



VESTIBULAR 2009

PROVAS DE LÍNGUA INGLESA

CADERNO DE QUESTÕES

INSTRUÇÕES

1. Preencher com seu nome e número de carteira os espaços indicados nesta capa e na página 8 deste caderno.
2. Assinar a Folha Definitiva de Respostas e a capa do seu caderno de respostas, com caneta de tinta azul ou preta, nos espaços indicados.
3. Esta prova contém 16 questões objetivas, com apenas uma alternativa correta em cada questão, 12 questões discursivas e uma proposta de redação.
4. Anotar na tabela ao lado as respostas das questões objetivas.
5. Depois de assinaladas todas as respostas das questões objetivas, transcrevê-las para a Folha Definitiva de Respostas.
6. O desenvolvimento e as respostas das questões discursivas e a redação devem ser feitos nos espaços indicados no caderno de respostas.
7. A duração total da prova é de 4 horas. O candidato somente poderá entregar a prova e sair do prédio depois de transcorridas 2 horas, contadas a partir do início da prova.
8. Ao sair, o candidato levará apenas a tira da capa deste caderno. O restante do caderno será entregue ao candidato ao final das provas de Química, Matemática e História.
9. Transcorridas 4 horas de prova, o fiscal recolherá este caderno, a Folha Definitiva de Respostas e o caderno de respostas.

RESPOSTAS

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Número da carteira

Nome do candidato

LÍNGUA INGLESA
2.ª PARTE: QUESTÕES DISCURSIVAS

INSTRUÇÃO: Leia o texto seguinte e responda às questões de números **25 a 28**, em português.

Your lifestyle, your genes and cancer

New research explores the complex interactions that cause our most dreaded disease. A look into some of the steps you can take to reduce your risk.

*Robert A. Weinberg, Ph.D, Anthony L. Komaroff, M. D.
Newsweek, 2008.*

We've known for a long time that a high-fat diet, obesity and lack of exercise can increase the risk of developing heart disease and type 2 diabetes, two conditions that affect millions of Americans. What we are finding out now is that those same lifestyle factors also play an important role in cancer. That's the bad news. The good news is that you can do something about your lifestyle. If we grew thinner, exercised regularly, avoided diets rich in red meat (substituting poultry, fish or vegetable sources of protein) and ate diets rich in fruit and vegetables, and stopped using tobacco, we would prevent 70 percent of all cancers.

The strongest evidence of the importance of lifestyle in cancer is that most common cancers arise at dramatically different parts of the globe. Several cancers that are extremely common in the United States – colon, prostate and breast cancer – are relatively rare in other parts of the world, occurring only 1/10 th or 1/20 th as often. Equally striking, when people migrate from other parts of the world to the United States, within a generation their cancer rates approach those of us whose families have lived in this country for a long time. Even if people in other parts of the world stay put, but adopt a U. S. lifestyle, their risk of cancer rises; as Japanese have embraced Western habits, their rates of colon, breast and prostate cancer have skyrocketed.

What is it about our lifestyle that raises the risk of many types of cancer? The main culprits seem to be the Western diet, obesity and physical inactivity. While we've known about the importance of tobacco and cancer for more than 50 years, we are just beginning to understand how diet, a healthy body weight and regular exercise can protect us against cancer.

A striking example of the profound influence of diet was reported last summer in The Journal of the American Medical Association. Doctors determined the eating habits of patients with colon cancer in the years following surgical removal of the cancer. Over the next five years, those who ate a traditional Western diet had a threefold greater likelihood of developing a recurrence of the disease than did those who ate a "prudent" diet rich in fruits and vegetables and including only small amounts of red meat. How had diet affected these patients? The surgery clearly had not removed all their colon-cancer cells: prior to the surgery, some cells had already spread from the primary tumor. The Western diet had somehow stimulated the growth of these small deposits of residual cancer cells.

Obesity is the second most important factor in causing cancer in Western populations after tobacco, and there is evidence that maintaining a healthy weight is protective against the disease. A study by the American Cancer Society in 2003 found that the heaviest people, in comparison with the leanest, had a significantly increased risk of death from ten different kinds of cancer in men, and from twelve different kinds in women. The most extreme examples were liver cancer in men (nearly fivefold increased risk) and uterine cancer in women (more than sixfold increased risk).

Exercise has also been shown to play an important role in protecting against some cancers. For example, the Nurses' Health Study reported that women who had one or more hours per day of moderate exercise had a thirty percent lower risk of colon cancer than women who exercised less. Exercise protects against breast cancer, as well.

Lifestyle influences a person's risk for cancer by generating growth-promoting signals that affect cells primed to become cancerous, or that already are cancerous. What primes those cells to become cancerous in the first place are changes in their genes.

- 25. a)** Qual é a descoberta recente sobre a relação entre estilo de vida e câncer?
- b)** De acordo com a pesquisa, como podemos prevenir o risco do câncer?
- 26. a)** Qual evidência confirma a importância do estilo de vida na prevenção contra o câncer?
- b)** O que acontece com pessoas que se mudam para os EUA, por exemplo, com relação ao risco de contrair câncer?
- 27. a)** Como foi realizada a pesquisa relatada no Journal of the American Medical Association?
- b)** Quais foram os resultados desta pesquisa?
- 28. a)** O que o estudo realizado pela American Cancer Society em 2003 revelou sobre a relação entre obesidade e câncer?
- b)** Qual a relação entre estilo de vida, os genes e o risco de desenvolver o câncer?