) exercising regularly.

44. The underlined expression in the sentence, "Can a laugh everyday keep the heart attack away?" (line 1) means that laughing:

- a) can cause a heart attack.
- b) can prevent a heart attack.
- c) weakens your heart.
- d) accelerates your heart beat.

45. If a person is diagnosed with “impairment of the endothelium” (line 4) it means that the endothelium:
- a) is totally repaired.
 - b) works properly.
 - c) is damaged.
 - d) is absent.
46. In the sentence, “[...] may have important implications in societies” (line 9), the word “may” indicates:
- a) possibility.
 - b) politeness.
 - c) advice.
 - d) certainty.
47. Choose the alternative which presents a verb:
- a) events (line 7).
 - b) series (line 5).
 - c) exercises (line 12).
 - d) states (line 6).
48. The underlined expression in the sentence, “[...] eat right and laugh a few times a day” (line 15), corresponds to:
- a) never.
 - b) frequently.
 - c) rarely.
 - d) occasionally.
49. The possessive adjective “its” (line 6) refers to
- a) study (line 6).
 - b) heart disease (lines 6).
 - c) heart attack (line 5).
 - d) people. (line 6).
50. The alternative that presents an example of the superlative form is:
- a) “[...] they displayed more anger and hostility [...]” (lines 7-8).
 - b) “They generally laughed less [...]” (line 6).
 - c) “[...] its most significant finding [...]” (line 5).
 - d) “[...] either naturally or as learned behavior [...]” (line 6).