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Level 3

Happiness can break your heart too

5th March, 2016

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

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

Scientists have said it isn't just sad things that make us brokenhearted. Happy events can also be bad for our heart. A broken heart is an actual medical condition. It is not just the sadness we feel when someone we love does not return that love. We get broken heart syndrome when we are highly stressed. We also get it 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). Researchers say people can get TTS, and even be at risk of sudden death, when very happy things happen. The doctors who discovered this have called it "happy heart syndrome".

The researchers' study was published in the European Heart Journal on Thursday. Heart experts Dr Christian Templin and Dr Jelena Ghadri analysed data from 1,750 patients who suffered from Takotsubo Syndrome. The sufferers were from nine different countries. They found 485 patients got TTS because of an emotional happening. Twenty of these had TTS because of a happy or joyful event. The patients had heart problems after events like a birthday party, a wedding, a favourite sports team winning a game, and the birth of a grandchild. Dr Ghadri said our body and 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>

WARM-UPS

1. BROKEN HEARTS: Students walk around the class and talk to other students about broken hearts. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

scientists / brokenhearted / medical condition / emotional / relationship / doctors / published / experts / patients / joyful / heart problems / birthday party / grandchild

Have a chat about the topics you liked. Change topics and partners frequently.

3. EMOTIONAL TIMES: How can people get over these? Complete this table with your partner(s). Change partners often and share what you wrote.

	How to help?
Relationship breakup	
Death in a family	
Job loss	
Serious illness	
Bullying	
Depression	

4. DON'T WORRY: Students A **strongly** believe we shouldn't worry about happy heart syndrome; Students B **strongly** believe we should. Change partners again and talk about your conversations.

5. HAPPY: Rank these with your partner. Put the happiest at the top. Change partners often and share your rankings.

- birth of a grandchild
- winning the lottery
- getting married
- graduating from university
- your favourite meal
- a first date
- sports team winning
- going on holiday

6. MEDICAL: Spend one minute writing down all of the different words you associate with the word "medical". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|---|-------|
| a. Scientists say only sad things break our heart. | T / F |
| b. A broken heart isn't a real medical condition. | T / F |
| c. Stress can give us "broken heart syndrome". | T / F |
| d. Doctors discovered a condition called "happy heart syndrome". | T / F |
| e. Doctors looked at data from less than 2,000 people. | T / F |
| f. Doctors found 485 people with happy heart syndrome. | T / F |
| g. Doctors say someone could get happy heart syndrome from a wedding. | T / F |
| h. Our brain treats happy and sad events very differently. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|---------------|----------------|
| 1. actual | a. report |
| 2. return | b. looked over |
| 3. name | c. found |
| 4. sudden | d. event |
| 5. discovered | e. real |
| 6. study | f. alike |
| 7. experts | g. unexpected |
| 8. analysed | h. term |
| 9. happening | i. specialists |
| 10. similar | j. give back |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---------------------------------------|---------------------------|
| 1. it isn't just sad things that make | a. breakup |
| 2. A broken heart is an actual | b. return that love |
| 3. when someone we love does not | c. joyful event |
| 4. a relationship | d. us brokenhearted |
| 5. be at risk | e. of a grandchild |
| 6. published in the | f. in Takotsubo Syndrome |
| 7. Dr Jelena Ghadri analysed data | g. medical condition |
| 8. a happy or | h. from 1,750 patients |
| 9. the birth | i. of sudden death |
| 10. both can result | j. European Heart Journal |

GAP FILL

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

Scientists have said it isn't (1) _____ sad things that make us brokenhearted. Happy (2) _____ can also be bad for our heart. A broken heart is an (3) _____ medical condition. It is not just the sadness we feel when someone we love does not (4) _____ that love. We get broken heart syndrome when we are highly stressed. We also get it (5) _____ emotional times, such as a relationship breakup, the death of family and friends, or the (6) _____ of a job. The medical name for this is Takotsubo Syndrome (TTS). Researchers say people can get TTS, and even be at risk of (7) _____ death, when very happy things happen. The doctors who (8) _____ this have called it "happy heart syndrome".

actual
during
just
sudden
events
discovered
return
loss

The researchers' study was (9) _____ in the European Heart Journal on Thursday. Heart (10) _____ Dr Christian Templin and Dr Jelena Ghadri analysed data from 1,750 patients who (11) _____ from Takotsubo Syndrome. The sufferers were from nine different countries. They found 485 (12) _____ got TTS because of an (13) _____ happening. Twenty of these had TTS because of a happy or (14) _____ event. The patients had heart problems after events like a birthday party, a wedding, a favourite sports team (15) _____ a game, and the birth of a grandchild. Dr Ghadri said our body and brain may think happy and sad events are (16) _____, so both can result in Takotsubo Syndrome.

suffered
published
emotional
winning
patients
similar
experts
joyful

LISTENING – Guess the answers. Listen to check.

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

- 1) Scientists have said it isn't just sad things that make _____
 - a. we brokenhearted
 - b. us brokenhearted
 - c. as brokenhearted
 - d. us broken heart it
- 2) It is not just the sadness we feel when someone we love does not _____
 - a. return that loved
 - b. return that love
 - c. return that loved
 - d. return that lover
- 3) We get broken heart syndrome when we _____
 - a. are highly stress
 - b. are highly stressed
 - c. are highly stresses
 - d. are highly stressing
- 4) such as a relationship breakup, the death of family and friends, or _____
 - a. the lost of a job
 - b. the loss for a job
 - c. the lost for a job
 - d. the loss of a job
- 5) people can get TTS, and even be at risk of sudden death, when very _____
 - a. happy thing happen
 - b. happy things happens
 - c. happy thing happens
 - d. happy things happen
- 6) The researchers' study was published in the European Heart _____
 - a. Journal in Thursday
 - b. General on Thursday
 - c. Journal on Thursday
 - d. General in Thursday
- 7) Heart experts Dr Christian Templin and Dr Jelena Ghadri analysed data _____
 - a. form 1,750 patients
 - b. from 1,750 patients
 - c. frame 1,750 patients
 - d. farm 1,750 patients
- 8) They found 485 patients got TTS because of an _____
 - a. emotion all happening
 - b. emotional happen in
 - c. emotion all happen in
 - d. emotional happening
- 9) a wedding, a favourite sports team winning a game, and the birth _____
 - a. of a grand children
 - b. of the grandchild
 - c. offer grandchild
 - d. of a grandchild
- 10) Dr Ghadri said our body and brain may think happy and sad _____
 - a. events are similar
 - b. events are similarity
 - c. events are sommelier
 - d. events are smaller

LISTENING – Listen and fill in the gaps

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

Scientists have said (1) _____ sad things that make us brokenhearted. Happy events can (2) _____ our heart. A broken heart is an actual medical condition. It is not just the sadness we feel when someone we love does (3) _____ love. We get broken heart syndrome when we are highly stressed. We also get it during emotional times, (4) _____ relationship breakup, the death of family and friends, (5) _____ a job. The medical name for this is Takotsubo Syndrome (TTS). Researchers say people can get TTS, and even be at risk of sudden death, when very (6) _____. The doctors who discovered this have called it "happy heart syndrome".

The researchers' study (7) _____ the European Heart Journal on Thursday. Heart experts Dr Christian Templin and Dr Jelena Ghadri analysed data from 1,750 patients (8) _____ Takotsubo Syndrome. The sufferers were from nine different countries. They found 485 patients got TTS because (9) _____ happening. Twenty of these had TTS because of a happy or joyful event. The patients (10) _____ after events like a birthday party, a wedding, a favourite sports team winning a game, (11) _____ a grandchild. Dr Ghadri said our body and brain may think happy and sad events are similar, (12) _____ in Takotsubo Syndrome.

COMPREHENSION QUESTIONS

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

1. Who said it wasn't just sad things that break our heart?

2. What did the article say was a real medical condition?

3. What do we get when we are highly stressed?

4. What is the medical name for broken heart syndrome?

5. Who made the name "happy heart syndrome"?

6. When was the study on TTS published?

7. How many different patients did doctors look at?

8. How many different countries were the TTS patients from?

9. How many patients had happy heart syndrome?

10. What do our body and brain think happy and sad events are?

MULTIPLE CHOICE - QUIZ

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

1. Who said it wasn't just sad things that break our heart?
 - a) sad people
 - b) scientists
 - c) happy people
 - d) the broken-hearted
2. What did the article say was a real medical condition?
 - a) stress
 - b) happiness
 - c) a broken heart
 - d) sadness
3. What do we get when we are highly stressed?
 - a) headaches
 - b) more stressed
 - c) sleeplessness
 - d) broken heart syndrome
4. What is the medical name for broken heart syndrome?
 - a) Tracksuit Syndrome
 - b) Takotsubo Syndrome
 - c) Taco Tubes Syndrome
 - d) Tack-O-Sue-Bo Syndrome
5. Who made the name "happy heart syndrome"?
 - a) doctors
 - b) happy people
 - c) sad people
 - d) the broken-hearted
6. When was the study on TTS published?
 - a) Thursday
 - b) Sunday
 - c) Tuesday
 - d) Saturday
7. How many different patients did doctors look at?
 - a) 1,570
 - b) 1,770
 - c) 1,550
 - d) 1,750
8. How many different countries were the TTS patients from?
 - a) 7
 - b) 8
 - c) 9
 - d) 10
9. How many patients had happy heart syndrome?
 - a) 50
 - b) 40
 - c) 30
 - d) 20
10. What do our body and brain think happy and sad events are?
 - a) syndromes
 - b) similar
 - c) exact
 - d) identical

ROLE PLAY

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

Role A – Birth of a grandchild

You think the birth of a grandchild is the happiest event. Tell the others three reasons why. Tell them why their things aren't as happy. Also, tell the others which is the least happy of these (and why): winning the lottery, a favourite meal or going on holiday.

Role B – Winning the lottery

You think winning the lottery is the happiest event. Tell the others three reasons why. Tell them why their things aren't as happy. Also, tell the others which is the least happy of these (and why): the birth of a grandchild, a favourite meal or going on holiday.

Role C – A favourite meal

You think a favourite meal is the happiest event. Tell the others three reasons why. Tell them why their things aren't as happy. Also, tell the others which is the least happy of these (and why): winning the lottery, the birth of a grandchild or going on holiday.

Role D – Going on holiday

You think going on holiday is the happiest event. Tell the others three reasons why. Tell them why their things aren't as happy. Also, tell the others which is the least happy of these (and why): winning the lottery, a favourite meal or the birth of a grandchild.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'broken' and 'heart'.

broken	heart
---------------	--------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• make• actual• return• highly• name• sudden	<ul style="list-style-type: none">• published• data• nine• 485• 20• result
---	---

BROKEN HEARTS SURVEY

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

Write five GOOD questions about broken hearts 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.

BROKEN HEARTS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'happiness'?
- 3) What do you think about what you read?
- 4) How might happiness be unhealthy?
- 5) Have you ever had a broken heart?
- 6) How can you cure a broken heart?
- 7) What advice do you have for someone who is brokenhearted?
- 8) What things can cause a broken heart?
- 9) What's the happiest thing that happened to you recently?
- 10) What do you do to keep your heart healthy?

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BROKEN HEARTS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- 11) Did you like reading this article? Why/not?
- 12) What do you know about the heart?
- 13) How emotional are you?
- 14) How happy are you?
- 15) Will you try and be less happy at happy events in future?
- 16) How dangerous is stress?
- 17) In what ways are happiness and sadness similar?
- 18) How often are you happy and how often are you sad?
- 19) Should happy events carry a health warning?
- 20) What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Scientists have said it isn't (1) _____ sad things that make us brokenhearted. Happy events can also be bad for our heart. A broken heart is an (2) _____ medical condition. It is not just the sadness we feel when someone we love does not (3) _____ that love. We get broken heart syndrome when we are (4) _____ stressed. We also get it during emotional times, such as a relationship breakup, the death of family and friends, or the (5) _____ of a job. The medical name for this is Takotsubo Syndrome (TTS). Researchers say people can get TTS, and even be (6) _____ risk of sudden death, when very happy things happen. The doctors who discovered this have called it "happy heart syndrome".

The researchers' study was published (7) _____ the European Heart Journal on Thursday. Heart experts Dr Christian Templin and Dr Jelena Ghadri analysed data from 1,750 patients who (8) _____ from Takotsubo Syndrome. The sufferers were from nine different countries. They found 485 patients (9) _____ TTS because of an emotional (10) _____. Twenty of these had TTS because of a happy or joyful event. The patients had heart problems after events like a birthday party, a wedding, a favourite sports team winning a game, and the (11) _____ of a grandchild. Dr Ghadri said our body and brain may think happy and sad events are similar, so both can result (12) _____ Takotsubo Syndrome.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|---------------|--------------|---------------|---------------|
| 1. | (a) justly | (b) justice | (c) just | (d) adjust |
| 2. | (a) actual | (b) actually | (c) actualise | (d) actuality |
| 3. | (a) return | (b) reply | (c) respond | (d) redo |
| 4. | (a) highly | (b) heighten | (c) high | (d) height |
| 5. | (a) less | (b) loss | (c) lost | (d) least |
| 6. | (a) of | (b) by | (c) as | (d) at |
| 7. | (a) on | (b) at | (c) in | (d) to |
| 8. | (a) suffer | (b) suffers | (c) suffering | (d) suffered |
| 9. | (a) got | (b) did | (c) received | (d) took |
| 10. | (a) happening | (b) happen | (c) happens | (d) happened |
| 11. | (a) born | (b) birth | (c) deliver | (d) delivered |
| 12. | (a) at | (b) to | (c) in | (d) by |

SPELLING

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

Paragraph 1

1. sad things that make us hektradoenber
2. an actual medical dictonnio
3. when we are highly dstsrees
4. during tolmnaeio times
5. at risk of dnuesd death
6. The doctors who recvoesddi this

Paragraph 2

7. Isiduepbh in the European Heart Journal
8. aysealnd (UK) yzndaeal (USA) data
9. because of a happy or flyoju event
10. The asinptte had heart problems
11. the birth of a cdinlhagr
12. happy and sad events are mrliais

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () love does not return that love. We get broken heart syndrome when we are highly stressed. We also get it during
- (**1**) Scientists have said it isn't just sad things that make us brokenhearted. Happy events can also be bad
- () name for this is Takotsubo Syndrome (TTS). Researchers say people can get TTS, and even be at risk of sudden
- () countries. They found 485 patients got TTS because of an emotional happening. Twenty of
- () of a grandchild. Dr Ghadri said our body and brain may think happy and
- () these had TTS because of a happy or joyful event. The patients had heart problems after events
- () emotional times, such as a relationship breakup, the death of family and friends, or the loss of a job. The medical
- () The researchers' study was published in the European Heart Journal on Thursday. Heart
- () sad events are similar, so both can result in Takotsubo Syndrome.
- () for our heart. A broken heart is an actual medical condition. It is not just the sadness we feel when someone we
- () death, when very happy things happen. The doctors who discovered this have called it "happy heart syndrome".
- () experts Dr Christian Templin and Dr Jelena Ghadri analysed data from 1,750 patients who suffered
- () like a birthday party, a wedding, a favourite sports team winning a game, and the birth
- () from Takotsubo Syndrome. The sufferers were from nine different

PUT THE WORDS IN THE RIGHT ORDER

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

1. isn't things us It sad make just that brokenhearted .

2. is an A actual broken medical heart condition .

3. we not love someone does that When love return .

4. get broken heart syndrome when we are highly stressed We .

5. happen things happy very when death sudden of risk at Be .

6. Journal in on the Thursday European Heart Published .

7. data from 1,750 patients who suffered Ghadri analysed .

8. different from sufferers countries nine were The .

9. joyful a TTS of event happy because these or of had Twenty .

10. party Patients had heart problems after events like a birthday .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Scientists have said it isn't just *sad / sadly* things that make us brokenhearted. Happy events can also be *badly / bad* for our heart. A broken heart is an *actual / actually* medical condition. It is not just the sadness we feel when someone we *loving / love* does not *return / returning* that love. We get broken heart syndrome when we are *highly / high* stressed. We also get it *between / during* emotional times, such *has / 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). Researchers say people can get TTS, and *ever / even* be at risk of sudden death, when very happy things happen. The doctors who *discovered / discovery* this have called it "happy heart syndrome".

The researchers' study was *publishing / published* in the European Heart Journal on Thursday. Heart *experts / expats* Dr Christian Templin and Dr Jelena Ghadri analysed data from 1,750 patients who *suffering / suffered* from Takotsubo Syndrome. The sufferers were from nine *difference / different* countries. They found 485 *patience / patients* got TTS because of an emotional *happening / happened*. Twenty of these had TTS because of a happy or *joyfully / joyful* event. The patients had heart problems after events *like / such* a birthday party, a wedding, a favourite sports team winning a game, and the *birth / born* of a grandchild. Dr Ghadri said our body and brain may think happy and sad events are similar, so both can result *on / in* Takotsubo Syndrome.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

Sc__nt__sts h__v__ s__d__t__sn't j__st s__d__th__ngs th__t
m__k__s br__k__nh__rt__d. H__ppy__v__nts c__n__ls__b__b__d
f__r__r__h__rt. __br__k__n__h__rt__s__n__ct__l__m__d__c__l
c__nd__t__n. __t__s__n__t__j__st__th__s__dn__ss__w__f__l__wh__n
s__m__n__w__l__v__d__s__n__t__r__t__rn__th__t__l__v__. W__g__t
br__k__n__h__rt__syndr__m__wh__n__w__r__h__ghly__str__ss__d.
W__l__s__g__t__t__d__r__ng__m__t__n__l__t__m__s, s__ch__s__
r__l__t__nsh__p__br__k__p, th__d__th__f__f__m__ly__nd
fr__nds, __r__th__l__ss__f__j__b. Th__m__d__c__l__n__m__f__r
th__s__s__T__k__ts__b__Syndr__m__ (TTS). R__s__rch__rs__s__y
p__pl__c__n__g__t__TTS, __nd__v__n__b__t__r__sk__f__s__dd__n
d__th, wh__n__v__ry__h__ppy__th__ngs__h__pp__n. Th__d__ct__rs
wh__d__sc__v__r__d__th__s__h__v__c__ll__d__t__"h__ppy__h__rt
syndr__m__".

Th__r__s__rch__rs'__st__dy__w__s__p__bl__sh__d__n__th____r__p__n
H__rt__J__rn__l__n__Th__rsd__y. H__rt__xp__rts__Dr__Chr__st__n
T__mpl__n__nd__Dr__J__l__n__Gh__dr__n__lys__d__d__t__fr__m
1,750__p__t__nts__wh__s__ff__r__d__fr__m__T__k__ts__b__Syndr__m__.
Th__s__ff__r__rs__w__r__fr__m__n__n__d__ff__r__nt__c__ntr__s.
Th__y__f__nd__485__p__t__nts__g__t__TTS__b__c__s__f__n__
__m__t__n__l__h__pp__n__ng. Tw__nty__f__th__s__h__d__TTS
b__c__s__f__h__ppy__r__j__yf__l__v__nt. Th__p__t__nts__h__d
h__rt__pr__bl__ms__ft__r__v__nts__l__k__b__r__thd__y__p__rty, __
w__dd__ng, __f__v__r__t__sp__rts__t__m__w__nn__ng__g__m__,
__nd__th__b__r__th__f__gr__ndch__ld. Dr__Gh__dr__s__d__r__
b__dy__nd__br__n__m__y__th__nk__h__ppy__nd__s__d__v__nts__r__
s__m__l__r, s__b__th__c__n__r__s__lt__n__T__k__ts__b__Syndr__m__.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

scientists have said it isn't just sad things that make us brokenhearted happy events can also be bad for our heart a broken heart is an actual medical condition it is not just the sadness we feel when someone we love does not return that love we get broken heart syndrome when we are highly stressed we also get it 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) researchers say people can get tts and even be at risk of sudden death when very happy things happen the doctors who discovered this have called it "happy heart syndrome"

the researchers' study was published in the european heart journal on thursday heart experts dr christian templin and dr jelena ghadri analysed data from 1750 patients who suffered from takotsubo syndrome the sufferers were from nine different countries they found 485 patients got tts because of an emotional happening twenty of these had tts because of a happy or joyful event the patients had heart problems after events like a birthday party a wedding a favourite sports team winning a game and the birth of a grandchild dr ghadri said our body and brain may think happy and sad events are similar so both can result in takotsubo syndrome

PUT A SLASH (/) WHERE THE SPACES ARE

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

Scientists have said it isn't just sad things that make us brokenhearted. Happy events can also be bad for our heart. A broken heart is an actual medical condition. It is not just the sadness we feel when someone we love does not return that love. We get broken heart syndrome when we are highly stressed. We also get it 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). Researchers say people can get TTS, and even be at risk of sudden death, when very happy things happen. The doctors who discovered this have called it "happy heart syndrome". Their researchers' study was published in the European Heart Journal on Thursday. Heart experts Dr Christian Templin and Dr Jelena Ghadri analysed data from 1,750 patients who suffered from Takotsubo Syndrome. The sufferers were from nine different countries. They found 485 patients got TTS because of an emotional happening. Twenty of these had TTS because of a happy or joyous event. The patients had heart problems after events like a birthday party, a wedding, a favourite sports team winning a game, and the birth of a grandchild. Dr Ghadri said our body and brain may think happy and sad events are similar, so both can result in Takotsubo Syndrome.

ACADEMIC WRITING

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

We shouldn't worry about happy heart syndrome. Discuss.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about broken hearts. Share what you discover with your partner(s) in the next lesson.

3. BROKEN HEARTS: Make a poster about broken hearts. Show your work to your classmates in the next lesson. Did you all have similar things?

4. HAPPY HEART SYNDROME: Write a magazine article about happy heart syndrome. Include imaginary interviews with people who have had it and with people who think they could never get it.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on broken hearts. Ask him/her three questions about broken hearts. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b F c T d T e T f F g T h F

SYNONYM MATCH (p.4)

- | | |
|---------------|----------------|
| 1. actual | a. real |
| 2. return | b. give back |
| 3. name | c. term |
| 4. sudden | d. unexpected |
| 5. discovered | e. found |
| 6. study | f. report |
| 7. experts | g. specialists |
| 8. analysed | h. looked over |
| 9. happening | i. event |
| 10. similar | j. alike |

COMPREHENSION QUESTIONS (p.8)

1. Scientists
2. A broken heart
3. Broken heart syndrome
4. Takotsubo Syndrome
5. Doctors
6. Thursday
7. 1,750
8. Nine
9. 20
10. Similar

MULTIPLE CHOICE - QUIZ (p.9)

1. b 2. c 3. d 4. b 5. a 6. a 7. d 8. c 9. d 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)