



**EXAME DE PROFICIÊNCIA EM LÍNGUA INGLESA PARA ALUNOS DE BIOMEDICINA, ENFERMAGEM,  
FARMÁCIA, FISIOTERAPIA, MEDICINA, NUTRIÇÃO, ODONTOLOGIA.  
GRADUAÇÃO – 2022/1**

Nome: \_\_\_\_\_

Curso: \_\_\_\_\_

**ATENÇÃO**

- Apresentar documento de identidade com foto. **Não é permitido** o uso de crachá de funcionário e carteirinha de estudante da PUCRS.
- Entregar a prova no prazo de **2 (duas) horas**.
- Responda às perguntas referentes ao texto em **PORTUGUÊS**. Respostas em língua inglesa não serão corrigidas.
- Utilize somente dicionários ou gramáticas, em papel, da língua inglesa, e nenhum outro material de consulta ou equipamento eletrônico. **Não é permitido o empréstimo de materiais**.
- Leia atentamente o que se pede. A correta interpretação das questões faz parte da prova.
- As respostas devem ser à caneta e devem estar na folha da prova. A folha de **rascunho não será corrigida**.
- Serão considerados aprovados os candidatos que demonstrarem proficiência, com aproveitamento igual ou superior a 50% de acertos.

**I - Responda às questões 1 – 3 de acordo com o texto 1, abaixo:**

**TEXT 1: ABSTRACT**

***Morbid Obesity Due to Prolactinoma and Significant Weight Loss After Dopamine Agonist Treatment***

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<https://www.sciencedirect.com/periodicos/capes.gov.br/science/article/pii/S2376060521000134>

**Abstract**

**Objective**

Morbid obesity may be related to a prolactinoma, although uncommon, and can lead to adverse effects like insulin resistance and metabolic syndrome. Recent research suggests that hyperprolactinemia causes an abnormal lipid profile, weight gain, and cardiovascular diseases. Moreover, high prolactin levels lead to decreased testosterone production by disrupting 17-b-estradiol synthesis. Our objective was to present a case of prolactinoma with morbid obesity, hypogonadism, and then significant weight loss after dopamine agonist treatment.

**Methods**

The clinical course, in addition to serial laboratory and imaging results, are presented. These include prolactin levels, testosterone levels, thyroid function tests, blood sugar levels, and serial lipid profiles.

**Results**

In this report, we discuss a case of 30-year-old male with prolactin-secreting macroadenoma with clinical features of hypogonadism, hypothyroidism, and morbid obesity. He showed marked improvement in obesity and hypogonadism with dopamine agonist therapy supplemented with clomiphene citrate.

**Conclusion**

Prolactinomas with morbid obesity can be successfully treated contingent upon proper medication and compliance with medications. Insulin resistance, hypogonadism, prolactin levels, body mass index, and tumor size all improved by regular follow-up and treatment adherence.

**Key words:** dopamine agonist; endocrinology; morbid obesity; prolactinoma; weight loss.

**Questões:**

1. Qual foi a justificativa para a realização da pesquisa descrita acima? (1 ponto)

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2. Segundo o texto, quais foram os resultados obtidos? (1 ponto)

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3. Traduza, para o Português, o seguinte segmento do texto 1. (1 ponto)

*“Prolactinomas with morbid obesity can be successfully treated contingent upon proper medication and compliance with medications.”*

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## II. Responda às questões 4 - 7 de acordo com o texto 2, abaixo.

### TEXT 2 - What's the connection between the gut and brain health?

#### What's the connection between the gut and brain health?

May 1, 2022. By Anthony L. Komaroff, MD, Editor in Chief, Harvard Health Letter

<https://www.health.harvard.edu/staying-healthy/whats-the-connection-between-the-gut-and-brain-health>

#### Ask the Doctor

**Question.** *I've heard that the bacteria and other germs that live in our intestines can affect our brain, including whether we get some brain diseases. Can that be true? If so, how does that happen?*

**Answer.** It very likely is true. More than a century ago we discovered that bacteria live in our intestines, in our mouth and nose, and on our skin. Indeed, they've been doing so ever since the very first humans walked the earth. We knew that a very few types of bacteria could cause diseases of the gut. However, until the past 15 years, most doctors (myself included) assumed that the vast majority of the bacteria normally living in our gut were just freeloaders, taking advantage of the warmth and nutrients in our body to remain alive. We didn't imagine that they might affect our health.

Over the past 15 years, though, we've learned that these gut bacteria are capable of producing substances that affect the cells in our body, because some of those substances are similar or identical to substances that our own cells make.

So, how can bacteria in the gut affect the brain? Substances made by bacteria in the gut can get into the blood, just like nutrients in our food travel from the gut into the blood. Also, certain nerves connect the brain and the gut: bacteria in the gut can send signals through those nerves to the brain. Finally, gut bacteria can stimulate immune system cells in the wall of the gut, and the immune cells then can send signals through the nerves to the brain.

Research in the past decade has found that gut bacteria may influence our emotions and cognitive capabilities. For example, some bacteria make oxytocin, a hormone our own bodies produce that encourages increased social behavior. Other bacteria make substances that cause symptoms of depression and anxiety. Still others make substances that help us to be calmer under stress. (Yes, I know: I want some more of those bacteria, too.)

Finally, the gut bacteria also have been shown to influence our vulnerability to certain brain diseases, including Alzheimer's disease, Parkinson's disease, and autism. For example, a substance called synuclein, found in the brains of people with Parkinson's disease, is made by gut bacteria and can travel via nerves from the gut to the brain.

Recognizing the roles that the bacteria (and viruses and other microbes) inside us appear to play in our health, even in our personality, has been one of the most important discoveries of the past 50 years. Yet we are just beginning to understand **it**, and how to change the microbes within us in ways that will improve our health. It may take another 20 years, but I think we'll figure it out.

**Questões:**

4. De acordo com o texto, o que mudou em relação ao conhecimento que os médicos tinham sobre as bactérias que habitam nosso intestino comparado ao que sabem hoje? (2 pontos)

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5. Cite **três maneiras** pelas quais estas bactérias afetam nossa saúde. (3 pontos)

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6. A que se refere a palavra **it** (6º parágrafo, em negrito e sublinhado)? (1 ponto)

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7. Traduza, para o Português, o seguinte segmento do texto 1. (1 ponto)

*“Finally, gut bacteria can stimulate immune system cells in the wall of the gut, and the immune cells then can send signals through the nerves to the brain.”*

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