

Angina

What Is Angina?

Angina is chest pain, discomfort or a squeezing, burning or heavy feeling in the chest. It is caused by a temporary reduction in the amount of blood that reaches the heart muscle.

Angina is a symptom of coronary artery disease (CAD), which is a narrowing of the arteries that supply the heart with blood.

Angina is a warning sign that you may have CAD.

What Causes Angina?

Angina is caused by a temporary reduction in the amount of blood that reaches the heart muscle. This is usually due to a narrowing of the arteries that supply the heart with blood.

The narrowing of the arteries is caused by a buildup of plaque in the walls of the arteries.



The narrowing of the arteries is caused by a buildup of plaque in the walls of the arteries.

Recognizing the Symptoms

The symptoms of angina are chest pain, discomfort or a squeezing, burning or heavy feeling in the chest. It is usually triggered by physical activity or stress.

Warning Signs

- Chest pain, discomfort or a squeezing, burning or heavy feeling in the chest
- Pain that is triggered by physical activity or stress
- Pain that is relieved by rest or nitroglycerin
- Pain that is accompanied by shortness of breath, sweating, nausea or lightheadedness

Angina is a warning sign that you may have CAD.

Preventing Angina

The best way to prevent angina is to keep your heart healthy. This can be done by eating a healthy diet, exercising regularly, and not smoking.

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A guide to the various physical causes of angina.

The Heart



The heart is a muscular organ that pumps blood throughout the body. It is located in the chest, between the lungs.

ANGINA FACTORS INCLUDE:

- Smoking
- High Blood Pressure
- Elevated Cholesterol Levels
- Advanced Age
- Diabetes
- Family Heart Disease
- Obesity
- Lack of Exercise

Treatment

The goal of treatment is to relieve the chest pain and prevent future episodes.

Treatment options include lifestyle changes, medications, and surgery.

Angina is a warning sign that you may have CAD.

Medications

Medications can help relieve chest pain and prevent future episodes.

- Nitroglycerin** - Relieves chest pain by dilating the coronary arteries.
- Beta-blockers** - Reduce the heart's workload and lower blood pressure.
- Calcium channel blockers** - Relax the blood vessels and improve blood flow.
- Diuretics** - Remove excess fluid from the body, reducing the heart's workload.
- Statins** - Lower cholesterol levels, reducing the risk of plaque buildup.
- Aspirin** - Prevents blood clots from forming.

Surgical Treatments

Surgical treatments can help improve blood flow to the heart.



Angina is a warning sign that you may have CAD.

Healthy Living

Healthy living can help prevent angina and improve overall heart health.

- Eat a healthy diet rich in fruits, vegetables, and whole grains.
- Exercise regularly to keep your heart strong.
- Don't smoke or drink alcohol.
- Manage stress through relaxation techniques.
- Get regular checkups to monitor your heart health.

Diseases Explained Angina Wall Chart

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