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Level 2

Unhappy marriages can break the heart

21st November, 2014

<http://www.breakingnewsenglish.com/1411/141121-broken-heart-2.html>

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Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1411/141121-broken-heart-2.html>

A new study says unhappily married people have a higher risk of getting a broken heart. A bad marriage is riskier for older women because of the stress of being in a relationship gone wrong. The study is from Michigan State University. Lead researcher Dr Hui Lui said the stress of an unhappy marriage has a big impact on the health of our heart. Dr Lui said older women have more heart problems because they are more caring. A wife is more likely to care for her sick husband than the other way round. Also, a wife can get stressed if she is sick and cannot look after her husband.

Dr Lui's team studied the health of 1,200 married people aged 57 to 85 over five years. The researchers asked the couples questions about their marriage. They asked if they spent free time with or apart from their partner. They also asked if they could trust their spouse, and whether their spouse asks them to do too many things. The doctors looked at the quality of the marriages and compared this with the number of heart attacks and strokes people had. People in bad marriages were more depressed, more obese and had higher blood pressure.

Sources: <http://www.medicaldaily.com/marital-problems-lead-heart-troubles-particularly-older-women-true-broken-heart-311398>
<http://www.dailymail.co.uk/health/article-2841109/How-bad-relationship-quietly-literally-break-heart-trapped-bad-marriage-increases-risk-heart-disease.html#ixzz3JaLFGJuI>
<http://www.independent.ie/irish-news/health/an-unhappy-marriage-can-literally-break-your-heart-30759272.html>

MATCHING

From <http://www.breakingnewsenglish.com/1411/141121-broken-heart-2.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|----------------------|
| 1. unhappily | a. heart problems |
| 2. a higher risk of getting | b. on the health |
| 3. being in a relationship gone | c. likely to care |
| 4. a big impact | d. after her husband |
| 5. older women have more | e. round |
| 6. A wife is more | f. married people |
| 7. the other way | g. a broken heart |
| 8. look | h. wrong |

PARAGRAPH TWO:

- | | |
|--------------------------------------|-------------------------|
| 1. studied the health of 1,200 | a. the marriages |
| 2. asked the couples questions | b. depressed |
| 3. apart | c. their spouse |
| 4. asked if they could trust | d. pressure |
| 5. the quality of | e. about their marriage |
| 6. heart attacks | f. married people |
| 7. People in bad marriages were more | g. from their partner |
| 8. higher blood | h. and strokes |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1411/141121-broken-heart-2.html>

A new study says (1) _____ people have a higher risk of getting a broken heart. A bad marriage is riskier for older women because of (2) _____ in a relationship gone wrong. The study is from Michigan State University. Lead researcher Dr Hui Lui said the stress of an unhappy marriage (3) _____ the health of our heart. Dr Lui said older women have (4) _____ because they are more caring. A wife is more likely to (5) _____ husband than the other way round. Also, a wife can get stressed if she is sick and (6) _____ husband.

Dr Lui's team studied the health of 1,200 (7) _____ to 85 over five years. The researchers asked the couples questions about their marriage. They asked (8) _____ time with or apart from their partner. They also asked if they could trust their spouse, and (9) _____ asks them to do too many things. The doctors looked (10) _____ the marriages and (11) _____ number of heart attacks and strokes people had. People in bad marriages were more depressed, more obese and had (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1411/141121-broken-heart-2.html>

A new study says unhappily married people have a high risk of getting a broken heart. A bad marriage is riskier for older women because of the stress of being in a relationship gone wrong. The study is from Michigan State University. Lead researcher Dr Hui Luis said the stress of an unhappy marriage has a big impact on the health of our heart. Dr Luis said older women have more heart problems because they are more caring. A wife is more likely to care for her sick husband than the other way round. Also, a wife can get stressed if she is sick and cannot look after her husband. Dr Luis' team studied the health of 1,200 married people aged 57 to 85 over five years. The researchers asked the couples questions about their marriage. They asked if they spent free time with or apart from their partner. They also asked if they could trust their spouse, and whether their spouse asked them to do too many things. The doctors looked at the quality of the marriages and compared this with the number of heart attacks and strokes people had. People in bad marriages were more depressed, more obese and had higher blood pressure.

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)
