

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.