

## Over 99% of heart attacks have a warning sign

2nd October 2025



Doctors say people can take steps to avoid cardiovascular diseases like heart attacks and strokes. These are the leading causes of death around the world. A study from doctors at Northwestern University's Feinberg School of Medicine in Chicago and Yonsei

University 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 several major signs: high blood pressure, cholesterol, obesity, high blood sugar, and smoking and drinking. All of these things can be reduced if people change their lifestyles. The most effective changes are to eat a healthier diet, exercise, and quit smoking and drinking.

In the study, doctors analyzed 10 years of health records of nine million people in South Korea and 7,000 people in the USA. Nearly all of the patients could have avoided heart attacks and strokes. Lead researcher Dr Philip Greenland said: "We have known for many years that there is a small number of modifiable risk factors for heart disease, and at least one, but often more than one, is present in the background leading up to heart attacks, heart failure, or strokes." He added: "Efforts need to be made to treat that factor to prevent heart attack, stroke, or heart failure." Dr Greenland said: "The goal now is to work harder on finding ways to control these modifiable risk factors."

Sources: [medicalxpress.com](http://medicalxpress.com) / [medicalnewstoday.com](http://medicalnewstoday.com) / [cnn.com](http://cnn.com)

## Writing

Governments should make us change our lifestyles to be healthier. Discuss.

## Chat

Talk about these words from the article.

cardiovascular diseases / cholesterol / strokes / high blood pressure / diet / smoking / health / patients / heart attacks / doctors / risk factors / drinking / obesity / goal

## True / False

- 1) Doctors say people should walk up steps for a healthy heart. T / F
- 2) The study is from universities in the USA and South Korea. T / F
- 3) A major sign of a heart attack is high blood pressure. T / F
- 4) The article says the most effective lifestyle change is to eat vegetables. T / F
- 5) Researchers looked at the health records of over nine million people. T / F
- 6) The article says nearly all heart attacks in the study could be avoided. T / F
- 7) Most heart attacks in the study were from at least two risk factors. T / F
- 8) A doctor said the goal is to get people to exercise in gyms. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                    |                  |
|--------------------|------------------|
| 1. <b>steps</b>    | a. not less than |
| 2. <b>causes</b>   | b. cut           |
| 3. <b>several</b>  | c. discovering   |
| 4. <b>reduced</b>  | d. cure          |
| 5. <b>quit</b>     | e. reasons       |
| 6. <b>analyzed</b> | f. stop          |
| 7. <b>at least</b> | g. looked at     |
| 8. <b>treat</b>    | h. actions       |
| 9. <b>prevent</b>  | i. aim           |
| 10. <b>goal</b>    | j. a number of   |

## Discussion – Student A

- a) What do you think about what you read?
- b) What do you do to stay healthy?
- c) Do men or women live healthier lifestyles?
- d) What are the unhealthiest things about your lifestyle?
- e) Are people getting healthier or unhealthier?
- f) Why is exercise so good for us?
- g) Why don't more of us lead healthy lifestyles?
- h) What questions would you like to ask the doctors?

## Phrase Match

- |  |                  |
|--|------------------|
| 1. cardiovascular                      | a. records       |
| 2. These are the leading causes        | b. sign          |
| 3. at least one warning                | c. smoking       |
| 4. high blood                          | d. control these |
| 5. quit                                | e. heart attack  |
| 6. doctors analyzed 10 years of health | f. diseases      |
| 7. at least                            | g. pressure      |
| 8. treat that factor to prevent        | h. one           |
| 9. The goal now is to work             | i. of death      |
| 10. finding ways to                    | j. harder        |

## Discussion – Student B

- What do you know about heart attacks?
- What do you know about strokes?
- What can we do to look after our heart?
- What do you know about blood pressure?
- What can we do to control our cholesterol?
- What changes do you need to make to your lifestyle?
- How healthy is your diet?
- Why do people drink and smoke?

## Spelling

- take steps to odavi cardiovascular diseases
- there were vsareel major signs
- high blood sreepsru
- people change their setlfysie
- The most fetveifec changes
- iquit smoking and drinking
- doctors dlenaayz 10 years of health records
- Nearly all of the eansptti
- Efforts need to be made to ttear that
- netrvpe heart attack
- heart aeurlfi
- lobidifema risk factors

### Answers – Synonym Match

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

## Comprehension Questions

Listen to / read the news article. Answer these questions.  
(Answers are on p. 27 of the 27-page PDF.)

1.	What two cardiovascular diseases do doctors say people can avoid?
2.	How many warning signs did doctors say people can have?
3.	How many signs of cardiovascular disease did doctors say there were?
4.	What do people need to change to avoid cardiovascular diseases?
5.	What does the article say people should quit?
6.	How many health records of South Koreans did doctors look at?
7.	How many health records of people in the USA did doctors look at?
8.	Who is Philip Greenland?
9.	What is present in the background leading up to heart attacks?
10.	What do doctors need to work harder on controlling?

## Speaking – The Heart

Rank these with your partner. Put the best things for the heart at the top. Change partners often and share your rankings.

- |                          |              |
|--------------------------|--------------|
| • Meditation             | • Laughter   |
| • Not smoking            | • Sleep      |
| • No stress              | • Vegetables |
| • Being a healthy weight | • Exercise   |

### Answers – True False

1	F	2	T	3	T	4	F	5	T	6	T	7	F	8	F
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Answers to Phrase Match and Spelling are in the text.