

ANGINA LOG

Angina is pain or discomfort in the chest that occurs when your heart doesn't get enough oxygen. A log (or record) of your angina symptoms helps show what angina is like for you and how your angina pattern changes over time. The log helps your doctor regulate your medicines and decide on future treatments.



- On days you have angina, fill in the date and the number of times you had angina that day.
- Write down what triggered your angina, if anything. Common triggers are exercise, emotions, eating a large meal and going out in cold weather. If there was no trigger, write "no trigger."
- Use a scale of 1 to 4 to rate your pain or discomfort:
1 = mild, 2 = somewhat strong, 3 = severe, 4 = very severe.
- Note how long the angina lasted and what you did for it (such as rest or take nitroglycerin).
- Take this sheet with you and show it to your doctor at each visit.

DATE	NUMBER OF ANGINA ATTACKS	TRIGGER	RATING (1-4)	HOW LONG IT LASTED	WHAT DID YOU DO FOR IT?
JUNE 16	1	big meal	2	1 minute	nitro