



Student's name: \_\_\_\_\_

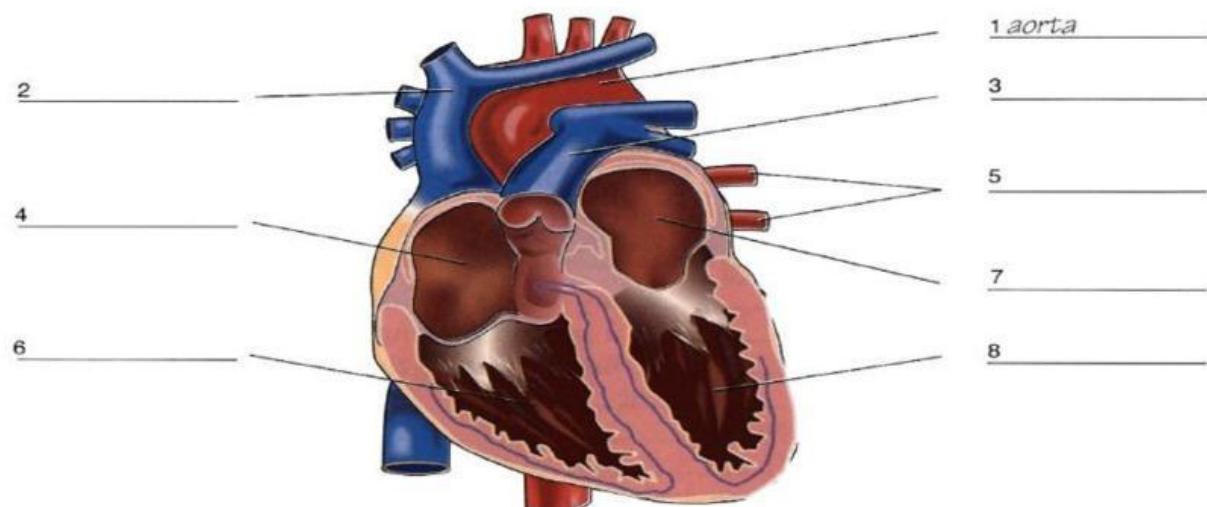
PART I. Use will and the correct form of the verbs in the box.

be      eat      feel      hold      put      roll      see      take      wrap

I <sup>1</sup>\_\_\_\_\_ just \_\_\_\_\_ your sleeve up a little. That's good. We <sup>2</sup>\_\_\_\_\_ a pillow on your lap. Can you <sup>3</sup>\_\_\_\_\_ your arm out straight for me? You can rest it on the pillow. I <sup>4</sup>\_\_\_\_\_ the cuff round your arm. Just relax, that's right. You <sup>5</sup>\_\_\_\_\_ any pain; it <sup>6</sup>\_\_\_\_\_ just <sup>7</sup>\_\_\_\_\_ a bit tight around your arm. OK?  
That's 130 / 85. I <sup>8</sup>\_\_\_\_\_ just \_\_\_\_\_ the cuff off now and then you can <sup>9</sup>\_\_\_\_\_ your breakfast in peace! I'll <sup>10</sup>\_\_\_\_\_ you later.

PART II. Label the diagram of the heart with the words in the box.

aorta      left atrium      left ventricle      pulmonary artery      pulmonary vein  
right atrium      right ventricle      vena cava



**Reading 3** Read and complete the information about the function of the heart. Use the words in the boxes.

#### WHAT THE HEART DOES

The heart is a muscle that <sup>1</sup> \_\_\_\_\_ blood around the body. The blood <sup>2</sup> \_\_\_\_\_ through to the other organs and takes food and oxygen to them. The blood then <sup>3</sup> \_\_\_\_\_ to the heart via the veins.

circulates    pumps    returns

#### THE CHAMBERS OF THE HEART

Inside the heart there are four chambers. The two upper chambers are called the <sup>4</sup> \_\_\_\_\_. They receive and collect blood. The two lower chambers of the heart are called the <sup>5</sup> \_\_\_\_\_. They pump blood out of the heart into the <sup>6</sup> \_\_\_\_\_ to other parts of the body.

atria    circulatory system    ventricles

#### THE BLOOD FLOW

Blood enters the right atrium of the heart from the superior and inferior <sup>7</sup> \_\_\_\_\_. The heart then pumps blood into the right ventricle. From there the blood goes into the lungs through the <sup>8</sup> \_\_\_\_\_, where it is filled with oxygen. The oxygen-rich blood then returns to the heart through the pulmonary veins into the left atrium. From there the blood is pumped into the left ventricle which then pumps it into the rest of the body through the <sup>9</sup> \_\_\_\_\_.

aorta    pulmonary artery    vena cava

#### PART IV. READ THE PATIENT LEAFLET. CHOOSE TRUE OR FALSE.

#### Smoking and cardiovascular disease

Smoking is a major risk factor for getting cardiovascular (heart and blood vessel) disease. The more you smoke, the greater your risk. Did you know that nicotine and carbon monoxide from cigarettes have a significant effect on your heart and blood vessels? When you smoke, your heart rate increases and your blood pressure rises. At the same time, your arteries narrow and blood flow decreases.



#### Giving up smoking – what are the real benefits?

Your risk of heart disease begins to decrease almost immediately after you stop smoking.

In 20 minutes: your blood pressure and heart rate fall to their normal level.

In eight hours: your level of oxygen rises to its normal rate and your carbon dioxide level drops.

In 24 hours: your chance of a heart attack starts to go down.

In 12 months: your risk of a heart attack falls by more than 50%.

After several years: your risk of heart disease could be similar to that of someone who has never smoked at all.

Give up smoking – it's never too late!

Are these sentences *true* (T) or *false* (F)? Correct the false statements.

- 1 Your risk of cardiovascular disease is greater if you smoke. (T / F)
- 2 Nicotine will increase your blood flow and decrease your blood pressure. (T / F)
- 3 Heart rate returns to normal less than half an hour after stopping smoking. (T / F)
- 4 Even ex-smokers remain high risk for heart disease. (T / F)
- 5 It is sometimes too late to stop smoking. (T / F)

Cover the text. Complete a summary of the main points.

- 1 The risk of heart disease \_\_\_\_\_ the more you smoke.
- 2 Chemicals in cigarettes can block the arteries. The heart rate \_\_\_\_\_ and blood pressure \_\_\_\_\_.
- 3 As soon as you stop smoking, the risk of heart disease \_\_\_\_\_.
- 4 After eight hours, your oxygen level \_\_\_\_\_ and the level of carbon-dioxide \_\_\_\_\_.
- 5 The risk of a heart attack \_\_\_\_\_ by 50 percent within 12 months.