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**Level 3 – 11th September 2025**

## Exercise and therapy can heal a broken heart

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

### Contents

The Article	2	Discussion (Student-Created Qs)	15
Warm-Ups	3	Language Work (Cloze)	16
Vocabulary	4	Spelling	17
Before Reading / Listening	5	Put The Text Back Together	18
Gap Fill	6	Put The Words In The Right Order	19
Match The Sentences And Listen	7	Circle The Correct Word	20
Listening Gap Fill	8	Insert The Vowels (a, e, i, o, u)	21
Comprehension Questions	9	Punctuate The Text And Add Capitals	22
Multiple Choice - Quiz	10	Put A Slash ( / ) Where The Spaces Are	23
Role Play	11	Free Writing	24
After Reading / Listening	12	Academic Writing	25
Student Survey	13	Homework	26
Discussion (20 Questions)	14	Answers	27

**Please try Levels 0, 1 and 2 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

A broken heart is a real condition. The medical name for it is takotsubo cardiomyopathy. It is caused by severe emotional or physical stress. This stress can come from losing a loved one or breaking up with a romantic partner. Doctors think they have a cure for it. Researchers at Aberdeen University in Scotland conducted a 12-week test on 76 people with broken heart syndrome. The patients had a weekly counselling session. They also took part in an exercise programme, which included aerobics, cycling and swimming. The British Heart Foundation said it was surprised by how much the counselling "improved heart function and patients' fitness".

Hundreds of thousands of people worldwide suffer from broken heart syndrome. It mainly affects women and can double the risk of dying early. The syndrome may explain why a spouse dies soon after their partner's death. Sufferers feel like they are having a heart attack. Symptoms include chest pain, shortness of breath, and fatigue. The syndrome makes the heart change shape. The heart becomes rounder, like an octopus. "Takotsubo" is a Japanese word. It means a round pot used to catch an octopus. Lead researcher Dr David Gamble said his research highlights the importance of the brain-heart relationship. He said mental and physical therapy can help sufferers.

Sources: <https://www.theguardian.com/society/2025/aug/30/exercise-therapy-mend-broken-heart-syndrome-takotsubo-study>  
<https://www.mirror.co.uk/news/health/you-can-die-broken-heart-35814047>  
<https://ca.news.yahoo.com/officially-mend-broken-heart-according-151252367.html>

# WARM-UPS

**1. BROKEN HEARTS:** Students walk around the class and talk to other students about broken hearts. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

broken heart / emotional stress / a loved one / romantic / cure / doctors / fitness / suffer / risk / spouse / chest pain / fatigue / octopus / research / brain / therapy

Have a chat about the topics you liked. Change topics and partners frequently.

**3. WORST FEELING:** Students A **strongly** believe having a broken heart is the worst feeling in the world; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

**4. HEART PHRASES:** What do these phrases mean? How do they apply to you? Complete this table with your partner(s). Change partners often and share what you wrote.

	Meaning	Me
Be brokenhearted		
Pour one's heart out		
To lose heart		
To have a heart of gold		
To learn by heart		
To have a change of heart		

**5. MEDICAL:** Spend one minute writing down all of the different words you associate with the word "medical". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. HEALING A BROKEN HEART:** Rank these with your partner. Put the best to heal a broken heart at the top. Change partners often and share your rankings.

- Counselling
- Cycling
- Friends
- Shopping
- Time
- Meditation
- Hiking
- Movies

# VOCABULARY MATCHING

## Paragraph 1

- |                |   |
|----------------|---|
| 1. condition   | a. Very strong or very bad.                             |
| 2. medical     | b. A health problem.                                    |
| 3. severe      | c. About feelings like happy, sad, or angry.            |
| 4. emotional   | d. Something that makes a sick person healthy again.    |
| 5. cure        | e. About doctors, hospitals, or health.                 |
| 6. counselling | f. Became better.                                       |
| 7. improved    | g. Talking with a person trained to help with problems. |

## Paragraph 2

- |                  |   |
|------------------|---|
| 8. suffer        | h. Mostly, more than other things.  |
| 9. mainly        | i. The front part of the body between the neck and the stomach.           |
| 10. double       | j. Feel pain or to have a bad problem.                                    |
| 11. spouse       | k. Two times as much.   |
| 12. chest        | l. A feeling of being very, very tired.                                   |
| 13. fatigue      | m. Husband or wife.   |
| 14. relationship | n. The way two people, or two things, are connected/linked to each other. |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

## 1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says a broken heart is not real. **T / F**
2. Doctors say they are a long way from finding a cure for a broken heart. **T / F**
3. Brokenhearted patients had daily counselling sessions for 12 weeks. **T / F**
4. A heart foundation was surprised at the effectiveness of counselling. **T / F**
5. Broken heart syndrome affects women most. **T / F**
6. Broken heart syndrome makes the heart change shape. **T / F**
7. The medical word for broken heart syndrome is a Japanese word. **T / F**
8. The lead researcher said there was no link between the heart and brain. **T / F**

## 2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- |                         |                 |
|-------------------------|-----------------|
| 1. <b>condition</b>     | a. tiredness    |
| 2. <b>severe</b>        | b. carried out  |
| 3. <b>cure</b>          | c. globally     |
| 4. <b>conducted</b>     | d. husband/wife |
| 5. <b>counselling</b>   | e. illness      |
| 6. <b>worldwide</b>     | f. focuses on   |
| 7. <b>spouse</b>        | g. remedy       |
| 8. <b>fatigue</b>       | h. link         |
| 9. <b>highlights</b>    | i. serious      |
| 10. <b>relationship</b> | j. therapy      |

## 3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- |                                     |                        |
|-------------------------------------|------------------------|
| 1. A broken heart is a real         | a. thousands of people |
| 2. It is caused by severe emotional | b. a cure for it       |
| 3. This stress can come from losing | c. condition           |
| 4. Doctors think they have          | d. catch an octopus    |
| 5. the counselling improved heart   | e. or physical stress  |
| 6. Hundreds of                      | f. pain                |
| 7. double the risk                  | g. function            |
| 8. Symptoms include chest           | h. heart relationship  |
| 9. a round pot used to              | i. a loved one         |
| 10. the importance of the brain-    | j. of dying early      |

# GAP FILL

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

A broken heart is a real (1) \_\_\_\_\_. The medical name for it is takotsubo cardiomyopathy. It is caused by severe (2) \_\_\_\_\_ or physical stress. This stress can come from losing a loved (3) \_\_\_\_\_ or breaking up with a romantic partner. Doctors think they have a (4) \_\_\_\_\_ for it. Researchers at Aberdeen University in Scotland conducted a 12-week (5) \_\_\_\_\_ on 76 people with broken heart syndrome. The patients had a weekly counselling session. They also took (6) \_\_\_\_\_ in an exercise programme, which included (7) \_\_\_\_\_, cycling and swimming. The British Heart Foundation said it was surprised by how much the counselling "improved heart function and patients' (8) \_\_\_\_\_".

*part*

*cure*

*condition*

*fitness*

*emotional*

*aerobics*

*test*

*one*

Hundreds of thousands of people worldwide (9) \_\_\_\_\_ from broken heart syndrome. It mainly affects women and can (10) \_\_\_\_\_ the risk of dying early. The syndrome may explain why a spouse dies soon after their partner's (11) \_\_\_\_\_. Sufferers feel like they are having a heart attack. Symptoms include chest (12) \_\_\_\_\_, shortness of breath, and fatigue. The syndrome makes the heart change (13) \_\_\_\_\_. The heart becomes rounder, like an octopus. "Takotsubo" is a Japanese word. It means a round pot used to (14) \_\_\_\_\_ an octopus. Lead researcher Dr David Gamble said his research highlights the (15) \_\_\_\_\_ of the brain-heart relationship. He said mental and physical (16) \_\_\_\_\_ can help sufferers.

*pain*

*double*

*catch*

*death*

*shape*

*therapy*

*suffer*

*importance*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

- 1) It is caused by severe emotional \_\_\_\_\_
  - a. or physical stressed
  - b. or physique stress
  - c. or physical stress
  - d. or physic all stress
- 2) This stress can come from losing \_\_\_\_\_
  - a. a loves one
  - b. a loved one
  - c. a love one
  - d. a lovie one
- 3) Doctors think they have a \_\_\_\_\_
  - a. cured for it
  - b. cures for it
  - c. cue for it
  - d. cure for it
- 4) They also took part in an exercise programme, \_\_\_\_\_
  - a. which included aerobics
  - b. which include aerobics
  - c. which includes aerobics
  - d. which inclusive aerobics
- 5) it was surprised by how much the counselling \_\_\_\_\_
  - a. improve heart function
  - b. improved hearts function
  - c. improved heart function
  - d. improved heart functional
- 6) It mainly affects women and can double the risk \_\_\_\_\_
  - a. of die early
  - b. of dye in early
  - c. of dying early
  - d. of dine early
- 7) The syndrome may explain why a spouse dies soon after \_\_\_\_\_
  - a. their partner's debt
  - b. their partner's dearth
  - c. their partner's dead
  - d. their partner's death
- 8) The syndrome makes the \_\_\_\_\_
  - a. heart changed shape
  - b. heart changes shape
  - c. heart change shape
  - d. heart charge shape
- 9) Gamble said his research highlights the importance of the \_\_\_\_\_
  - a. brain-heart relativity
  - b. brain-heart inflation
  - c. brain-heart worship
  - d. brain-heart relationship
- 10) He said mental and physical therapy \_\_\_\_\_
  - a. can help surfers
  - b. can help suffered
  - c. can help sufferers
  - d. can help suffer

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

A broken heart is (1) \_\_\_\_\_. The medical name for it is takotsubo cardiomyopathy. It is caused by severe emotional or physical stress. This stress can come from losing (2) \_\_\_\_\_ or breaking up with a romantic partner. Doctors think they have a (3) \_\_\_\_\_. Researchers at Aberdeen University in Scotland conducted a 12-week test on 76 people with broken heart syndrome. The patients (4) \_\_\_\_\_ counselling session. They also took part in an exercise programme, (5) \_\_\_\_\_, cycling and swimming. The British Heart Foundation said it was surprised by how much the counselling "improved heart (6) \_\_\_\_\_ fitness".

Hundreds of thousands of people (7) \_\_\_\_\_ broken heart syndrome. It mainly affects women and can (8) \_\_\_\_\_ of dying early. The syndrome may explain why a spouse dies soon after their partner's death. Sufferers feel like they are having a heart attack. Symptoms (9) \_\_\_\_\_, shortness of breath, and fatigue. The syndrome makes the heart change shape. The heart becomes rounder, (10) \_\_\_\_\_. "Takotsubo" is a Japanese word. It means a round pot used to (11) \_\_\_\_\_. Lead researcher Dr David Gamble said his research highlights the importance of the brain-heart relationship. He said mental and physical (12) \_\_\_\_\_ sufferers.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

1. What is the common name for the term takotsubo cardiomyopathy?
2. What is broken heart syndrome caused by?
3. How many brokenhearted people did the researchers test?
4. How often did the patients have counselling sessions?
5. How did the British Heart Foundation feel about the counselling?
6. How many people around the world suffer from broken heart syndrome?
7. What does having broken heart syndrome feel like?
8. What does the article say the heart becomes as round as?
9. What did a researcher highlight the importance of?
10. What did the researcher say can help sufferers?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

- 1) What is the common name for the term takotsubo cardiomyopathy?
  - a) heart-to-heart
  - b) heartache
  - c) to have one's heart in one's mouth
  - d) broken heart (syndrome)
- 2) What is broken heart syndrome caused by?
  - a) high cholesterol
  - b) severe emotional or physical stress
  - c) not exercising enough
  - d) cures
- 3) How many brokenhearted people did the researchers test?
  - a) 68
  - b) 72
  - c) 74
  - d) 76
- 4) How often did the patients have counselling sessions?
  - a) once every two weeks
  - b) twice a week
  - c) every week
  - d) every day
- 5) How did the British Heart Foundation feel about the counselling?
  - a) shocked
  - b) happy
  - c) worried
  - d) surprised
- 6) How many people around the world suffer from broken heart syndrome?
  - a) one hundred thousand
  - b) hundreds and thousands
  - c) hundreds of thousands
  - d) tens of thousands
- 7) What does having broken heart syndrome feel like?
  - a) like having a heart attack
  - b) being in cold water
  - c) being punched
  - d) having a heavy cold
- 8) What does the article say the heart becomes as round as?
  - a) an apple
  - b) a soccer ball
  - c) an octopus
  - d) a doughnut
- 9) What did a researcher highlight the importance of?
  - a) eating well
  - b) the brain-heart relationship
  - c) chatting to friends
  - d) regular health checks
- 10) What did the researcher say can help sufferers?
  - a) mental and physical therapy
  - b) friends
  - c) regular health checks
  - d) eating avocados

# ROLE PLAY

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

## **Role A – Counselling**

You think counselling is the best way to heal a broken heart. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): shopping, meditation or time.

## **Role B – Shopping**

You think shopping is the best way to heal a broken heart. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): counselling, meditation or time.

## **Role C – Meditation**

You think meditation is the best way to heal a broken heart. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): shopping, counselling or time.

## **Role D – Time**

You think time is the best way to heal a broken heart. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): shopping, meditation or counselling.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

**1. WORD SEARCH:** Look online / in your dictionary to find collocates, information on, synonyms for... the words 'therapy' and 'broken heart'.

therapy	broken heart

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• real</li><li>• caused</li><li>• come</li><li>• 12</li><li>• part</li><li>• surprised</li></ul>	<ul style="list-style-type: none"><li>• mainly</li><li>• soon</li><li>• feel</li><li>• shape</li><li>• pot</li><li>• relationship</li></ul>
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# BROKEN HEARTS SURVEY

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

Write five GOOD questions about broken hearts in the table. Do this in pairs. Each student must write the questions on his / her own paper.  
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

# BROKEN HEARTS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'therapy'?
3. What do you think of broken hearts?
4. What's the best way to recover from a broken heart?
5. How often are you stressed?
6. Have you ever had a broken heart?
7. Has not passing or winning at something ever broken your heart?
8. How well do you look after your heart?
9. What would you say to someone who broke your heart?
10. What advice do you have for someone with a broken heart?

*Exercise and therapy can heal a broken heart – 11th September 2025*  
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# BROKEN HEARTS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'broken heart'?
13. What do you think about what you read?
14. Why do you think women are more likely to have a broken heart?
15. What can heartbreak teach us?
16. Have you ever been heartbroken because you lost something?
17. How important is the heart-brain relationship?
18. Do men and women deal with heartbreak differently?
19. Is mental or physical therapy better for your heart?
20. What questions would you like to ask the researchers?

## DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

A broken heart is a (1) \_\_\_\_\_ condition. The medical name for it is takotsubo cardiomyopathy. It is caused (2) \_\_\_\_\_ severe emotional or physical stress. This stress can come from (3) \_\_\_\_\_ a loved one or breaking up with a romantic partner. Doctors think they have a cure for it. Researchers at Aberdeen University in Scotland conducted a 12-week test on 76 people with broken heart syndrome. The patients had a (4) \_\_\_\_\_ counselling session. They also took part in an exercise programme, which (5) \_\_\_\_\_ aerobics, cycling and swimming. The British Heart Foundation said it was surprised by how (6) \_\_\_\_\_ the counselling "improved heart function and patients' fitness".

Hundreds of thousands of people worldwide suffer (7) \_\_\_\_\_ broken heart syndrome. It mainly affects women and can double the (8) \_\_\_\_\_ of dying early. The syndrome may explain why a spouse dies soon after their partner's death. Sufferers feel like they are having a heart (9) \_\_\_\_\_. Symptoms include chest pain, shortness of breath, and fatigue. The syndrome makes the heart change shape. The heart becomes rounder, (10) \_\_\_\_\_ an octopus. "Takotsubo" is a Japanese word. It means a round pot used to (11) \_\_\_\_\_ an octopus. Lead researcher Dr David Gamble said his research highlights the importance of the brain-heart (12) \_\_\_\_\_. He said mental and physical therapy can help sufferers.

**Put the correct words from the table below in the above article.**

- |     |                |               |              |                  |
|-----|----------------|---------------|--------------|------------------|
| 1.  | (a) reality    | (b) realistic | (c) really   | (d) real         |
| 2.  | (a) at         | (b) to        | (c) of       | (d) by           |
| 3.  | (a) loss       | (b) losing    | (c) lost     | (d) loser        |
| 4.  | (a) weak       | (b) week      | (c) weeks    | (d) weekly       |
| 5.  | (a) inclusive  | (b) including | (c) included | (d) include      |
| 6.  | (a) much       | (b) many      | (c) more     | (d) most         |
| 7.  | (a) that       | (b) from      | (c) which    | (d) at           |
| 8.  | (a) risk       | (b) policy    | (c) same     | (d) ill          |
| 9.  | (a) push       | (b) attack    | (c) strike   | (d) act          |
| 10. | (a) such       | (b) similar   | (c) like     | (d) for          |
| 11. | (a) throw      | (b) toss      | (c) catch    | (d) jump         |
| 12. | (a) friendship | (b) partner   | (c) family   | (d) relationship |



# SPELLING

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

## Paragraph 1

1. A broken heart is a real oiointdnc
2. The icdaeml name for it
3. eeserv emotional or physical stress
4. tnddccueo a 12-week test on 76 people
5. patients had a weekly counselling sssneoi
6. counselling vrmdoeipi heart function

## Paragraph 2

7. usferf from broken heart syndrome
8. It mainly cffates women
9. ubeold the risk of dying early
10. chest pain, shortness of breath, and eaiutfg
11. a round pot used to catch an ptocosu
12. mental and physical apehrty

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

**Number these lines in the correct order.**

- ( **1** ) A broken heart is a real condition. The medical name for it is takotsubo cardiomyopathy. It is caused
- ( ) aerobics, cycling and swimming. The British Heart Foundation said it was surprised by how
- ( ) an octopus. Lead researcher Dr David Gamble said his research highlights the importance
- ( ) by severe emotional or physical stress. This stress can come from losing a loved one or breaking
- ( ) conducted a 12-week test on 76 people with broken heart syndrome. The patients had a weekly
- ( ) counselling session. They also took part in an exercise programme, which included
- ( ) death. Sufferers feel like they are having a heart attack. Symptoms include chest
- ( ) Hundreds of thousands of people worldwide suffer from broken heart syndrome. It mainly affects women and can double
- ( ) like an octopus. "Takotsubo" is a Japanese word. It means a round pot used to catch
- ( ) much the counselling "improved heart function and patients' fitness".
- ( ) of the brain-heart relationship. He said mental and physical therapy can help sufferers.
- ( ) pain, shortness of breath, and fatigue. The syndrome makes the heart change shape. The heart becomes rounder,
- ( ) the risk of dying early. The syndrome may explain why a spouse dies soon after their partner's
- ( ) up with a romantic partner. Doctors think they have a cure for it. Researchers at Aberdeen University in Scotland

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

1. It emotional caused by stress. is severe
2. Stress come a one. loved from can losing
3. Doctors have they a it. cure for think
4. The had counselling weekly session. a patients
5. They in exercise also part programme. an took
6. Hundreds people suffer. of thousands of worldwide
7. It risk of early. can double dying the
8. Sufferers a feel attack. like they're heart having
9. The makes heart syndrome change the shape.
10. A to round catch used an octopus. pot

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

A broken heart is a *really / real* condition. The medical name for it is takotsubo cardiomyopathy. It is caused by *several / severe* emotional or physical stress. This stress can come from *losing / loss* a loved one or *breaking up / down* with a romantic partner. Doctors think they have a *cure / sure* for it. Researchers at Aberdeen University in Scotland conducted a 12-week test *in / on* 76 people with broken heart syndrome. The patients had a weekly counselling *season / session*. They also took part in an exercise programme, *which / what* included aerobics, cycling and swimming. The British Heart Foundation said it was surprised by how *many / much* the counselling "improved heart function and patients' *fitness / fit*".

Hundreds of *thousand / thousands* of people worldwide suffer from broken heart syndrome. It mainly *effects / affects* women and can double the *risk / risky* of dying early. The syndrome may explain why a *spice / spouse* dies soon after their partner's death. Sufferers feel like they are *having / doing* a heart attack. Symptoms include chest pain, *short / shortness* of breath, and fatigue. The syndrome makes the heart *change / changing* shape. The heart becomes rounder, like an octopus. "Takotsubo" is a Japanese word. It means a round pot used to *throw / catch* an octopus. Lead researcher Dr David Gamble said his research highlights the *important / importance* of the brain-heart relationship. He said mental and physical *therapy / therapist* can help sufferers.

**Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.**

# INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

\_ br\_k\_n h\_\_rt \_s \_ r\_\_l c\_nd\_t\_\_n. Th\_ m\_d\_c\_l  
n\_m\_ f\_r \_t \_s t\_k\_ts\_b\_ c\_rd\_\_my\_p\_thy. \_t \_s  
c\_\_s\_d by s\_v\_r\_ \_m\_t\_\_n\_l \_r phys\_c\_l str\_ss. Th\_s  
str\_ss c\_n c\_m\_ fr\_m l\_s\_ng \_ l\_v\_d \_n\_ \_r br\_\_k\_ng  
\_p w\_th \_ r\_m\_nt\_c p\_rtn\_r. D\_ct\_rs th\_nk th\_y h\_v\_  
\_ c\_r\_ f\_r \_t. R\_s\_\_rch\_rs \_t \_b\_rd\_\_n \_n\_v\_rs\_ty \_n  
Sc\_tl\_nd c\_nd\_ct\_d \_ 12-w\_\_k t\_st \_n 76 p\_\_pl\_ w\_th  
br\_k\_n h\_\_rt syndr\_m\_. Th\_ p\_t\_\_nts h\_d \_ w\_\_kly  
c\_\_ns\_ll\_ng s\_ss\_\_n. Th\_y \_ls\_ t\_\_k p\_rt \_n \_n  
\_x\_rc\_s\_ pr\_gr\_mm\_, wh\_ch \_ncl\_d\_d \_\_r\_b\_cs, cycl\_ng  
\_nd sw\_mm\_ng. Th\_ Br\_t\_sh H\_\_rt F\_\_nd\_t\_\_n s\_\_d \_t  
w\_s s\_rpr\_s\_d by h\_w m\_ch th\_ c\_\_ns\_ll\_ng "\_mpr\_v\_d  
h\_\_rt f\_nct\_\_n \_nd p\_t\_\_nts' f\_tn\_ss".

H\_ndr\_ds \_f th\_\_s\_nds \_f p\_\_pl\_ w\_rldw\_d\_ s\_ff\_r fr\_m  
br\_k\_n h\_\_rt syndr\_m\_. \_t m\_\_nly \_ff\_cts w\_m\_n \_nd  
c\_n d\_\_bl\_ th\_ r\_sk \_f dy\_ng \_\_rly. Th\_ syndr\_m\_  
m\_y \_xpl\_\_n why \_ sp\_\_s\_ d\_\_s s\_\_n \_ft\_r th\_\_r  
p\_rtn\_r's d\_\_th. S\_ff\_r\_rs f\_\_l l\_k\_ th\_y \_r\_ h\_v\_ng \_  
h\_\_rt \_tt\_ck. Sympt\_ms \_ncl\_d\_ ch\_st p\_\_n, sh\_rtn\_ss  
\_f br\_\_th, \_nd f\_t\_g\_\_. Th\_ syndr\_m\_ m\_k\_s th\_ h\_\_rt  
ch\_ng\_ sh\_p\_. Th\_ h\_\_rt b\_c\_m\_s r\_\_nd\_r, l\_k\_ \_n  
\_ct\_p\_s. "T\_k\_ts\_b\_" \_s \_ J\_p\_n\_s\_ w\_rd. \_t m\_\_ns \_  
r\_\_nd p\_t \_s\_d t\_ c\_tch \_n \_ct\_p\_s. L\_\_d r\_s\_\_rch\_r  
Dr D\_v\_d G\_mbl\_ s\_\_d h\_s r\_s\_\_rch h\_ghl\_ghts th\_  
\_mp\_rt\_nc\_ \_f th\_ br\_\_n-h\_\_rt r\_l\_t\_\_nsh\_p. H\_ s\_\_d  
m\_nt\_l \_nd phys\_c\_l th\_r\_py c\_n h\_lp s\_ff\_r\_rs.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

a broken heart is a real condition the medical name for it is takotsubo cardiomyopathy it is caused by severe emotional or physical stress this stress can come from losing a loved one or breaking up with a romantic partner doctors think they have a cure for it researchers at aberdeen university in scotland conducted a 12week test on 76 people with broken heart syndrome the patients had a weekly counselling session they also took part in an exercise programme which included aerobics cycling and swimming the british heart foundation said it was surprised by how much the counselling improved heart function and patients fitness

hundreds of thousands of people worldwide suffer from broken heart syndrome it mainly affects women and can double the risk of dying early the syndrome may explain why a spouse dies soon after their partners death sufferers feel like they are having a heart attack symptoms include chest pain shortness of breath and fatigue the syndrome makes the heart change shape the heart becomes rounder like an octopus takotsubo is a japanese word it means a round pot used to catch an octopus lead researcher dr david gamble said his research highlights the importance of the brainheart relationship he said mental and physical therapy can help sufferers

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

A broken heart is a real condition. The medical name for it is takotsubo cardiomyopathy. It is caused by severe emotional or physical stress. This stress can come from losing a loved one or breaking up with a romantic partner. Doctors think they have a cure for it. Researchers at Aberdeen University in Scotland conducted a 12-week test on 76 people with broken hearts syndrome. The patients had a weekly counselling session. They also took part in an exercise programme, which included aerobics, cycling and swimming. The British Heart Foundation said it was surprised by how much the counselling "improved heart function and patients' fitness". Hundreds of thousands of people worldwide suffer from broken hearts syndrome. It mainly affects women and can double the risk of dying early. The syndrome may explain why a spouse dies soon after their partner's death. Sufferers feel like they are having a heart attack. Symptoms include chest pain, shortness of breath, and fatigue. The syndrome makes the heart change shape. The heart becomes rounder, like an octopus. "Takotsubo" is a Japanese word. It means a round pot used to catch an octopus. Lead researcher Dr David Gambles said his research highlights the importance of the brain-heart relationship. He said mental and physical therapy can help sufferers.

## FREE WRITING

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

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

[illegible]



# ACADEMIC WRITING

From <https://breakingnewsenglish.com/2509/250911-broken-heart-syndrome.html>

A broken heart is the worst feeling in the world. Discuss.

[illegible]

# HOMEWORK

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. BROKEN HEARTS:** Make a poster about broken hearts. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. REPAIRING HEARTS:** Write a magazine article about schools teaching students about how to repair broken hearts. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on broken hearts. Ask him/her three questions about them. Give him/her three of your ideas on how to heal a broken heart. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. b    2. e    3. a    4. c    5. d    6. g    7. f  
8. j    9. h    10. k    11. m    12. i    13. l    14. n

## TRUE / FALSE (p.5)

- 1 F    2 F    3 F    4 T    5 T    6 T    7 T    8 F

## SYNONYM MATCH (p.5)

1. e	2. i	3. g	4. b	5. j
6. c	7. d	8. a	9. f	10. h

## COMPREHENSION QUESTIONS (p.9)

- Broken heart (syndrome)
- Severe emotional or physical stress
- Seventy-six
- Every week
- Surprised
- Hundreds of thousands
- Like having a heart attack
- An octopus
- The brain-heart relationship
- Mental and physical therapy

## WORDS IN THE RIGHT ORDER (p.19)

- It is caused by severe emotional stress.
- Stress can come from losing a loved one.
- Doctors think they have a cure for it.
- The patients had a weekly counselling session.
- They also took part in an exercise programme.
- Hundreds of thousands of people worldwide suffer.
- It can double the risk of dying early.
- Sufferers feel like they're having a heart attack.
- The syndrome makes the heart change shape.
- A round pot used to catch an octopus.

## MULTIPLE CHOICE - QUIZ (p.10)

1. d    2. b    3. d    4. c    5. d    6. c    7. a    8. c    9. b    10. a

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)