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Level 1

Happiness can break your heart too

5th March, 2016

<http://www.breakingnewsenglish.com/1603/160305-happy-heart-syndrome-1.html>

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THE READING

From <http://www.breakingnewsenglish.com/1603/160305-happy-heart-syndrome-1.html>

Scientists say happy things can also make us brokenhearted. A broken heart is a real illness. It's not just sadness we feel. We get something called broken heart syndrome because of stress, and during bad times, such as relationship breakups, deaths in a family, or the loss of a job. The medical name for this is Takotsubo Syndrome (TTS). People can get it when happy things happen. Doctors have called it "happy heart syndrome".

The study is in the European Heart Journal. Dr Jelena Ghadri analysed data from 1,750 patients with TTS from nine countries. She found that 20 of these had TTS because of a happy event. The patients had heart problems after birthdays, weddings, favourite sports teams winning, and the birth of grandchildren. Dr Ghadri said our body thinks happy and sad events are similar, so both can result in Takotsubo Syndrome.

Sources: <http://medicalxpress.com/news/2016-03-happiness-heart.html>
<http://www.healthaim.com/happy-heart-syndrome-scientists-find-happiness-can-break-heart-kill-people/43668#ixzz41q69o85e>
<http://www.livescience.com/53919-broken-heart-syndrome-linked-to-positive-emotions.html>

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1603/160305-happy-heart-syndrome-1.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|-----------------------|
| 1. A broken heart | a. bad times |
| 2. It's not just sadness | b. Takotsubo Syndrome |
| 3. during | c. of a job |
| 4. relationship | d. syndrome |
| 5. the loss | e. is a real illness |
| 6. The medical name for this is | f. things happen |
| 7. People can get it when happy | g. breakups |
| 8. happy heart | h. we feel |

PARAGRAPH TWO:

- | | |
|----------------------------------|--------------------------|
| 1. The study is in the European | a. events are similar |
| 2. analysed data from | b. teams winning |
| 3. from nine | c. in Takotsubo Syndrome |
| 4. because of a happy | d. 1,750 patients |
| 5. favourite sports | e. Heart Journal |
| 6. the birth of | f. event |
| 7. our body thinks happy and sad | g. countries |
| 8. both can result | h. grandchildren |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1603/160305-happy-heart-syndrome-1.html>

Scientists say happy things (1) _____
brokenhearted. A broken heart is (2) _____. It's
not just sadness we feel. We get something called broken heart
syndrome (3) _____, and during bad times,
such as relationship breakups, deaths in a family,
(4) _____ a job. The medical name for this is
Takotsubo Syndrome (TTS). People (5) _____
happy things happen. Doctors (6) _____ "happy
heart syndrome".

The (7) _____ European Heart Journal. Dr
Jelena Ghadri analysed (8) _____ patients with
TTS from nine countries. She (9) _____ of these
had TTS because of a happy event. The patients had heart
problems after birthdays, weddings, (10) _____
winning, (11) _____ grandchildren. Dr Ghadri
said our body thinks happy and sad events are similar,
(12) _____ Takotsubo Syndrome.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1603/160305-happy-heart-syndrome-1.html>

Scientists say happy things can also make us brokenhearted. A broken heart is a real illness. It's not just sadness we feel. We get something called broken heart syndrome because of stress, and during bad times, such as relationship breakups, deaths in a family, or the loss of a job. The medical name for this is Takotsubo Syndrome (TTS). People can get it when happy things happen. Doctors have called it "happy heart syndrome". The study is in the European Heart Journal. Dr Jelena Ghadri analysed data from 1,750 patients with TTS from nine countries. She found that 20 of these had TTS because of a happy event. The patients had heart problems after birthdays, weddings, favourite sports teams winning, and the birth of grandchildren. Dr Ghadri said our bodies think happy and sad events are similar, so both can result in Takotsubo Syndrome.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

WRITING

From <http://www.breakingnewsenglish.com/1603/160305-happy-heart-syndrome-1.html>

Write about **broken hearts** for 10 minutes. Comment on your partner’s paper.
