

## Angina

**What is angina?** Angina is pain, pressure, or tightness that is usually felt in chest. Chest pain may come on when person is stressed or do physical activities, such as walking or exercising. Angina is caused by decreased blood flow and oxygen to heart. These are often caused by atherosclerosis (hardening of the arteries). Angina can be a warning sign that person may be at risk for a heart attack.

### What increases my risk for angina?

- Age older than 55 years
- Diabetes, hypertension, chronic kidney disease, or high cholesterol
- A heart problem, such as heart valve disease, a past heart attack, or an enlarged heart
- A condition that causes inflammation, such as rheumatoid arthritis (RA)
- Smoking cigarettes, being around second-hand smoke, or using drugs
- Not enough exercise, or being overweight
- A family member diagnosed with heart disease at a young age

### What other signs and symptoms

- Pressure, tightness, or pain in neck, jaw, shoulder, or back
- Pain or numbness in either arm
- Discomfort that feels like heartburn
- Shortness of breath, sweating, nausea, or light-headedness

### How is angina diagnosed?

- **An EKG** records heart rhythm and how fast heart beats
- **Blood tests** A stress test
- **An echocardiogram**
- **Cardiac catheterization**

### How is angina treated?

- **Medicines** may be given to prevent blood clots.
- **Angioplasty and stenting** help open the coronary arteries and allow blood to flow to the heart.

- **Coronary artery bypass graft (CABG)**, or open heart surgery, can improve blood flow to the heart

### What are heart-healthy tips?

- **Do not smoke.** Nicotine and other chemicals in cigarettes and cigars can cause heart and lung damage.
- **Maintain a healthy weight.** When weigh is more than healthy weight, heart must work harder.
- **physical activity.** Physical activity, such as exercise, can help strengthen your heart.
- **Choose a variety of heart-healthy foods as often as possible.**
- **Lower your sodium (salt) intake.**
- **Eat foods high in omega-3 fatty acids.**



**Reference:** Micromedex's Care Notes System Online 2.0