### **Exercise and therapy can heal a broken heart**

A broken heart is a real condition. The medical name for it is takotsubo cardiomyopathy. It is caused by severe emotional or physical stress. This stress can come from losing a loved one or breaking up with a romantic partner. Doctors think they have a cure for it. Researchers at Aberdeen University in Scotland conducted a 12-week test on 76 people with broken heart syndrome. The patients had a weekly counselling session. They also took part in an exercise programme, which included aerobics, cycling and swimming. The British Heart Foundation said it was surprised by how much the counselling "improved heart function and patients' fitness".

Hundreds of thousands of people worldwide suffer from broken heart syndrome. It mainly affects women and can double the risk of dying early. The syndrome may explain why a spouse dies soon after their partner's death. Sufferers feel like they are having a heart attack. Symptoms include chest pain, shortness of breath, and fatigue. The syndrome makes the heart change shape. The heart becomes rounder, like an octopus. "Takotsubo" is a Japanese word. It means a round pot used to catch an octopus. Lead researcher Dr David Gamble said his research highlights the importance of the brain-heart relationship. He said mental and physical therapy can help sufferers.

**Homework:**

1. Write a full sentence answer for each question below.
2. What is the common name for the term takotsubo cardiomyopathy?
3. What is broken heart syndrome caused by?
4. How many brokenhearted people did the researchers test?
5. How often did the patients have counselling sessions?
6. How did the British Heart Foundation feel about the counselling?
7. How many people around the world suffer from broken heart syndrome?
8. What does having broken heart syndrome feel like?
9. What does the article say the heart becomes as round as?
10. What did a researcher highlight the importance of?
11. What did the researcher say can help sufferers?