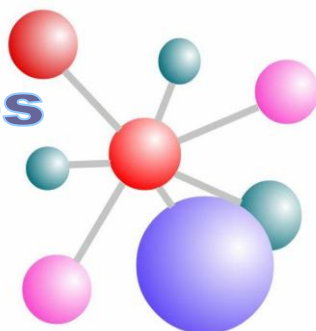


Inglês



Ciências da Saúde

Instruções

1	Confira se os dados contidos na parte inferior desta capa estão corretos e, em seguida, assine no espaço reservado para isso. Se, em qualquer outro local deste Caderno, você assinar, rubricar, escrever mensagem, etc., será excluído do Exame.
2	Este Caderno contém 05 questões discursivas referentes à Prova da Língua Estrangeira escolhida pelo candidato. Não destaque nenhuma folha.
3	Se o Caderno estiver incompleto ou contiver imperfeição gráfica que impeça a leitura, solicite imediatamente ao Fiscal que o substitua.
4	Será avaliado apenas o que estiver escrito no espaço reservado para cada resposta, razão por que os rascunhos não serão considerados.
5	Escreva de modo legível, pois dúvida gerada por grafia, sinal ou rasura implicará redução de pontos.
6	Só será permitido o uso de dicionário INGLÊS/INGLÊS.
7	Use exclusivamente caneta esferográfica, confeccionada em material transparente, de tinta preta ou azul. Em nenhuma hipótese se avaliará resposta escrita com grafite.
8	Utilize para rascunhos o verso de cada página deste Caderno.
9	Você dispõe de, no máximo, três horas, para responder as 5 questões que constituem a Prova.
10	Antes de retirar-se definitivamente da sala, devolva ao Fiscal este Caderno.

Assinatura do Candidato: _____

As questões de 01 a 05, cujas respostas deverão ser redigidas EM PORTUGUÊS, referem-se ao texto abaixo.

A Longitudinal Study on the Effect of Shift Work on Weight Gain in Male Japanese Workers

*Yasushi Suwazono
Mirei Dochi
Kouichi Sakata
Yasushi Okubo
Mitsuhiro Oishi
Kumihiko Tanaka
Etsuko Kobayashi
Teruhiko Kido
Koji Nogawa*

Industrialization in Japan and other countries has given rise to the widespread adoption of 24-h continuous operations in a number of industries, including mining, manufacturing, transportation, and service-type industries. This has resulted in an increase in the proportion of the population routinely engaged in shift work. In addition to day work, other schedules commonly employed include fixed night work and alternating shift work. The Ministry of Health, labor, and Welfare reported that 22.7% of Japanese companies employed shift workers in 2005. The proportion of larger companies using shift workers has increased, with 51.2% of companies with at least 1,000 employees having adopted a shift work schedule that includes fixed night work and alternating shift work.

An investigation on the effect of shift work on the health of workers is therefore urgent and important. The effect of shift work on health has been studied extensively. An association between shift work and high blood pressure has been reported in several studies, with disturbed circadian rhythms, sleep and lifestyle problems, and increased stress being implicated as possible risk factors for disease in shift workers. Other studies have also reported that elevated serum triglycerides and lower concentrations of high-density lipoprotein cholesterol tend to occur more frequently in association with shift work than with fixed daytime work. In addition, several cohort studies have reported an association between shift work and abnormal glucose metabolism, suggesting that there may be an association between shift work and development of the metabolic syndrome.

On top of these changes in work schedules, modernization of life style characterized by the development of transport systems, an environment that promotes sedentary behavior, and a high intake of fat has led to a marked increase in the prevalence of obesity. Obesity has become a major public health concern as a lifestyle-related disease in Japan and many industrialized countries, with several studies reporting that average BMI is increasing.

The effect of shift work on body weight has been investigated in previous studies, several of which demonstrated a significant effect of shift work on body weight and also the tendency to become overweight. In contrast, other studies failed to show such associations. As all of these studies were cross-sectional in design, the relationship between shift work and body weight was not determined conclusively.

Several long-term follow-up studies have also investigated the risk of obesity or weight gain in shift workers. However, two of those studies could not rule out the bias due to the dropout, given that the studies were based on only two or three intermittent measurements. The third of these studies did not show any effect of shift work on obesity. These results prompted us to conduct a cohort study to clarify the effect of shift work on body weight. The study used a pooled logistic regression model, which took into account the effect of confounding influences and fluctuations in the variables.

Disponível em: <<http://www.nature.com/oby/journal/v16/n8/full/oby2008298a.html>>. Acesso em: 15 set. 2010.

Questão 1

Explique qual a situação atual das empresas que contratam trabalhadores em turnos contínuos no Japão em relação a 2005.

Espaço para Resposta

Questão 2

Cite três efeitos do trabalho em turnos contínuos para a saúde dos trabalhadores.

Espaço para Resposta

Questão 3

Segundo o texto, que outros fatores associados às mudanças na jornada de trabalho vêm resultar na obesidade dos trabalhadores?

Espaço para Resposta

Questão 4

A que resultados estudos transversais chegaram sobre a relação entre a jornada ampliada de trabalho e o aumento de peso dos trabalhadores?

Espaço para Resposta

