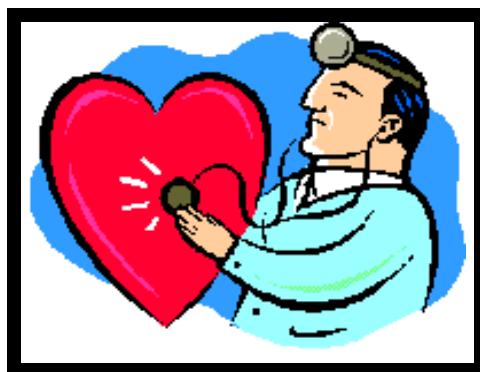


ESL Health Unit

Unit Three **Managing Illness**

Lesson Three **Heart Attack and Stroke**



Reading and Writing Practice *Advanced Beginning*

Goals for this lesson:

Below are some of the goals of this lesson. Which ones are your goals too? Check (✓) them.

- Understand and be able to talk about the symptoms of heart attack and stroke
- Understand and be able to talk about risk factors for heart attack and stroke
- Understand and be able to talk about ways to prevent heart attack and stroke
- Listen for and use common reductions in spoken English
- Use present and past continuous

Lesson Three: Heart Attack and Stroke

Reading and Writing Practice

Before You Read!

In this lesson, you will read stories from people who have had a heart attack or a stroke. Before you begin reading, complete the following activity with your classmates and your teacher.

When we get sick, we can have many symptoms.

How do we know when to go to a doctor about our symptoms? Check the symptoms you think are serious:

- headache
- stomachache
- pain in the chest
- sweating (what happens when you are hot)
- nausea (feeling sick in your stomach)
- blurred vision
- unexplained weight loss

http://www.centenarycardiology.com/Conditions/Heart_Attack.htm



¹ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing Practice

Reading Five: Mohammed's Story

Next read Mohammed's story and answer the questions that follow with your classmates and teacher.

My name is Mohammed. I am 66 years old. I have been in the United States for 22 years.

Two years ago, I woke up one night with a pain in my stomach. I didn't know what to do, so I just went back to sleep. Then the next day, when I was working, I felt pain in my chest. It didn't hurt a lot, but my chest felt tight. I told my boss I felt strange, and he told me to go to the hospital. At the emergency room, the doctors told me that I had a mild heart attack. I was surprised.

Since my heart attack, I have seen many doctors and had many tests. I have changed my lifestyle too. I eat less now and stopped smoking. My wife learned about heart-healthy cooking. I do everything I can to stay healthy. I still worry about having another heart attack. My wife worries a lot too.

New words

strange: not normal

mild: weak, not strong

lifestyle: way of life

worry: think about, with

fear

²ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing Practice

Questions:

1. When did Mohammed have his heart attack?
2. What were his symptoms of a heart attack?
3. How did Mohammed's life change after his heart attack?

³ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing Practice

Health Watch: Heart Attack Signs and Symptoms

A heart attack is when part of the heart muscle is damaged or dies because it isn't receiving oxygen from blood. Heart attacks have many different signs and symptoms.

For example, heart attack symptoms in women, in older adults and in people with diabetes are less noticeable. Some people have no symptoms at all. But if you have many signs and symptoms you may be having a heart attack.

Warning signs and symptoms of a heart attack include:

- Chest discomfort you feel for more than a few minutes
- Chest pain that comes and goes
- Discomfort or pain in other parts of your upper body: shoulders, arm, back, neck, jaw or stomach
- Weak, irregular, or slow pulse
- Difficulty breathing
- Cold sweat
- Lightheadedness
- Nausea and vomiting



explained.com/HeartAttack/symptomsofahatt.html

A heart attack usually happens suddenly. It can happen anytime — at work or play, while you're resting, or while you're in motion. Many people have warning signs and symptoms hours, days or weeks before a heart attack. The earliest sign of an attack is chest pain (*angina*) that comes when you work hard and feels better when you rest.

Information adapted from <http://www.mayoclinic.com>

Discuss any words you do not know with your classmates and teacher.

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Heart Attack Risk Factors

Are you at risk for a heart attack and do not know it? Read through the following information with your classmates and teacher and answer the questions.

Approximately 1.1 million Americans have heart attacks each year. About 460,000 of them will die because of a heart attack. Risk factors for heart attack include:

- high blood pressure
- high blood cholesterol
- smoking
- obesity (*overweight*)
- physical inactivity
- diabetes
- stress
- too much alcohol



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Other risk factors include:

- gender (*male/female*) - males are at greater risk at a younger age than women
- genetics (*the genes in your family*)
- age

Are you at risk for a heart attack? Take this quiz to find out. Answer yes or no to the statements below. How many risk factors do you have?

Risk Factors Quiz		<u>Yes</u>	<u>No</u>
1	Has someone in your family had a heart attack?		
2	Are you over 65 years old?		
3	Do you have high blood pressure?		
4	Do you smoke?		
5	Do you have high blood cholesterol?		
6	Are you overweight?		
7	Do you exercise regularly?		
8	Do you manage your stress?		
9	Do you have diabetes?		

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If you answer yes to several questions

You may be at risk for a heart attack. Ask your doctor about your risk factors at your next office visit. Only your health care provider can tell you if you are at risk of a heart attack.

Reading Six: Julio's Story

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*Next read Julio's story and answer the questions that follow with your
classmates and teacher.*

My name is Julio. I am 68 years old. I have been in the United States for 18 years.

My stroke happened on a typical Sunday. In the morning when my wife and I were eating breakfast together, my hand felt heavy. I had no pain and I could move it normally. I told my wife it felt strange. After breakfast I felt better and we went to church. I felt fine in church.

After church we went to my daughter's house for lunch. The meal was great -- but I could not pick up my fork with my left hand. Now this was serious. I began to worry. I had been in the hospital three times in the past year with heart problems, so I asked my wife to drive me to the hospital immediately. When we arrived, I could not get out of the car without help.

For the next few hours things happened very quickly. I can't really remember many things, but I remember the doctor and nurse saying the word *stroke*.

Questions:

⁹ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing

1. How long has Julio been in the United States?
a. sixty eight years b. eighteen years c. eighty years

2. How did Julio's hand feel at breakfast?
a. serious b. heavy c. painful

3. When did Julio begin to worry about his hand?
a. at breakfast b. in church c. at lunch

4. Before the stroke, why had Julio been in the hospital?
a. for heart problems b. for a heart attack
c. for high blood pressure

5. Circle the symptoms of stroke that Julio felt:
a. Pain
b. Difficulty moving
c. Heaviness
d. Blurred vision

Health Watch: Stroke Signs and Symptoms

If you are having a stroke, it is important to get treatment within three hours of the symptoms. Watch out for:

- Weakness (*no strength*), numbness (*no feeling*) or paralysis (*unable to move*) of the face, an arm, or a leg - especially on only one side of the body
- Sudden blurred vision (*unable to see clearly*) in one eye
- Difficulty speaking or understanding simple statements
- Loss of balance or coordination
- Sudden, severe, and unexplained headache -- often described as “the worst headache of my life”
- Extremely sudden nausea, fever, and vomiting
- Brief loss of consciousness or fainting

If you have stroke-like symptoms, seek emergency care IMMEDIATELY.

Discuss any words you do not know with your classmates and teacher.

Stroke Risk Factors

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Are you at risk for a stroke? Read through the following information with your classmates and teacher and answer the questions.

Risk factors for stroke include:

- high blood pressure
- heart disease
- smoking
- diabetes
- obesity
- diets high in alcohol, cholesterol, fat and sodium (*salt*)
- using birth control pills, especially if combined with smoking, for women over 35
- chronic (*all the time*) stress
- personal or family history of stroke

Questions:

¹²ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing Practice

1. Which risk factors for stroke are the same as the risk factors for heart attacks? Check them below:

- High blood pressure
- Heart disease
- Smoking
- Diabetes
- Obesity
- Stress
- Gender
- Age
- Family history
- Diets high in alcohol, cholesterol, fat and sodium (*salt*)

ESL Health Unit

Unit Three **Managing Illness**

Lesson Three **Heart Attack and Stroke**

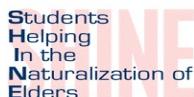


Listening and Speaking Practice ***Advanced Beginning***

Goals for this lesson:

Below are some of the goals of this lesson. Which ones are your goals too? Check (✓) them.

- Understand and be able to talk about the symptoms of heart attack and stroke
- Understand and be able to talk about risk factors for heart attack and stroke
- Understand and be able to talk about ways to prevent heart attack and stroke
- Listen for and use common reductions in spoken English
- Use present and past continuous



Lesson Three: Heart Attack and Stroke

¹³ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing Practice

Listening and Speaking Practice

Before You Listen!

Answer the questions below:

1. Think about the risks of a heart attack or stroke that we read about in class. What changes can we make to help lower these risks?
2. Sometimes when we speak in English we shorten or reduce words so that we can speak quickly. These are called “reductions”. Some common reductions include:

Standard written form	Reduced spoken form	Meaning
got to	gotta	necessity
have to	hafta	(you must)
has to	hasta	
want to	wanna	desire (you want)
going to	gonna	future (you will)
ought to	oughtta	advice (you should)

Practice saying reductions with your classmates and teacher. Make up a sentence using each of the reduced forms and practice saying it out loud.

Listening Three:

¹⁴ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing Practice

¹⁵ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing Practice

***Note to teacher: Do **not** pass out the written message in the box below until students are ready for the “Talk About It!” activity. Record it onto a cassette and have students listen to the recording (if you have time, it may be helpful to ask a friend or family member to record this message so that your learner(s) can practice listening to an unfamiliar voice). Play once or twice before they begin to listen for specific information.**

Listen to the following conversation between two friends. Andres has recently had a series of strokes. His friend Luis is very worried about him.

Listen to the conversation and then answer the questions that follow with your classmates and teacher.

Luis: So... Andres, what did the doctor say?

Andres: Well, I told the doctor I was feeling weak and nauseous. He said I had several strokes.

Luis: Why? What caused them?

Andres: He said that my high blood pressure is probably the biggest cause and I *hafta* get it down.

Luis: I thought you were taking medication for that.

Andres: Well...I was. You know, I lost some weight and I was feeling better so I stopped. The doctor said that was a bad idea.

Luis: That's right Andres...you can't just stop taking your medicine.

Andres: Okay, “doctor”! I know that now!!

Luis: What else did he say? What are you *gonna* do now?

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Andres: He said I *oughtta* stop smoking.

Luis: Good luck! You've been smoking for 40 years!

Andres: I know – but I've *gotta* stop...and I *hafta* lower my cholesterol too.

Luis: How are you *gonna* do that?

Andres: My wife has me on a new diet – all low-fat, low-cholesterol foods – lots of fruits and vegetables...oh and no salt!

Luis: Ay! No salt?

Andres: Right...no cigarettes...no salt.

Luis: Wow...I wish I could help you get better.

Andres: You can!

Luis: Really? How?

Andres: Yeah – the doctor says I need to exercise three or four times a week. I'm *gonna* start walking every morning...why don't you come along?

Listen to the conversation and check the reductions that you hear:

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gotta

hafta

hasta

wanna

oughtta

gonna

Now fill in the blanks of the following excerpts from the conversation.

Write¹⁸ the full written form of the reductions you hear.

- He said that my high blood pressure is probably the biggest cause and I _____ get it down.
- What are you _____ do now?
- He said I _____ stop smoking.
- I know – but I've _____ stop and I _____ lower my cholesterol too.
- How are you _____ do that?
- I'm _____ start walking every morning

Now answer the questions about the listening. Try to use the reductions we studied.

1. What did the doctor tell Andres about his blood pressure?
2. What did the doctor tell Andres about his smoking?
3. What does Andres need to do about his diet?
4. What is Andres' new exercise plan?

¹⁸ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing Practice

Talk About It!

Now, read through the following Health Watch segment and then do the activity with your classmates and teacher.

Health Watch: Preventing Heart Attack

If you have had a heart attack before, or if you have several risk factors, the following steps may help prevent heart attacks and save your life.

- Take an aspirin tablet (160 or 325 mg) every day. Ask your health care provider before taking daily aspirin.
- If you smoke, quit now. This is the most important lifestyle change.
- Lower the cholesterol level in your blood. Some people can do this by changing their diet, losing weight, and exercising more. Other people need medication.
- Lower the amount of fat in your diet.
- Control blood pressure. High blood pressure is a common cause of heart disease.
- Control diabetes. Diabetes increases your risk of heart attacks.

If you think you are having a heart attack, **get help immediately.** Time is

¹⁹ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing Practice

very important.

- Do not ignore chest pain or discomfort.
- Call 911 for an ambulance. Do not try to drive yourself to the hospital.
- If you have aspirin and you are not strongly allergic, chew and swallow 1 pill. Aspirin may help weaken your heart attack. Chewing the aspirin helps your body use it quickly.

Information excerpted from <http://www.emedicinehealth.com>

Discuss any words you do not know with your classmates and teacher.

Grammar Tip: Present and Past Continuous

Present Continuous

Past Continuous

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<p><u>Form:</u> <i>am/is/are + (not)+ verb-ing</i></p> <p><i>I am (not) exercising.</i></p> <p><i>Andres is smoking.</i></p> <p><i>You are dieting.</i></p>	<p><u>Form:</u> <i>was/were + (not)+ verb-ing</i></p> <p><i>I was (not) exercising.</i></p> <p><i>Andres was smoking.</i></p> <p><i>You were dieting.</i></p>
<p><u>Questions:</u></p> <p><i>(Wh-word) + is/are +subject + verb-ing</i></p> <p><i>What are you eating?</i></p> <p><i>Is he taking his medication?</i></p>	<p><u>Questions:</u></p> <p><i>(Wh-word) + was/were +subject + verb-ing</i></p> <p><i>What were you eating?</i></p> <p><i>Was he smoking too much?</i></p>

Activity One:

Identify the verb forms in the following statements. Circle Present for the present continuous and Past for the past continuous.

1. When Julio was sleeping, he woke up.	<i>Present</i>	<i>Past</i>
2. Why are you taking that aspirin?	<i>Present</i>	<i>Past</i>
3. They weren't going to the hospital.	<i>Present</i>	<i>Past</i>
4. Are you feeling dizzy?	<i>Present</i>	<i>Past</i>
5. Before his stroke, he was smoking a lot.	<i>Present</i>	<i>Past</i>
6. Was Luis asking many questions?	<i>Present</i>	<i>Past</i>
7. I'm not exercising often.	<i>Present</i>	<i>Past</i>

Activity Two:

²²ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing Practice

²³ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing Practice

Fill in the blanks with the correct form of the present or past continuous.

1. Before Andres had a stroke, he _____ (smoke) cigarettes.
2. These days, Mohammed's wife _____ (cook) healthy foods.
3. Mohammed _____ (worry) about having another heart attack.
4. When Julio _____ (eat) lunch at his daughter's house, he could not pick up his fork.
5. If you think you _____ (have) a heart attack, seek help immediately.
6. I lost weight last year when I _____ (diet).
7. How _____ Andres _____ (feel) when he had his stroke?
8. What _____ Julio _____ (do) when he felt pain in his stomach?

Activity Three:

²⁴ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing Practice

Read about Hyung Jin. Then in the space below, write about how he was feeling before the heart attack and how he is feeling now.

Before the Heart Attack

Hyung Jin was at a high risk for having a heart attack. He was smoking 2 packs of cigarettes a day. He had a very stressful job. He had high blood pressure. Because he was always traveling in his car for work, he ate most of his meals in fast food restaurants. He wasn't exercising often. He was taking medication for his blood pressure but he didn't check his blood pressure regularly. He didn't make appointments with his doctor. He suffered a heart attack 6 months ago.

Now

Hyung Jin no longer smokes. He is more relaxed now. He is traveling less. He is eating well and exercising regularly. He is also taking medication for his blood pressure. He is going to the doctor and checking his blood pressure regularly. He feels better now.

What was he doing before	What is he doing now
---------------------------------	-----------------------------

he had the heart attack? (Past Continuous)	to prevent another heart attack? (Present Continuous)
<i>He was smoking 2 packs of cigarettes a day.</i>	<i>He is not smoking anymore.</i>

ESL Health Unit

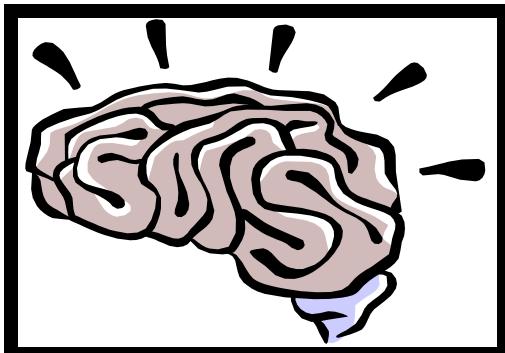
Unit Three

²⁵ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Reading and Writing Practice

Managing Illness

Lesson Three

Heart Attack and Stroke



Real Practice *Advanced Beginning*

Goals for this lesson:

Below are some of the goals of this lesson. Which ones are your goals too? Check (✓) them.

- Understand and be able to talk about the symptoms of heart attack and stroke
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- Use present and past continuous

Students
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Naturalization of
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SHINE

MetLife Foundation 

Lesson Three: Heart Attack and Stroke

Real Practice!

As you read above, in order to reduce your risk of a heart attack, you should lower your cholesterol. Some people can lower their cholesterol with diet and exercise. Others need to take medication. Here are some simple things that may help you lower your cholesterol.

Checklists for Lowering Your Cholesterol

- ✓ Eat a wide variety of foods low in fat and cholesterol.
- ✓ Eat fruits and vegetables every day.
- ✓ Eat cereals, breads, pasta and other whole-grain products.
- ✓ Eat fish, poultry without skin and meat with less fat.
- ✓ Eat fat-free or 1% milk dairy products—not whole-milk dairy products.
- ✓ Enjoy 30–60 minutes of vigorous activities on most (or all) days of the week.
- ✓ Maintain a healthy weight.

Use this checklist to help you think about your diet. At the end of the day, check off the foods that you ate. After one week, look at your checklists and

identify your eating patterns. Talk about your checklist with your health care provider.

A Thematic Unit for Beginning Level ESL Teachers

Days of the week Three: Managing Illness

Lesson Two: High Blood Pressure

Sun Mon Tues Wed Thurs Fri Sat

<i>Fruits and vegetables</i>	Checklist for Learning					
Vocabulary Log: <i>Cereals and pastas</i>						
<i>In the space below, write down all of the new words you learned during this lesson that you want to remember. Try to separate your list of words into nouns (person, place or thing), adjectives (describing words) and verbs (action words). For extra practice use them in sentences of your own.</i>						
<i>Low fat dairy products</i>						
New words I learned during this lesson:						

Sample completed checklist

Nouns: Days of the week

Sun Mon Tues Wed Thurs Fri Sat

<i>Fruits and vegetables</i>	✓	✓	✓	✓	✓	✓	✓
<i>Cereals and pastas</i>		✓	✓	✓		✓	
<i>Fish and poultry</i>	✓	✓			✓	✓	✓
<i>Low fat dairy products</i>	✓	✓	✓	✓		✓	✓

Below are some of the language goals you worked on during this lesson. Check (✓) what you learned from this lesson. Add more ideas if you wish.

I learned to...

- describe your feelings
- understand a voicemail message
- learn new vocabulary
- ~~desirable healthy you to eat the beginning~~ Unit Three: Managing Illness
- make an appointment
-

²⁶ESL Health Unit/Advanced Beginning, Unit Three: The Managing Illness, Lesson Three: Heart Attack and Stroke, Real Practice