

Unit 4: Organizing texts (1) General-specific

Consolidation: C

Title: Cholesterol proved to be harmful.

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The American people <sup>are</sup> ~~is~~ well known for their preference for junk food. This type of food contains a high level of cholesterol and causes angina (illness which causes a suffocating feeling) and heart disease. Heart disease is the main killer among men and women around 35 years of age.

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when? To prove the relation between the level of cholesterol in food and life expectancy, the National Heart, Lung and Blood Institute started a test among 3806 typical American men. The test consisted of a low-fat diet for two groups and a drug called cholestyramine that breaks down accumulated cholesterol for just one <sup>of these</sup> group. The second group was given a placebo instead of the real drug.

After the first year the study showed a drop in cholesterol levels for both groups but after 10 years the group that was given the drug had better results. The risk of getting a heart disease had dropped 19 per cent and the number of heart attacks by 24 per cent.

Good.