AE **Academic**
English UK

Heart Disease

Reading to Writing Summary

EXAMPLE

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

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 ░░░░░░░░░░░░░░░░░░░░░░░░░░░░░░░░░░ (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). ░░░░░░░░░░░░░░░░░░░░░░░░░░░░░░ ░░░░░░░░░░░░░░░░░░░░░░░░░░░░░░░ the 1.5m men and 800,000 women currently living with it, one in eight males and one in fifteen females will die, ░░░░░░░░░░░░░░░░░░░ in ░░░░░░░░░░░░░░░░░░░░░░░ (BHF, 2022).

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

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

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

Reference list

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

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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:

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.

Summary

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

Word Count: _____

Sample Summary: Heart Disease

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

Word count: 208

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* xxxxxxxxxxxxxxxxxxxxxxxx *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…