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## **Level 2**

# **Happiness can break your heart too**

**5th March, 2016**

<http://www.breakingnewsenglish.com/1603/160305-happy-heart-syndrome-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/1603/160305-happy-heart-syndrome-2.html>

Scientists say it isn't just sad things that make us brokenhearted. Happy events can also be bad for our heart. A broken heart is a real illness. It's not just the sadness we feel when something bad happens. We get broken heart syndrome when we are stressed and during emotional times, such as a relationship breakup, the death of family and friends, or the loss of a job. The medical name for this is Takotsubo Syndrome (TTS). People can get it, and be at risk of death, when very happy things happen. The doctors who discovered this have called it "happy heart syndrome".

The study is published in the European Heart Journal. Heart expert Dr Jelena Ghadri analysed data from 1,750 patients who suffered from TTS. The patients were from nine different countries. They found that 485 patients got TTS because of an emotional event. Twenty of these had TTS because of a happy event. The patients had heart problems after birthday parties, weddings, favourite sports teams winning, and the birth of grandchildren. Dr Ghadri said our brain may think happy and sad events are similar, so both can result in Takotsubo Syndrome.

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>

# MATCHING

From <http://www.breakingnewsenglish.com/1603/160305-happy-heart-syndrome-2.html>

## PARAGRAPH ONE:

- |                                       |                           |
|---------------------------------------|---------------------------|
| 1. A broken heart                     | a. Takotsubo Syndrome     |
| 2. the sadness we feel when something | b. breakup                |
| 3. during emotional                   | c. discovered this        |
| 4. a relationship                     | d. bad happens            |
| 5. The medical name for this is       | e. "happy heart syndrome" |
| 6. be at risk                         | f. times                  |
| 7. The doctors who                    | g. is a real illness      |
| 8. called it                          | h. of death               |

## PARAGRAPH TWO:

- |                                  |                           |
|----------------------------------|---------------------------|
| 1. The study is published in the | a. 1,750 patients         |
| 2. analysed data from            | b. are similar            |
| 3. suffered from                 | c. an emotional event     |
| 4. patients got TTS because of   | d. teams winning          |
| 5. favourite sports              | e. in Takotsubo Syndrome  |
| 6. the birth of                  | f. European Heart Journal |
| 7. happy and sad events          | g. TTS                    |
| 8. both can result               | h. grandchildren          |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1603/160305-happy-heart-syndrome-2.html>

Scientists (1) \_\_\_\_\_ sad things that make us brokenhearted. Happy events can (2) \_\_\_\_\_ our heart. A broken heart is a real illness. It's not just the sadness we feel when (3) \_\_\_\_\_. We get broken heart syndrome when we are stressed and during emotional times, such as a (4) \_\_\_\_\_, the death of family and friends, or the loss of a job. The medical name for this is Takotsubo Syndrome (TTS). People can get it, and (5) \_\_\_\_\_, when very happy things happen. The doctors who discovered this have called it "(6) \_\_\_\_\_".

The study (7) \_\_\_\_\_ the European Heart Journal. Heart expert Dr Jelena Ghadri analysed data from 1,750 patients who suffered from TTS. The (8) \_\_\_\_\_ nine different countries. They found that (9) \_\_\_\_\_ TTS because of an emotional event. Twenty of these had TTS because of a happy event. The patients (10) \_\_\_\_\_ after birthday parties, weddings, favourite sports teams winning, and the (11) \_\_\_\_\_. Dr Ghadri said our brain may think happy and sad events are similar, (12) \_\_\_\_\_ in Takotsubo Syndrome.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1603/160305-happy-heart-syndrome-2.html>

Scientists say it isn't just a sad thing that makes us brokenhearted. Happy events can also be bad for our heart. A broken heart is a real illness. It's not just the sadness we feel when something bad happens. We get broken hearts syndrome when we are stressed and during emotional times, such as a relationship breakup, the death of family and friends, or the loss of a job. The medical name for this is Takotsubo Syndrome (TTS). People can get it, and be at risk of death, when very happy things happen. The doctors who discovered this have called it "happy heart syndrome". The study is published in the European Heart Journal. Heart expert Dr Jelena Ghadri analysed data from 1,750 patients who suffered from TTS. The patients were from nine different countries. They found that 485 patients got TTS because of an emotional event. Twenty of these had TTS because of a happy event. The patients had heart problems after birthday parties, weddings, favourite sports teams winning, and the birth of grandchildren. Dr Ghadri said our brain may think happy and sad events are similar, so both can result in Takotsubo Syndrome.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a)

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b)

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c)

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d)

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e)

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f)

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g)

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h)

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*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)

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b)

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c)

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d)

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e)

---

f)

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g)

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h)

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