

Angina

Angina is pain or discomfort in the chest, arms, jaw or upper back caused by decreased blood flow to the heart. It often occurs during exercise, stress or activities when your heart rate and blood pressure increase. The pain is a signal that your heart is not getting enough oxygen. It is a strong sign that you need treatment to prevent a heart attack.

Angina may happen with:

- Work or exercise
- Eating a large meal
- Smoking or using tobacco
- Very hot or cold temperatures
- Emotions or stressful events
- Active dreams while sleeping

Signs of Angina

- Pain or pressure in your chest, arm, jaw, shoulders or neck. It may spread from one place to another.
- Feeling of tightness, heaviness, squeezing or burning
- Sweating
- Shortness of breath
- Nausea
- Feeling very tired, dizzy or faint

Your Care

If you have signs of angina, rest and **call 911**. You will be tested to see if your signs are caused by angina.

Follow-up with your doctor to get a plan for your care. You may be given medicine to take. Your doctor may also want you to eat a low fat diet and start exercising.

Talk to your doctor or nurse if you have any questions or concerns.

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絞痛

絞痛是胸、手臂、下巴或上背部的疼痛或不適，由流向心臟的血流量減少而引起。絞痛經常在運動、有壓力或活動時發生，此時您的心率和血壓增加。疼痛是您的心臟供氧不足的信號。它是強烈症狀，顯示您需要治療以防心臟病發作。

絞痛可能會在此時發生：

- 工作或運動時
- 大吃一頓時
- 吸煙或嚼用(嗅)煙草時
- 高溫或低溫時
- 有引起情緒激動或壓力的事件
- 睡覺時多夢

絞痛症狀

- 胸、手臂、下巴、肩或頸部的疼痛或壓迫感。感覺會從一處擴散到另一處。
- 會感到氣悶、沉重、擠壓或灼痛
- 出汗
- 呼吸急促
- 噁心
- 感覺很疲累、頭暈或虛弱

您的護理

如果您有絞痛症狀，請休息並撥打 911。您會得到檢查以確定症狀是否由絞痛引起。

後續診訪醫生以得到您的醫療計劃。您可能要服藥。您的醫生也可能要您吃低脂肪食物並開始做運動。

如果您有任何疑問或關注事項，請告知您的醫生或護士。

Angina. Traditional Chinese.

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