

Playing Card Games Help Stroke Patients Recover

VOCABULARY WORDS

1. intensive /ɪn'ten.sɪv/ (adjective) involving a lot of effort or activity in a short period of time
Example: The course compresses two year's training into six intensive months.
2. repetitive /rɪ'pet.ə.tɪv/ involving doing or saying the same thing several times, especially in a way that is boring
Example: She left the job because the work was too repetitive.
3. cut off /kʌt ɔ:f/ (phrasal) to stop suddenly; discontinue
Example: The electricity has been cut off within the hotel.
4. droop /dru:p/ (verb) to bend or hang down heavily:
Example: The flowers were drooping in the heat.
5. slur /slɜ:/ (verb) to pronounce the sounds of a word in a way that is wrong or not clear
Example: Her speech was slurred but she still denied she was drunk.



A new report says playing card games can help stroke patients recover just as much as virtual reality games. Researchers conducted tests on 141 patients to determine whether gaming or traditional games was better at treating strokes. They found that playing cards, games like dominoes, and even throwing paper balls into a basket improved patients' body's ability to manage the process of movement.

Playing bingo or using a Wii games console also helped recovery. The researchers reported that if the task used to recover motor skills is **intensive, repetitive** and gets the hands and arms moving, it will help.

A stroke happens when the blood supply to the brain is **cut off**. It can lead to death. Stroke sufferers usually experience physical changes such as **drooping** face muscles, **slurred** speech and a loss of strength in the limbs.

The researchers said it wasn't clear if virtual reality games or traditional games helped sufferers more. A researcher said: "We...have the tendency to think that new technology is better than old-fashioned strategies, but sometimes that's not the case. In this study, we found that simple recreational activities...may be as effective as technology."

DISCUSSION

1. In what way are computer games better than traditional games?
2. What can we do to prevent strokes?
3. What are your favorite card games?
4. When is old-fashioned better than technology?
5. What are your favorite recreational activities?