



English for PS, Sek I, Sek II

Dossier Heart

The pump – Nicole's heart defect – Heart and lifestyle – Love

29:45 Minutes

The pump Module 1 – 09:42 minutes

00:00 The heart, our pump. It is the most impressive muscle in our body. Every day it beats about 100 000 times, pumping 6 000 to 8 000 litres of blood around our body.

02:44 Usually our heart works perfectly and faultlessly, for decades. But if it suffers damage, this can quickly become dangerous: heart and circulatory problems are the most common cause of death.

04:16 The graphics show the structure and the function of the heart.

07:50 Yet such a powerful pump can also become worn out. For example, deposits in the coronary arteries can lead to a heart attack.

09:28 In order to cure heart problems there are various ways in which medicine can help today: a heart catheter against blocked arteries; replacement valves or a pacemaker against disordered rhythm.

09:51 If our heart has no congenital defects, it will be a very reliable pump for decades. And if you train it, the heart can achieve unbelievable feats.

Nicole's heart Defect Module – 7:37 minutes

Nicole is ill, with a congenital heart defect. Her heart has got no right chamber.

14:29 Many times, she's stayed in hospital as an emergency – and also had to give up her first apprenticeship.

16:33 Today she is glad that she held out and that she is able to go out again.

17:10 Dave, Nicole's boyfriend, is talking about their relationship: It is not always easy when your partner is seriously ill.

17:59 Nicole is calm about her future. She knows that one day, her heart will be too weak to beat any more. She does not fear death, she says.

Heart and lifestyle Module 3 – 5:44 minutes

19:26 A research team is looking at how stress may affect the heart.

21:20 Stress, obesity and lack of movement are diseases of civilization which can harm the heart.

22:11 Another lifestyle factor which is harmful for the heart is alcohol.

22:23 And nicotine is the worst thing for the heart and one of the most frequent causes of heart attacks.

22:49 Danger of heart attack with party drugs, amphetamines and cocaine – even for very young people!

Love Module 4 – 3:31 minutes

24:45 Where do we feel love? Everyone agrees that the heart or the stomach is the place of love.

26:03 The Swiss scientist Andreas Bartels has made love his specialist field – where did he locate love?

27:26 When you fall in love the reward centre (striatum) in the brain is active.