

Reading Paper

Exam Center _____
Date of test _____
Test-taker ID _____

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Co-funded by the
Erasmus+ Programme
of the European Union



Read the article below, then according to what you have read complete Task Sheet 1.

Water pipe smoking as a cause of secondary erythrocytosis

(1) A 27-year-old male patient was referred to us for evaluation of erythrocytosis of unknown origin, which was accompanied by frequent headaches. At presentation, haemoglobin (Hb) was 19.7 g/dl, and haematocrit (Hct) 54% (reference ranges: Hb 11–15 g/dl, Hct 32–45%) (Fig. 1). With the exception of hypertonus and obesity (weight 116 kg, height 190 cm), he had no relevant medical history, was not taking medications and denied use of herbal remedies, steroids, recreational drugs or androgen hormone substitutions. His family medical history was negative for haematological diseases or malignancies.

(2) Physical examination revealed plethora of the cheeks and a muscular body type. Extensive diagnostic analyses before referral had excluded diagnosis of polycythaemia vera, and presence of mutations in a large panel of genes associated with erythroid abnormalities and malignancies. Serum erythropoietin levels were normal, and histological and cytological analyses of the bone marrow (BM) indicated a reactive process with hyperplastic erythropoiesis. Secondary erythrocytosis due to altered hormone status was excluded as cortisol, testosterone and thyroid-stimulating hormone (TSH) serum levels were normal.

(3) The patient denied cigarette smoking but reported regular WP smoking since the age of 14 years. At the time of presentation he was smoking 3–5 sessions daily, mainly indoors in the evenings. We determined his carboxy-haemoglobin (CO-Hb) levels ~2 hours after his last WP session, which were elevated to 15.4 (reference range of CO-Hb among non-smokers: 0.5–1.5%). A transthoracic echocardiogram and pulmonary function tests were normal.

(4) Four weeks after complete WP cessation the Hb concentration and Hct levels had returned to normal (Fig. 1). Because he was first unwilling to desist completely, the patient subsequently resumed moderate WP use outdoors. During the following 4 weeks his Hb and Hct levels again increased, once more returning to normal after complete cessation.

(293 words)

(source: <https://doi.org/10.1093/omcr/omz027>)

TASK SHEET 1

1) Match the phrases expressing the message of a given paragraph (A-F) with the appropriate number indicating the paragraph (1 - 4). There are two options that do not match any of the paragraphs.

A	referral letter	
B	consequence of water-pipe smoking	
C	past history and present status	
D	treatment options	
E	diagnostic measures	
F	therapeutic outcome	

/4 points

2) Choose the best answer (A, B, C, or D) in each question according to what you have read by putting a cross in the box of your choice.

Q01

<input type="checkbox"/>	A	The patient had normal body weight.
<input type="checkbox"/>	B	The patient's haemoglobin level was low at presentation.
<input type="checkbox"/>	C	The patient's haematocrit level was high at presentation.
<input type="checkbox"/>	D	The patient's blood pressure was normal at presentation.

Q02

<input type="checkbox"/>	A	The patient was taking herbal remedies.
<input type="checkbox"/>	B	There were no recreational drugs in the patient's medical history.
<input type="checkbox"/>	C	Earlier the patient used androgen hormone substitutions.
<input type="checkbox"/>	D	The obesity of the patient was caused by steroid.

Q03

<input type="checkbox"/>	A	The patient underwent detailed diagnostic analyses at presentation.
<input type="checkbox"/>	B	The patient excluded the presence of malignancies.
<input type="checkbox"/>	C	The referring physician suspected polycythemia vera.
<input type="checkbox"/>	D	Thorough diagnostic analyses of the patient was performed before presentation.

Q04

<input type="checkbox"/>	A	The bone marrow was not analysed.
<input type="checkbox"/>	B	Only cytological analysis of the bone marrow was performed.
<input type="checkbox"/>	C	Only histological analysis of the bone marrow was carried out.
<input type="checkbox"/>	D	The bone marrow analysis revealed a reactive process.

Q05

	A	The patient smoked cigarettes regularly and water pipe sometimes.
	B	The patient smoked waterpipe regularly and cigarettes sometimes.
	C	The patient smoked waterpipe regularly but no cigarettes.
	D	The patient smoked cigarettes regularly but no waterpipe.

Q06

	A	The patient's hormone status was normal.
	B	The patient's hormone status caused secondary erythrocytosis.
	C	Thyroid stimulating hormone serum levels were excluded from the investigations.
	D	Testosterone hormone serum levels were excluded from the investigations.

Q07

	A	Carboxy-haemoglobin levels were about ten times higher than normal.
	B	Carboxy haemoglobin levels were about ten times lower than normal.
	C	Carboxy haemoglobin levels were within the normal range.
	D	Carboxy haemoglobin levels were measured two hours before the last water pipe session.

Q08

	A	Water pipe use outdoors can be less harmful than smoking indoors.
	B	Moderate water pipe use outdoors can lead to cure.
	C	Moderate water pipe use can lead to cure.
	D	Only complete water pipe cessation can lead to cure.

/8 points

Points:

/12

1) Match the phrases expressing the message of a given paragraph (A-F) with the appropriate number indicating the paragraph (1 - 4). There are two options that do not match any of the paragraphs.

A	referral letter	-
B	consequence of water-pipe smoking	3
C	past history and present status	1
D	treatment options	-
E	diagnostic measures	2
F	therapeutic outcome	4

/4 points

2) Choose the best answer (A, B, C, or D) in each question according to what you have read by putting a cross in the box of your choice.

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