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## **Level 0**

# **Happiness can break your heart too**

**5th March, 2016**

<http://www.breakingnewsenglish.com/1603/160305-happy-heart-syndrome-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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# THE READING

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

Happy things can also make us brokenhearted. A broken heart is a real illness called "broken heart syndrome". The medical name is Takotsubo Syndrome (TTS). We get it because of stress, relationship break-ups, family deaths, or job losses. People can get it when happy things happen too. This is "happy heart syndrome".

Heart expert Dr Jelena Ghadri looked at data from 1,750 patients with TTS. She found that 20 of these had TTS because of a happy event. These are things like birthdays, weddings, favourite sports teams winning, and the birth of grandchildren. Dr Ghadri said our body thinks happy and sad events are similar.

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.html>

## PARAGRAPH ONE:

- |                                  |                       |
|----------------------------------|-----------------------|
| 1. Happy things can also make us | a. Takotsubo Syndrome |
| 2. A broken heart is             | b. things happen too  |
| 3. The medical name is           | c. -ups               |
| 4. We get it because             | d. syndrome           |
| 5. relationship break            | e. a real illness     |
| 6. job                           | f. of stress          |
| 7. People can get it when happy  | g. losses             |
| 8. happy heart                   | h. brokenhearted      |

## PARAGRAPH TWO:

- |                         |                            |
|-------------------------|----------------------------|
| 1. Heart                | a. of a happy event        |
| 2. looked at            | b. teams winning           |
| 3. 1,750 patients       | c. expert Dr Jelena Ghadri |
| 4. because              | d. with TTS                |
| 5. These are things     | e. grandchildren           |
| 6. favourite sports     | f. like birthdays          |
| 7. the birth of         | g. are similar             |
| 8. happy and sad events | h. data                    |

# LISTEN AND FILL IN THE GAPS

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

Happy things can (1) \_\_\_\_\_ brokenhearted. A broken heart is (2) \_\_\_\_\_ called "broken heart syndrome". The (3) \_\_\_\_\_ is Takotsubo Syndrome (TTS). We (4) \_\_\_\_\_ of stress, relationship break-ups, family deaths, (5) \_\_\_\_\_. People can get it when happy (6) \_\_\_\_\_. This is "happy heart syndrome".

Heart expert Dr Jelena Ghadri (7) \_\_\_\_\_ from 1,750 patients with TTS. She (8) \_\_\_\_\_ 20 of these had TTS (9) \_\_\_\_\_ happy event. These are things like birthdays, weddings, favourite (10) \_\_\_\_\_, and the birth of grandchildren. Dr Ghadri said our body thinks happy and sad (11) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

Happy things can also make us brokenhearted. A broken heart is a real illness called "broken heart syndrome". The medical name is Takotsubo Syndrome (TTS). We get it because of stress, relationship break-ups, family deaths, or job losses. People can get it when happy things happen to them. This is "happy heart syndrome". Heart expert Dr Jelena Ghadri looked at data from 1,750 patients with TTS. She found that 20 of these had TTS because of a happy event. These are things like birthdays, weddings, favourite sports teams winning, and the birth of grandchildren. Dr Ghadri said that everybody thinks happy and sad events are similar.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

*Happiness can break your heart too – 5th March, 2016*  
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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) \_\_\_\_\_

