

# What is **ANGINA**

♥♥ Pectoris



## Angina Pectoris:

a condition marked by severe pain in the chest, often also spreading to the shoulders, arms, and neck, caused by an inadequate blood supply to the heart.



### How long does an angina episode last?

Typically, an angina spell lasts several minutes, or it may ease and return again.

## Causes :

- Lung infection
- Blockage in a lung artery (Pulmonary embolism)
- Tearing of a major artery (Aortic dissection)
- Narrowing of the aortic valve (Aortic stenosis)
- Disease of the heart muscle (Cardiomyopathy)
- Inflammation of the heart's outer lining (Pericarditis)
- Severe anxiety or panic attacks

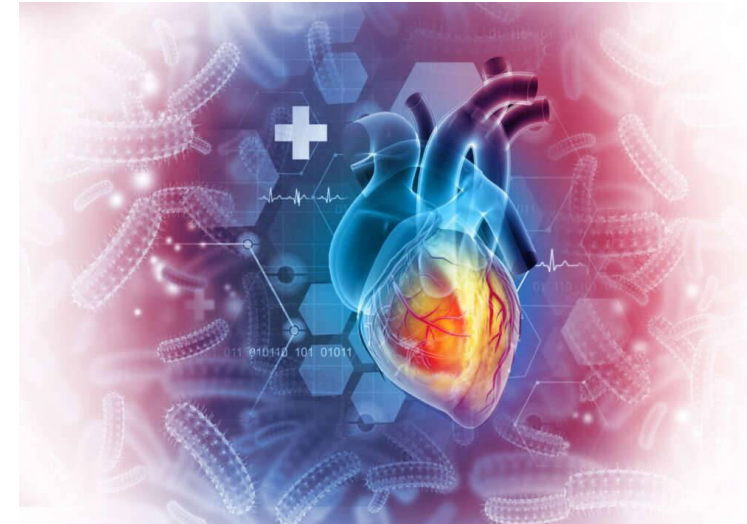
### How can you know if your chest pain is serious?

Chest pain becomes more concerning when it appears along with symptoms such as:

- Anxiety
- Sweating
- Nausea
- Tiredness
- Dizziness or fainting
- Breathlessness
- Discomfort spreading to the jaw, neck, shoulders, arms, or back



SMT. RASILABEN SEVANTILAL SHAH  
**VENUS HOSPITAL**



### What foods should be avoided in angina?

- Limit foods high in fat and reduce intake of dairy products
- Avoid foods rich in salt (sodium)
- Eat a variety of fruits, vegetables, and whole grains
- Opt for lean proteins like skinless poultry, fish, and legumes

## Can angina be mistaken for indigestion?

Yes. Angina may feel like pressure, squeezing, or a burning sensation in the chest. Since this discomfort resembles indigestion, the two can sometimes be confused.

## Is chest pain always caused by a heart problem?

No. Several non-cardiac conditions can produce chest pain, such as:

- Lung infection
- Pulmonary embolism
- Aortic dissection
- Aortic stenosis
- Cardiomyopathy
- Pericarditis
- Panic attacks

## Tests to Identify the Cause of Angina :

- Blood investigations
- Chest X-ray
- Electrocardiogram
- Stress or treadmill test
- Coronary angiography
- Cardiac catheterization
- CT coronary angiography

## When Angina Occurs :

You may feel angina during activities or conditions that strain the heart, such as:

- Climbing stairs
- Fast -paced walking
- Exposure to extreme heat or cold
- Exercise
- Sexual activity
- Carrying heavy loads
- Emotional stress

## Types of Angina :

### • **Stable Angina / Effort Angina:**

Most common lasts a few minutes and eases with rest.

### • **Unstable Angina / Crescendo Angina:**

Occurs at rest or with mild activity intense and prolonged does not improve with rest or nitroglycerin.

### • **Variant (Prinzmetal's) Angina:**

Rare happens during rest or sleep caused by sudden artery spasm.

### • **Microvascular Angina:**

Affects the smallest heart vessels may not show on standard heart tests linked to significant health risks.

### • **Silent I schemia:**

Often seen in people with diabetes occurs without noticeable symptoms.

## Treatment for Angina :

- Cardiac interventions (as advised by cardiologist)
- Medications such as nitroglycerin in tablet, spray, capsule, or patch form, often with additional drug s
- Lifestyle changes
- Cardiac rehabilitation programs

## Prevention of Angina :

- Quit smoking
- Avoid overly strenuous physical exertion
- Avoid extreme hot or cold climates
- Manage stress and practice relaxation technique s
- Follow a lowfat, heart healthy diet



### Contact Us :

Smt. Rasilaben Sevantilal Shah Venus Hospital  
Near Lal Darwaja Flyover, Ring Road, Surat  
Gujarat-395003

Enquiry No : 0261 2700300/01

Email : [info@venushospital.in](mailto:info@venushospital.in)