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Canada doctors using art to treat patients – 28th October, 2018

Level 0

Doctors and a museum in Canada are helping sick people. They are sending patients to art galleries, instead of giving them medicine. The doctors say art helps our health. The patients have breast cancer, eating disorders and mental health problems. A doctor said: "You could come to the museum and you might feel better."

A doctor who heals people with art therapy said it is good for our physical health. Looking at art produces the same hormones in our bodies that exercise releases. A museum spokesperson said: "I am [sure] that in the 21st century, [art] will be what physical activity was for health in the 20th century."

Level 1

A museum in Canada is working with doctors to help sick people. Doctors will send patients to art galleries, instead of giving them medicine. The doctors believe art benefits our health. The patients include people with breast cancer, eating disorders, epilepsy and mental health problems. A spokesperson said: "We saw that the museum was good for people....You could come to the museum and you might feel better."

A doctor who helps to heal people with art therapy spoke about its benefits. She said: "There's...scientific proof that art therapy is good for your physical health." Looking at art increases the same kinds of hormones in our bodies that are released when we exercise. The museum's director-general said: "I am convinced that in the 21st century, [art] will be what physical activity was for health in the 20th century."

Level 2

A museum in Montreal, Canada is working with a group of doctors to help sick people. The doctors will prescribe visits to art galleries, instead of medicine. The museum is taking part in trials on patients to find out how art affects health. The patients include people with breast cancer, eating disorders, epilepsy and mental health problems. The museum's director of education and wellness believes that art heals. He said: "We saw that the museum was good for people....If you're suffering from breast cancer, you could come to the museum and you might feel better."

A doctor with experience in helping to heal people with art therapy spoke about its benefits. She said: "There's more and more scientific proof that art therapy is good for your physical health." She said looking at art increases hormones in our bodies that are responsible for our well-being. She said these same hormones are released when we exercise. The museum's director-general said physical activity and art gave similar health benefits. She said: "I am convinced that in the 21st century, [art] will be what physical activity was for health in the 20th century."

Level 3

The Montreal Museum of Fine Arts in Canada has teamed up with a group of doctors to help sick people. The doctors will prescribe visits to Montreal's art galleries, instead of giving them medicine. The museum is currently taking part in 10 trials on patients to find out what effect art has on health. The patients include people with breast cancer, eating disorders, epilepsy and mental health problems. Thomas Bastien, director of education and wellness at the museum, believes that art heals. He said: "We saw that the museum was good for people, so we decided to start this program with the doctors. If you're suffering from breast cancer, you could come to the museum and you might feel better."

A doctor who has a lot of experience in helping to heal people with art spoke about the benefits of art therapy. Dr Hélène Boyer said: "There's more and more scientific proof that art therapy is good for your physical health." She said looking at art increases hormones released in our bodies. These hormones are responsible for our well-being. Dr Boyer said visiting art galleries released the same kinds of hormones that are released when we exercise. Nathalie Bondil, the museum's director-general, said physical activity and art gave similar health benefits. She said: "I am convinced that in the 21st century, [art] will be what physical activity was for health in the 20th century."