

## Fast Facts

### Angina

- Chest pain as a result from reduced blood flow (oxygen) to your heart (ischemia)
- Result of coronary artery disease (CAD), which is when your arteries become narrowed due to buildup of fatty deposits, as known as plaques (process is known as atherosclerosis)
- Problem arises when you increase the demand for oxygen in the cells through in and your body can't supply it because it can't get enough blood to your heart due atherosclerosis
  - Two types of angina: stable and unstable
- Stable angina is the most common and usually lasts a short time—disappears sooner if you rest or take medication (it'll have a pattern to severity, duration and characteristics of pain)
- Unstable angina can occur at rest, is unexpected, different from your usual pattern of angina, more severe, lasts longer and may not be relieved by angina medication. Can signal a heart attack and should be treated immediately by emergency personnel

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Chest pain/discomfort (usually described as a pressure, squeezing, burning or fullness sensation)</li> <li>-Pain radiates to your arms, neck, jaw, shoulder or back</li> <li>-Nausea</li> <li>-Fatigue</li> <li>-Shortness of breath</li> <li>-Sweating</li> <li>-Dizziness</li> </ul> <p><i>Women can experience different symptoms:</i></p> <ul style="list-style-type: none"> <li>-Nausea</li> <li>-Shortness of breath</li> <li>-Abdominal pain</li> <li>-Discomfort/ache in neck, jaw or back</li> <li>-Stabbing pain in the chest rather than a pressure sensation</li> </ul>	<p><u>Goals:</u></p> <ul style="list-style-type: none"> <li>-Reduce the frequency and severity of symptoms</li> <li>-Decrease the risk of heart attack and death</li> </ul> <p><u>Medications to Control Blood Pressure:</u></p> <ul style="list-style-type: none"> <li>-Nitrates (nitroglycerin)</li> <li>-Calcium channel blockers</li> <li>-Beta blockers</li> <li>-Angiotensin-converting enzyme (ACE) inhibitors</li> <li>-Angiotensin receptor blockers (ARBs)</li> </ul> <p>-The reason why there are so many medications that can control your blood pressure is because it's a delicate balance of several processes that occur at the same time. So, different medicines work at different points in the process</p> <p><u>Other Medications:</u></p> <ul style="list-style-type: none"> <li>-Blood clot prevention (aspirin, warfarin, clopidogrel, prasugrel and ticagrelor)</li> <li>-Cholesterol control (statins)</li> </ul> <p><u>Surgical Interventions:</u></p> <ul style="list-style-type: none"> <li>-Angioplasty (inserting a tiny balloon into the narrowed artery, inflating it to widen the space and placing a small wire mesh coil, or stent, to keep it open)</li> <li>-Coronary artery bypass surgery (using an artery or vein from elsewhere in your body and grafting it on to your heart to bypass the affected coronary artery)</li> </ul>	<p><u>Lifestyle changes:</u></p> <ul style="list-style-type: none"> <li>-Maintain a healthy weight</li> <li>-Eat a balanced and nutritious diet</li> <li>-Exercise regularly</li> <li>-Don't drink excessive amounts of alcohol (ex. more than two drinks a day for men and more than one drink a day for women)</li> <li>-Manage your stress level</li> <li>-Don't smoke</li> <li>-Keep your other health conditions in check</li> </ul>

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