

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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绞痛

绞痛是胸、手臂、下巴或上背部的疼痛或不适，由流向心脏的血流量减少而引起。绞痛经常在锻炼、有压力或活动时发生，此时您的心率和血压增加。疼痛是您的心脏供氧不足的信号。它是强烈症状，显示您需要治疗以防心脏病发作。

绞痛可能会在此时发生：

- 工作或锻炼时
- 大吃一顿时
- 吸烟或嚼用(嗅)烟草时
- 高温或低温时
- 有引起情绪激动或压力的事件
- 睡觉时多梦

绞痛症状

- 胸、手臂、下巴、肩或颈部的疼痛或压迫感。感觉会从一处扩散到另一处。
- 会感到气闷、沉重、挤压或灼痛
- 出汗
- 呼吸急促
- 恶心
- 感觉很疲累、头晕或虚弱

您的护理

如果您有绞痛症状，请休息并**拨打 911**。您会得到检查以确定症状是否由绞痛引起。

后续诊访医生以得到您的医疗计划。您可能要服药。您的医生也可能要您吃低脂肪食物并开始锻炼。

如果您有任何疑问或关注事宜，请告知您的医生或护士。

Angina. Simplified Chinese.

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