

Breaking News English.com

Exercise and therapy can heal a broken heart – 11th September 2025

Level 0

Broken hearts are real. They are caused by the stress of losing someone you love. Doctors think they have a cure. Researchers conducted tests on 76 heartbroken people. The people all had weekly counselling and did lots of exercise. Doctors were surprised at how counselling "improved heart function and patients' fitness".

Thousands of people have a broken heart. It can double the risk of dying early. People can get chest pain, shortness of breath, and tiredness. The illness makes the heart bigger and rounder. The research shows the importance of the brain-heart relationship. It said mental and physical therapy can help people.

Level 1

Broken hearts are real. They are caused by emotional or physical stress. It is usually because of losing someone you love. Doctors think they have a cure for it. Researchers conducted a 12-week test on 76 heartbroken people. The people all had weekly counselling. They also did exercise, like aerobics, cycling and swimming. The British Heart Foundation was surprised by how much counselling "improved heart function and patients' fitness".

Hundreds of thousands of people have broken heart syndrome. It can double the risk of dying early. Symptoms include chest pain, shortness of breath, and tiredness. The illness makes the heart rounder, like an octopus. "Takotsubo" is a Japanese word. It means a round pot used to catch an octopus. The research shows the importance of the brain-heart relationship. It said mental and physical therapy can help people.

Level 2

Broken hearts are real. They are caused by lots of emotional or physical stress. This stress can come from losing someone you love. Doctors think they have a cure for it. Researchers at a university in Scotland conducted a 12-week test on 76 people with a broken heart. The patients all had weekly counselling. They also took part in an exercise programme. This 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 have broken heart syndrome. It affects women most and can double the risk of dying early. It may explain why a spouse dies soon after their partner's death. Symptoms include chest pain, shortness of breath, and fatigue. The illness makes the heart change shape. It becomes rounder, like an octopus. "Takotsubo" is a Japanese word. It means a round pot used to catch an octopus. The lead researcher said his research highlights the importance of the brain-heart relationship. He said mental and physical therapy can help people.

Level 3

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.