

PRUEBA DE ACCESO A LA UNIVERSIDAD PAU

CURSO 2025–2026

MATERIA: Primera Lengua Extranjera II: Inglés

(5)

Convocatoria:

Vaping may have serious and lasting effects on children's health

Cardiologists, researchers and health experts said they were “extremely concerned” about the harmful impact of e-cigarettes on millions of teenagers and young people. The effects of these products, some of which are still unknown, include exposure to toxins and cancer-causing agents.

5 Speaking at Madrid's European Society of Cardiology annual congress, Prof Maja-Lisa Løchen, a senior cardiologist at the University Hospital of North Norway, expressed her worries: “Millions of children could face medical problems in the future, vaping may be causing irreversible harm to children's brains and hearts. Of course, we have to wait for long-term data, but I am concerned.”

10 Young vape users are at a higher risk of many diseases. For instance, vaping stresses children's cardiovascular system. If they do so repeatedly, it can lead to high blood pressure, which increases the risk of developing an irregular heart rhythm, a cerebrovascular accident and even a heart attack.

This rise in health risks can be attributed to the fact that when e-cigarettes heat liquids to higher temperatures, they can liberate large amounts of well-known carcinogens. These and other toxic chemicals can damage arteries, veins and capillaries, cause inflammation in the body and contribute to the development of cardiovascular disease.

15 Additionally, researchers know that the nicotine and other elements in e-cigarettes have a very dangerous effect on developing brains, affecting not only unborn babies of pregnant women, but also children and young adults into their 20s. When children stop vaping, some of them experience nicotine abstinence, which can result in irritability and anxiety, as the body adjusts to the absence of this substance. Prof. Løchen highlighted the serious implications of this dependency, stating that “when children and young

20 people start vaping, they may become dependent on nicotine, which can open the door to smoking.” At the congress, other experts remarked that they are seeing a growing trend of vaping among children. Also, they noted that the long-term impact of vaping on heart health is unclear, because e-cigarettes have not been in use long enough to draw definitive conclusions. It could take years before the full effects become apparent.

25 Though some suggest that vaping is a safer alternative to traditional smoking, researchers are not sure about that. Evidence indicates that we may be replacing one highly addictive substance with another one that could be similar in how it affects the heart and arteries. Scientists warn that vaping is not risk-free, so no child or teenager should try an e-cigarette. Vaping is a critical issue that requires attention and immediate action to keep our youth healthy and free from nicotine addiction.

Adapted from *The Guardian*, September 2025

1. Say whether the following sentences are TRUE or FALSE according to the text. COPY the evidence from the text. No marks will be given without the evidence. (1.5 points)

- According to Prof. Løchen, there is enough information so far to make definitive statements regarding the risks of vaping.
- Using e-cigarettes at a young age may increase the chances that adolescents will eventually try smoking.
- The adverse effects of vaping on cardiovascular health differ from those caused by smoking.

2. ANSWER the questions below. COPY no more than 10 words and/or a number from the text to answer each question. (1.5 points)

- a) Where did Professor Løchen and her colleagues voice their concerns regarding vaping?
- b) What harmful substances can hot liquids generate when used in vaping devices?
- c) Why does the writer demand urgent intervention?

3. FIND a word or expression in the text that means... (1 point)

- a) occurring again and again (lines 1-10)
- b) result in (lines 1-10)
- c) lack (lines 11-20)
- d) continuing for an extended period of time (21-29)

4. READ this conversation and COMPLETE your part. Write the numbers (1-6) and complete each sentence on your exam paper. (1.5 points)

You are meeting a close family friend at her office for advice

- You:** Hi, friend! How are you doing? May I come in? **(1)** _____
- Your friend:** Sure, come on in! I'm glad you came. Tell me!
- You:** Well, err... I'm not sure, **(2)** _____
- Your friend:** Nonsense, don't say that. I'm all ears.
- You:** OK, then. You know this is my last year of high school. Next year, I'm supposed to go to college; however, **(3)** _____
- Your friend:** I see. Have you talked to your parents about this?
- You:** Not yet. I'm afraid **(4)** _____
- Your friend:** Perhaps, though you know they only want what's best for you.
- You:** I know that, but it's hard for me to talk to them and this is why I thought you may help me, because you know them well and also understand what I need.
- Your friend:** I see what you mean. If you wish, I can talk to your parents.
- You:** Would you do that for me?! Thank you! **(5)** _____
- Your friend:** No problem, tell me when it would be an appropriate moment for them.
- You:** **(6)** _____

5. Choose ONLY 3 of the following situations and WRITE what you would say in each one to show that you understand the context of the situation. Write between 10 and 25 words. (1.5 points)

- a) Your friend loves partying all the time and has been insisting for days that you accompany them to a new disco opening in town. Refuse politely.
- b) Your older sibling has borrowed your AirPods again without asking you for permission. Complain about it.
- c) You have just found out that some of your classmates organised a day at the beach, but did not tell you anything about it. Express your disappointment.
- d) Your cousin does not know what to do next year, after high school. Advise them.
- e) Your class wants your history teacher to participate in the end-of-term party. As you are the class representative, talk to them.

6. Choose ONE of the following topics and WRITE a composition of about 140-180 words. If you choose the e-mail, DO NOT SIGN it. (3 points)

- a) Vaping is a commercial trick that tobacco companies are using to increase sales, without caring at all about our health. Give your opinion.
- b) Write an email to the Director-General of the World Health Organisation expressing your concern about new addictions like vaping, particularly among young people, and proposing actions to prevent them.