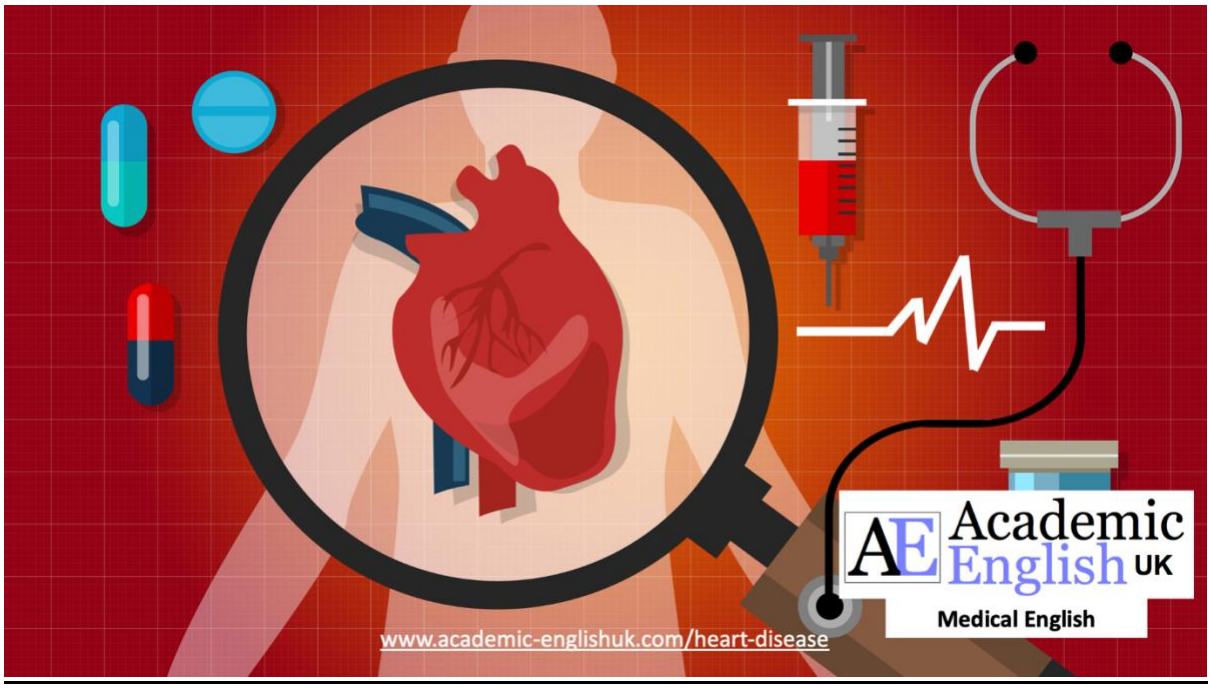
Heart Disease



Lesson PDF Book

EXAMPLE

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Heart Disease

Reading Test

EXAMPLE

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Student

Time: *Approximately 1hour*
Two types of lesson

Lesson#1: [Easy] ***** [B2/C1]
1. Predict the content of the text by reading the title. Write down the key terms & ideas.
2. Read the text. Check the unknown words with a dictionary.
3. Answer the comprehension questions.
4. Check your answers with the provided key (pass mark is 70%).

Lesson #2: [Hard] ***** [C1]
1. Read the text without looking up any words.
2. Answer the comprehension questions.
3. Check your answers with the provided key (pass mark is 70%).

Teacher

Two types of lesson

Lesson#1: [easy] ***** [B2/C1]
1. Distribute **text 1 (without reference words underlined)** a week before the test. Students read, check vocabulary & meanings.
2. Test day. Distribute **text 2 (with reference words underlined)** & the **questions** (no dictionary or notes).
3. Set 1 hour to read the text & answer the questions.
4. Take in & correct or go through answers in class (pass mark is 70%).
5. Extra activity. Students write the *summary (add 30 minutes to the test).

Lesson #2: [hard] ***** [C1]
1. Test day. Distribute **text 2 (with reference words underlined)** & the **questions.**
2. Set 1 hour to read the text & answer the questions.
3. Take in & correct or go through answers in class (pass mark is 70%).
4. Extra activity. Students write the *summary (add 30 minutes to the test).

***Summary writing:** www.academic-englishuk.com/summary

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Heart Disease (Text 1)

By H. Kennedy (2023) EXAMPLE

Cardiovascular disease (CVD), a term used for any disease which affects the heart or blood vessels, is responsible [redacted] (Public Health England, 2019). Of this group, coronary heart disease (CHD), known simply as heart disease, is the most common cause of premature death (British Heart Foundation, 2022). [redacted] the 1.5m men and 800,000 women currently living with it, one in eight males and one in fifteen females will die, [redacted] in [redacted] (BHF, 2022).

Heart disease occurs when the flow of oxygen-rich blood reaching the heart is reduced due to a combination of [redacted] As the arteries become narrower, this can lead to angina, or if the arteries are clogged, known as atherosclerosis, this can trigger a myocardial infarction, or heart attack, and [redacted] and Blood Institute, 2018). According to BHF (2022), those with heart failure are twice as likely to suffer [redacted] Those who have been diagnosed with atrial fibrillation, a rapid and irregular heartbeat, the likelihood [redacted] five times more likely, due to the formation of blood clots (Public Health England, 2019). If the disruption [redacted] this is known as a transient ischaemic attack, or 'mini stroke', whereas if the symptoms last longer, this results [redacted] over a [redacted] (BHF, 2022; Stroke Association, 2021). In the extreme case of a cardiac arrest, cardiopulmonary resuscitation and [redacted] as for every [redacted] (BHF, 2022).

Two of the biggest causes of heart disease are [redacted] National Institute of Diabetes and Digestive and Kidney Diseases (2021) argue that high blood pressure [redacted], and thus increase [redacted], while Public Health England (2019) claim that 50% of all strokes are caused by hypertension. With [redacted], a lipid produced by the [redacted] of low-density lipoprotein (LDL) cholesterol can cause a build-up of fatty deposits and in turn, clog blood [redacted] Both hypertension and [redacted] by a poor diet. The NHS (2020) state that consuming too much salt will lead to hypertension, and saturated fats will [redacted], which further increases the risk of developing heart disease. BHF (2022) reveal that those with diabetes are twice as [redacted] a third of people who have diabetes die from heart disease. This is due to the elevation of blood sugar levels which damages the blood vessels and nerves that control the heart, [redacted] period of time (NIDDK, 2021).

As a poor diet is the founding cause for high blood pressure, high cholesterol and diabetes, both [redacted] and the NHS (2020) [redacted] of unsaturated fats to raise high-density lipoprotein (HDL) cholesterol, a limit of 6g of salt per day, and [redacted] regular physical [redacted] utes of moderately intensive exercise or 75 minutes of vigorous exercise each week, as this will maintain blood pressure at a healthy level, and [redacted] more efficient. Furthermore, the NIDDK (2021) suggests that reducing alcohol intake will lower blood [redacted] and improve blood circulation overall, whereas [redacted] atherosclerosis and coronary thrombosis (NHS, 2020). Although lipid-lowering therapy such as statins are also effective, and other

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angina or blood clots, and lifestyle changes have the biggest impact (NIDDK, 2021).

As the heart disease mortality has slowed, detection and management of atrial fibrillation, hypertension and high LDL must be improved, , where people (Public Health England, 2019). If awareness of these serious conditions is heightened, and more the 17m global deaths due to CVD will begin to decline again.

Reference list

British Heart Foundation (BHF), (2022). *BHF Statistics Factsheet - UK* [pdf]. Available at: [Viewed 15.12.2022].

National Health Service (NHS), (2020). *Prevention – Coronary heart disease* [online]. Available at: https://www.nhs.uk/conditions/coronary-heart-disease/prevention/ [Viewed 15.12.2022].

National Heart, Lung and Blood Institute (NHLBI), (2018). [pdf]. Available at: https://www.nhlbi.nih.gov/sites/default/files/media/docs/Fact_Sheet_Know_Diff_Design.508_pdf.pdf [Viewed 18.12.2022].

(NIDDK), (2021). [online]. Available at: https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/heart-disease-stroke [Viewed 15.12.2022].

Public Health England, (2019). Available at: https://www.gov.uk/government/publications/health-matters-preventing-cardiovascular-disease/health-matters-preventing-cardiovascular-disease [Viewed 15.12.2022].

Stroke Association, (2021). What is vascular dementia? [online]. Available at: [Viewed 18.12.2022].

Heart Disease (Text 2)

By H. Kennedy (2023) EXAMPLE

1. Cardiovascular disease (CVD), a term used for any disease which affects the heart or blood vessels, is responsible [redacted] (Public Health England, 2019). Of **this** group, coronary heart disease (CHD), known simply as heart disease, is the most common cause of premature death (British Heart Foundation, 2022). [redacted] the 1.5m men and 800,000 women currently living with it, one in eight males and one in fifteen females will die, [redacted] in [redacted] (BHF, 2022).

2. Heart disease occurs when the flow of oxygen-rich blood reaching the heart is reduced due to a combination of [redacted] As the arteries become narrower, this can lead to angina, or if the arteries are clogged, known as atherosclerosis, this can trigger a myocardial infarction, or heart attack, and [redacted] and Blood Institute, 2018). According to BHF (2022), **those** with heart failure are twice as likely to suffer [redacted] Those who have been diagnosed with atrial fibrillation, a rapid and irregular heartbeat, the likelihood [redacted] five times more likely, due to the formation of blood clots (Public Health England, 2019). If the disruption [redacted] this is known as a transient ischaemic attack, or 'mini stroke', whereas if the symptoms last longer, this results [redacted] over a [redacted] (BHF, 2022; Stroke Association, 2021). In the extreme case of a cardiac arrest, cardiopulmonary resuscitation and [redacted] as for every [redacted] (BHF, 2022).

3. Two of the biggest causes of heart disease are [redacted] National Institute of Diabetes and Digestive and Kidney Diseases (2021) argue that high blood pressure [redacted], and thus increase [redacted], while Public Health England (2019) claim that 50% of all strokes are caused by hypertension. With [redacted], a lipid produced by the [redacted] of low-density lipoprotein (LDL) cholesterol can cause a build-up of fatty deposits and in turn, clog blood [redacted] Both hypertension and [redacted] by a poor diet. The NHS (2020) state that consuming too much salt will lead to hypertension, and saturated fats will [redacted], which further increases the risk of developing heart disease. BHF (2022) reveal that those with diabetes are twice as [redacted] a third of people who have diabetes die from heart disease. This is due to the elevation of blood sugar levels **which** damages the blood vessels and nerves that control the heart, [redacted] period of time (NIDDK, 2021).

4. As a poor diet is the founding cause for high blood pressure, high cholesterol and diabetes, both [redacted] and the NHS (2020) [redacted] of unsaturated fats to raise high-density lipoprotein (HDL) cholesterol, a limit of 6g of salt per day, and [redacted] regular physical [redacted] utes of moderately intensive exercise or 75 minutes of vigorous exercise each week, as **this** will maintain blood pressure at a healthy level, and [redacted] more efficient. Furthermore, the NIDDK (2021) suggests that reducing alcohol intake will lower blood [redacted] and improve blood circulation overall, whereas [redacted] atherosclerosis and coronary thrombosis (NHS, 2020). Although lipid-lowering therapy such as statins are also effective, and other

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angina or blood clots, and lifestyle changes have the biggest impact (NIDDK, 2021).

5. As the heart disease mortality has slowed, detection and management of atrial fibrillation, hypertension and high LDL must be improved, , **where** people (Public Health England, 2019). If awareness of these serious conditions is heightened, and more the 17m global deaths due to CVD will begin to decline again.

Reference list

British Heart Foundation (BHF), (2022). *BHF Statistics Factsheet - UK* [pdf]. Available at: [Viewed 15.12.2022].

National Health Service (NHS), (2020). *Prevention – Coronary heart disease* [online]. Available at: https://www.nhs.uk/conditions/coronary-heart-disease/prevention/ [Viewed 15.12.2022].

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Public Health England, (2019). Available at: https://www.gov.uk/government/publications/health-matters-preventing-cardiovascular-disease/health-matters-preventing-cardiovascular-disease [Viewed 15.12.2022].

Stroke Association, (2021). What is vascular dementia? [online]. Available at: [Viewed 18.12.2022].

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Comprehension Questions

1. Headings: Choose a subheading for each paragraph. One title is not needed.

1		**A**	The causes of heart disease
2		**B**	
3		**C**	The symptoms of heart disease
4		**D**	
5		**E**	Facts and figures
		F	Preventative measures

_ / 5

2. True / False / Not Given: One question per paragraph.

		T / F / NG
Paragraph 1		
i.	Deaths from heart disease in the UK has fallen significantly in the last 60 years.	
Paragraph 2		
ii.	Heart disease too quickly.	
Paragraph 3		
iii.	Low blood heart attack or stroke.	
Paragraph 4		
iv.	Health to prevent the risk of heart disease.	
Paragraph 5		
v.	People are more likely	

___ / 5

3. Reference Words: What do these words connect to? (underlined in the text).

Paragraph	**Word**	**Connection**
1	This	
2		
3	Which	
4		
5	Where	

___ / 5

4. Open Answer Questions: One question per paragraph.

Paragraph 1		
i.	What is the definition of cardiovascular disease?	
	1.	
Paragraph 2		
ii.	What **TWO** treatments a heart attack?	
	1.	*2.*
Paragraph 3		
iii.	What is the connection between hypertension and ?	
	1.	
Paragraph 4		

iv.	Name **FOUR** ways that are [redacted] level.			
	1.	*2.*	*3.*	*4.*
Paragraph 5				
v.	Name **TWO** things the [redacted] CVD deaths.			
	1.	*2.*		

___ / 10

5. Citations: Match the source with the point they make about heart disease.

	Source		Point
i.	British Heart Foundation, (2022).	a.	Giving up smoking decreases the risk of [redacted] thrombosis considerably.
ii.	[redacted] (2019).	b.	The disruption of the blood supply to the brain can [redacted] prolonged period of time to vascular dementia.
iii.	National Institute of Diabetes, Digestive & Kidney Diseases (2021).	c.	CHD is the single largest cause of death.
iv	NHS, (2020).	d.	CVD [redacted] fatalities worldwide.
v.	[redacted], (2021).	e.	Reducing alcohol decreases blood glucose and blood pressure.

i.		ii.		iii.		iv		v.	

___ / 5

6. Key language: Search for the word or phrase in the paragraph that means:

Paragraph	Explanation	Word
1	These circulate blood throughout the body.	
1	Death [redacted] in a particular population.	
2	Fatty material that builds up inside your arteries.	
2	[redacted] when platelets, proteins and cells stick together.	
3	A type of fat that is found in the blood.	
3	[redacted] acid chains all have single bonds.	
4	A serious condition where arteries become clogged with fatty substances.	
4	[redacted] by a blood clot.	
5	The number of people who die each year per 100,000.	
5	An [redacted] heartbeat.	

___ / 10

Overall Total: ____ / 40

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Comprehension Questions ANSWERS

1. Headings: Choose a subheading for each paragraph. One title is not needed.

1	*E*	**A**	The causes of heart disease
2	*C*	**B**	~~The diagnosis of heart disease~~
3	*A*	**C**	The symptoms of heart disease

ALL ANSWERS INCLUDED IN PAID VERSION…

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Heart Disease

Reading to Writing Summary

EXAMPLE

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Student

Two types of lesson

Lesson#1: [Medium] ***** [B2/C1]
1. Predict the content of the text. Write down key terms & ideas.
2. Read the text & check words & meanings with a dictionary.
3. Identify the key points and supporting details and complete the **outline.**
4. Write a one-paragraph summary of 200-250 words.
5. Check key points with the **completed outline** & **model answer** (try to achieve 4 key points and 4 supporting points).
6. Answer the critical thinking questions & check possible answers.

Lesson #2: [Challenging] ***** [C1]
1. Read the text – no dictionary.
2. Identify the key points and supporting details and complete the **outline.**
3. Write a one-paragraph summary of 200-250 words.
4. Check key points with the **completed outline** & **model answer** (try to achieve 4 key points and 4 supporting points).
5. Answer the critical thinking questions & check possible answers.

Teacher

Two types of lesson

Lesson#1: [Medium] ***** [B2/C1]
1. Distribute the text a week /day before the test. Students read, check vocabulary & meanings.
2. Test day: distribute a **new copy of text** and the **summary question.**
3. Set 1 hour to read the text, take notes and write a one-paragraph summary of 200-250 words.
4. Feedback[1]: take in and mark [use our correction code*].
5. Feedback[2]: distribute **completed outline** & **model answer**. Students compare with their own work.
6. Summary marking: should contain at least 4 main ideas with support – see summary key points.
7. Extra: critical thinking questions / group discussion (30 minutes).

Lesson #2: [Challenging] ***** [C1]
1. Set 1 hour to read the **text** and write a one-paragraph summary of 200-250 words.
3. Feedback[1]: take in and mark [use our correction code*].
4. Feedback[2]: distribute **completed outline** & **model answer.** Students compare with their own work.
5. Summary marking: should contain at least 4 main ideas with support – see summary key points.
6. Extra: critical thinking questions / group discussion (30 minutes).

Correction code*: www.academic-englishuk/error-correction

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Heart Disease

By H. Kennedy (2023) EXAMPLE

Cardiovascular disease (CVD), a term used for any disease which affects the heart or blood vessels, is responsible [redacted] (Public Health England, 2019). Of this group, coronary heart disease (CHD), known simply as heart disease, is the most common cause of premature death (British Heart Foundation, 2022). [redacted] the 1.5m men and 800,000 women currently living with it, one in eight males and one in fifteen females will die, [redacted] in [redacted] (BHF, 2022).

Heart disease occurs when the flow of oxygen-rich blood reaching the heart is reduced due to a combination of [redacted] As the arteries become narrower, this can lead to angina, or if the arteries are clogged, known as atherosclerosis, this can trigger a myocardial infarction, or heart attack, and [redacted] and Blood Institute, 2018). According to BHF (2022), those with heart failure are twice as likely to suffer [redacted] Those who have been diagnosed with atrial fibrillation, a rapid and irregular heartbeat, the likelihood [redacted] five times more likely, due to the formation of blood clots (Public Health England, 2019). If the disruption [redacted] this is known as a transient ischaemic attack, or 'mini stroke', whereas if the symptoms last longer, this results [redacted] over a [redacted] (BHF, 2022; Stroke Association, 2021). In the extreme case of a cardiac arrest, cardiopulmonary resuscitation and [redacted] as for every [redacted] (BHF, 2022).

Two of the biggest causes of heart disease are [redacted] National Institute of Diabetes and Digestive and Kidney Diseases (2021) argue that high blood pressure [redacted], and thus increase [redacted], while Public Health England (2019) claim that 50% of all strokes are caused by hypertension. With [redacted], a lipid produced by the [redacted] of low-density lipoprotein (LDL) cholesterol can cause a build-up of fatty deposits and in turn, clog blood [redacted] Both hypertension and [redacted] by a poor diet. The NHS (2020) state that consuming too much salt will lead to hypertension, and saturated fats will [redacted], which further increases the risk of developing heart disease. BHF (2022) reveal that those with diabetes are twice as [redacted] a third of people who have diabetes die from heart disease. This is due to the elevation of blood sugar levels which damages the blood vessels and nerves that control the heart, [redacted] period of time (NIDDK, 2021).

As a poor diet is the founding cause for high blood pressure, high cholesterol and diabetes, both [redacted] and the NHS (2020) [redacted] of unsaturated fats to raise high-density lipoprotein (HDL) cholesterol, a limit of 6g of salt per day, and [redacted] regular physical [redacted] utes of moderately intensive exercise or 75 minutes of vigorous exercise each week, as this will maintain blood pressure at a healthy level, and [redacted] more efficient. Furthermore, the NIDDK (2021) suggests that reducing alcohol intake will lower blood [redacted] and improve blood circulation overall, whereas [redacted] atherosclerosis and coronary thrombosis (NHS, 2020). Although lipid-lowering therapy such as statins are also effective, and other

angina or blood clots, and lifestyle changes have the biggest impact (NIDDK, 2021).

As the heart disease mortality has slowed, detection and management of atrial fibrillation, hypertension and high LDL must be improved, , where people (Public Health England, 2019). If awareness of these serious conditions is heightened, and more the 17m global deaths due to CVD will begin to decline again.

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National Health Service (NHS), (2020). *Prevention – Coronary heart disease* [online]. Available at: https://www.nhs.uk/conditions/coronary-heart-disease/prevention/ [Viewed 15.12.2022].

National Heart, Lung and Blood Institute (NHLBI), (2018). [pdf]. Available at: https://www.nhlbi.nih.gov/sites/default/files/media/docs/Fact_Sheet_Know_Diff_Design.508_pdf.pdf [Viewed 18.12.2022].

(NIDDK), (2021). [online]. Available at: https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/heart-disease-stroke [Viewed 15.12.2022].

Public Health England, (2019). Available at: https://www.gov.uk/government/publications/health-matters-preventing-cardiovascular-disease/health-matters-preventing-cardiovascular-disease [Viewed 15.12.2022].

Stroke Association, (2021). What is vascular dementia? [online]. Available at: [Viewed 18.12.2022].

Summary: Key Points

Take notes on the key points of the text.

1.Main idea:
Support:
2. Main idea:
Support:
3. Main idea:
Support:
4. Main idea:
Support:
5. Main idea:
Support:

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Summary: Key Points (ANSWERS)

Take notes on the key points of the text.

1.Main idea: Definition, morbidity & mortality rates.
Support: • CVD = any disease affecting heart or blood vessels (Public Health England, 2019). • [redacted] • CHD = most common cause of early deaths (BHF, 2022). • [redacted] • 1.5m males & 800,000 females live with CVD. 1 in 8 males [redacted] (BHF, 2022)
2. Main idea: How heart disease occurs.
Support: • Flow [redacted] = atheroma. • Narr. arteries = angina. Arteries clogged = atherosclerosis = [redacted] (BHF, 2022; NHLBI, 2018). • Heart failure = [redacted] (BHF, 2022). • Atrial fibrillation = x5 likely 2 suffer frm stroke (Public Health England, 2019). • Disrup. [redacted] symptoms last longer = loss of brain cells = vas. dementia (BHF, 2022; Stroke Association, 2021). • Heart attack = [redacted] nec. (BHF, 2022).
3. Main idea: Causes of heart disease.
Support: • HBP [redacted] NIDDK, 2021). • 50% strokes ⟸ hypertension (Public Health England, 2019). • [redacted] HBL & LDL • Poor diet: Former = Too much salt. Latter = sat. fats (NHS, 2020). • Unhealthy diet [redacted] & 1/3 die of heart disease.
4. Main idea: Recommendations from health professionals.
Support: • Low-sugar, [redacted] lots of fruit & veg (Public Health England, 2019; NHS, 2020). • Reg. ex. ([redacted] make heart & circ. system > eff. (Public Health England, 2019; NHS, 2020). • Alcohol [redacted]. (NIDDK, 2021). • Quitting smoking = [redacted] (NHS, 2020).
5. Main idea: How to improve mortality rates.
Support: • Deprived areas [redacted] (Public Health England, 2019). • [redacted] • Need > edu. reg. healthier lifestyles.

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Summary

Task: Write a 200-250 word summary on the key features of the text.

Word Count: _____

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Sample Summary: Heart Disease

Cardiovascular disease (CVD), the leading [redacted] or blood vessels (Public Health England, 2019) and includes coronary heart disease (CHD), or just heart [redacted] (British Heart Foundation, 2022). CHD happens because of atheroma, which can give [redacted] or clogged [redacted] a heart attack or even heart failure (BHF, 2022; NHLBI, 2018), with some patients going [redacted], vascular dementia (BHF, 2022; Stroke Association, 2021). The most common [redacted] ([redacted] stemming from the consumption of too much salt and saturated fats (NHS, 2020), thus a low-[redacted] exercise [redacted] pressure (Public Health England, 2019); NHS, 2020). Moreover, reducing alcohol consumption and [redacted] blood [redacted] coronary thrombosis respectively (NIDDK, 2021; NHS, 2020). Hence, in order to improve mortality rates, [redacted] [redacted] is required.

Word count: 208

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Critical Thinking Questions

i) What's the stance of the author? What is the evidence for this?

[2 points]

ii) Is this a credible article? Yes /no – why?

[2 points]

iii) Highlight four ideas in the text you would use for an essay on: *To be prevented?*

[4 points]

iv) Highlight two areas in the text that you question, disagree with or lack evidence.

[2 points]

Critical Thinking Questions ANSWERS

i) What's the stance of the author? What is the evidence for this?

The writer believes that more needs to be done to prevent and manage the causes of CVD, especially in poor regions where more people die from these diseases.

The writer states this in the conclusion:

- ….detection and management of atrial fibrillation, hypertension and high LDL must be improved.
- ….particularly in deprived areas, where people are four times more likely to die from CVD prematurely (Public Health England, 2019).
- If awareness of these serious conditions is heightened,…

ALL ANSWERS INCLUDED IN PAID VERSION…

Heart Disease

Coronary Artery Bypass Graft (CABG)

Listening Test

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Heart disease: Coronary Artery Bypass Graft (CABG) EXAMPLE

[Listening Test Questions]

Author: H. Kennedy and C. Wilson
Date: 10/01/23
Time: 06:30
Level: ***** [B2/C1]

Download Links

Lecture:	**MP3:**	**PowerPoint Download:**
Available in paying download	Available in paying download	Available in paying download

Check these words and phrases before listening:

Key vocabulary

1. Mortality rate.
2. Stroke.
3. [redacted]
4. Percutaneous coronary intervention.
5. Blockage.
6. [redacted]
7. Heart palpitations.
8. Diabetes.
9. [redacted]
10. Graft.
11. [redacted]
12. Catheter.
13. Blood vessel.
14. Stent.
15. [redacted]
16. Ventilator.
17. Incision.
18. [redacted]
19. Cardiopulmonary bypass machine.
20. Arrhythmia.

[redacted]

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Teacher

LISTENING TEST QUESTIONS

Aim: *to develop the students' ability to listen to a 10 min+ lecture, to take notes and then use those notes to answer a range of test- type questions.*

Lesson Time: *Approximately 1:30-2:00 hours*

Lesson Plan

Lead in

- Ask Students to read the 'title' & predict the content of the lecture.
- Ask students to write down key terms & language from the discussion.
- Feed in / check key vocabulary.

Differentiation

Challenging
1. Students listen once & take notes.
2. Give 5 minutes to tidy notes.
3. Listen again & add to notes (use a different colour pen).
4. Distribute questions. Set 30 minutes to answer using their notes.
5. Feedback: Distribute or project ANSWERS.

Medium
1. Students listen once & take notes.
2. Distribute questions. Set 20 minutes to answer using their notes.
3. Listen again. Students answer the missed questions as they listen.
4. Give an extra 10 minutes to consolidate answers.
5. Feedback: Distribute or project ANSWERS.

Easier
1. Distribute questions. Students have 15 minutes to read the questions.
2. Students listen & answer the questions.
3. Give 10 minutes to tidy answers.
4. Students listen again. Check answers & answer missed questions.
5. Give 10-15 minutes to tidy answers.
6. Feedback: Distribute or project ANSWERS.

Full URL Links:

Video: Available in paying download

MP3: Available in paying download

PPT: Available in paying download

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Heart disease: Coronary Artery Bypass Graft (CABG) EXAMPLE

1. How has the mortality rate of cardiovascular disease changed? Complete each gaps with one word or number.

The [redacted] of cardiovascular disease has _____considerably thanks to advances in modern medicine. Stewart (2021) [redacted] in the UK, deaths from heart [redacted] fell by _____and _____ [redacted] between _____ and _____.

___ /5

2. CABG: definition. What is CABG? Complete the sentence, using no more than EIGHT words.

A CABG is a surgical procedure to…

___ /2

3. CABG: symptoms & types. Are these statements true, false or not given?

		T/F/NG
i.	Diabetes [redacted] coronary heart disease.	
ii.	A quadruple bypass means that [redacted]	
iii.	In off-pump CABG [redacted] stopped.	
iv.	Most patients prefer [redacted] is less invasive.	

___ /4

4. CABG: procedure. Answer the following questions using words from the lecture.

i.	The length of time it takes to perform CABG depends on what?	
ii.	In a typical bypass surgery, which [redacted] are used?	
	1.	2.
iii.	What is the [redacted]?	
iv.	How does [redacted] the heart?	
v.	What does a cardiopulmonary bypass [redacted]?	

___ /6

5. CABG: risks. Multiple choice: select one answer per question only.

i.	The symptoms of postoperative cognitive decline are:	a. Confusion and bleeding.
		b. Confusion and slurred speech.
		c. Slurred speech and bleeding.
ii.	[redacted] described by John Hopkins Medicine (2022) are:	a. Stroke, [redacted] failure.
		b. Stroke, pneumonia and arrhythmia.
		c. [redacted] kidney failure.
iii.	The NHLBI (2021) claim [redacted] is higher for those who:	a. Have underlying health conditions.
		b. [redacted]
		c. Both of the above.
iv.	In some cases, [redacted] performed after:	a. [redacted]
		b. Fifteen years.
		c. [redacted]
v.	A CABG is [redacted] CHD so the patient must:	a. Have a stent inserted.
		b. [redacted] to John Hopkins Medicine.
		c. Adhere to a heathy lifestyle.

___ /5

6. CABG: growing concerns. Complete each gaps with one word or number.

Although a CABG has [redacted] much more prolonged life than _____ years ago, [redacted] that the longevity is _____.According to [redacted] by the Department of Clinical Epidemiology at Aarhus University, during _____ to _____ years after having a [redacted] to a 60 - _____increase of [redacted]

___/5

7. Summary. What is the overall stance of the lecturer?

i.		

___ / 1

Total Score ___ / 28

Heart disease: Coronary Artery Bypass Graft (CABG) ANSWERS

1. How has the mortality rate of cardiovascular disease changed? Complete each gaps with one word or number.

The mortality rate of cardiovascular disease has *declined* considerably thanks to advances in modern medicine. Stewart (2021) reports that in the UK, deaths from heart disease and strokes fell by *46%* and *55%* respect….

ALL ANSWERS ARE INCLUDED IN PAID VERSION…

Heart disease: Coronary Artery Bypass Graft (Transcript)

H. Kennedy & C. Wilson (2023)

Hello and welcome to this medical lecture on Coronary Artery Bypass Graft surgery or CABG for short. We'll begin with a short introduction to CABG, then we'll discuss heart disease symptoms and the CABG procedure, and finish discussing the associated risks.

So, let's start with the introduction. The mortality rate of cardiovascular disease has declined considerably thanks to advances in modern medicine. Stewart reports that in the UK, deaths from heart disease and strokes fell by 46% and 55% respectively between 2000 and 2018. One of the most significant developments in this field was…

THE FULL TRANSCRIPT IS INCLUDED IN THE PAID VERSION…

Heart Disease

Speaking: Seminar

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Seminars

1. An overview of how a seminar works

- Students work together in groups of 4-6.
- Teachers provide a set of questions.
- Students discuss for 25-30 minutes (approx 5 mins per person).
- Students summarise the key points in the last 5 mins.
- Students CAN refer to their texts and notes.
- Teachers monitor and give feedback at the end.

2. Pre-seminar task

- Students:
  i. Take notes on the reading text and lecture.
  ii. Predict question types and practice formulating answers.
  iii. Work with a partner to practice asking and answering questions about the texts.

♦ **Differentiation (low levels): distribute questions for students to prepare in advance.**

3. The seminar

- The group are called into a room and they sit around a table.
- The questions are given out and students have 2 minutes to read and prepare by taking notes.
- The seminar begins with an opening statement – *we're here today to discuss…*
- The students then begin to discuss the first question.
- Each student should make a contribution by referring to their notes / texts.
- The seminar should flow with students adding to what was previously said.
- Once everyone agrees the question has been addressed in full, then they move onto the next question.
- Important: not all the questions have to be answered but they should be discussed in order.
- Once the students begin to approach 25 minutes, they should bring it to an end by each one summarising a main point raised.

4. Points to remember

- It should be a flowing conversation with everyone involved and contributing.
- The teacher / tutor should not intervene if it goes quiet but let the students manage the discussion.
- Students have to show confidence and demonstrate thorough awareness of the texts.
- Dominant students are penalised for not sharing and including others.
- Students should be penalised for just reading notes.
- Key debate phrases should be used to should conversation skills - agreeing, disagreeing, interrupting, etc…

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Seminar Questions

Key sources:

Reading: Kennedy (2023)
BHF (2022); NHS (2020); NHLBI (2018); NIDDK (2021); Public Health England (2019); Stroke Association (2021).

Lecture: Jackson (2023)
BHF (2021); John Hopkins Medicine (2022); NHS (2021); NHLBI (2020); Science Daily (2017); Stewart (2021); Whitlock (2021).

1. What is heart disease? (Give examples to support your ideas).

2. What are the main causes of heart disease?

3. What are the main treatments for heart disease? What are the associated risks of these treatments?

4. What are the main ways of prevention? Why do so many people fail to follow these ways?

5. Critical thinking - is there anything in the lecture or text that you would question and/or disagree with?

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