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Level 2 – 2nd October 2025

Over 99% of heart attacks have a warning sign

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<https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-2.html>

Doctors say people can avoid cardiovascular diseases like heart attacks and strokes. These are the leading causes of death. A study from doctors in Chicago and in South Korea said that more than 99 per cent of people who had a heart attack or stroke had at least one warning sign. The doctors said there were some big signs of these, like high blood pressure, cholesterol, high blood sugar, and smoking and drinking. People can reduce all of these things if they change their lifestyles. The most effective changes are to eat a healthier diet, to exercise, and to quit smoking and drinking.

In the study, doctors analyzed 10 years of health records of more than nine million people. Nearly all of these patients could have stopped a heart attack. A researcher said: "We have known for many years that there is a small number of [changeable] risk factors for heart disease, and...often more than one is present...leading up to heart attacks, heart failure, or strokes." He said we needed to treat the factors that lead to heart attack, stroke, or heart failure. The researcher said the goal was to work on finding ways to control risk factors.

Sources: <https://medicalxpress.com/news/2025-09-factor-heart-failure-large-scale.html>
<https://www.medicalnewstoday.com/articles/heart-attack-stroke-heart-failure-linked-to-preventable-risk-factors>
<https://edition.cnn.com/2025/09/29/health/heart-disease-risk-factors-wellness>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-2.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|----------------------------|
| 1. people can avoid | a. diet |
| 2. These are the leading causes | b. pressure |
| 3. at least one warning | c. of death |
| 4. high blood | d. their lifestyles |
| 5. People can reduce all | e. cardiovascular diseases |
| 6. if they change | f. sign |
| 7. eat a healthier | g. smoking and drinking |
| 8. quit | h. of these things |

PARAGRAPH TWO:

- | | |
|--------------------------------|-------------------------|
| 1. doctors analyzed 10 years | a. a heart attack |
| 2. patients could have stopped | b. to heart attack |
| 3. We have known for | c. control risk factors |
| 4. there is a small | d. present |
| 5. often more than one is | e. of health records |
| 6. leading up | f. number |
| 7. factors that lead | g. to heart attacks |
| 8. finding ways to | h. many years |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-2.html>

Doctors say (1) _____ cardiovascular diseases like heart attacks and strokes. These are the leading (2) _____. A study from doctors in Chicago and in South Korea said that more than 99 per cent of people who had a heart attack or stroke had (3) _____ warning sign. The doctors said there were some big signs of these, like high blood pressure, cholesterol, (4) _____, and smoking and drinking. People can (5) _____ these things if they change their lifestyles. The most effective changes are to eat a healthier diet, to exercise, (6) _____ smoking and drinking.

(7) _____, doctors analyzed 10 years of health records of more than nine million people. (8) _____ these patients could have stopped a heart attack. A researcher said: "We (9) _____ many years that there is a small number of [changeable] risk factors for heart disease, and...often more than one is present...(10) _____ heart attacks, heart failure, or strokes." He said we needed to treat the factors (11) _____ heart attack, stroke, or heart failure. The researcher said the goal was to work (12) _____ to control risk factors.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-2.html>

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HEART ATTACKS AND STROKES SURVEY

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-2.html>

Write five GOOD questions about heart attacks and strokes 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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

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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) _____

WRITING

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-2.html>

Write about **heart attacks and strokes** for 10 minutes. Read and talk about your partner's paper.

[illegible]