

مركز هيلث شيلد الطبي.

Health Shield Medical Center.



HEALTH SHIELD MEDICAL CENTER

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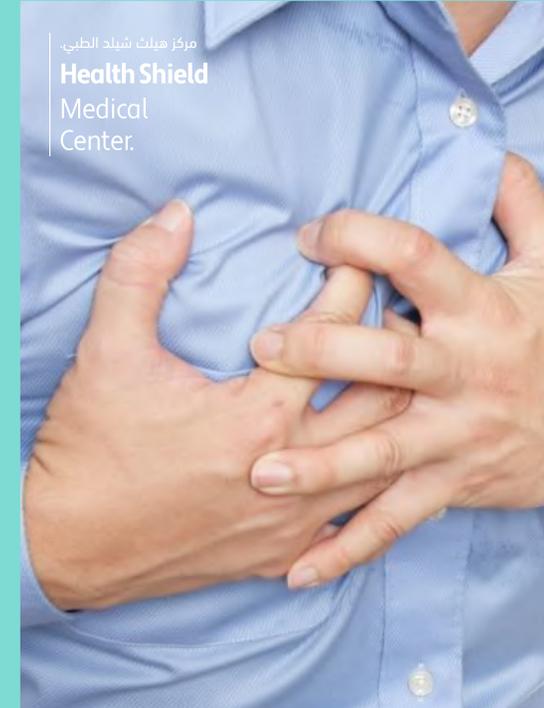
Part of the Capital Health Network



كابيتال هيلث
Capital Health

ثقة و فخر Trust & Pride

ANGINA



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Angina is chest pain or pressure caused by decreased blood flow to the heart. Pain may also be felt in your arms, jaw or upper back. The pain is a signal that your heart is not getting enough oxygen.

Risk Factors:



It is a **sign** that you need treatment to prevent a heart attack. Angina may happen anytime but is more common with:

- Work, exercise or activity
- Eating a large meal
- Smoking or using tobacco
- Very hot or cold temperatures
- Emotional or stressful events

Symptoms:

- Signs of angina can be much like the signs of a heart attack.
- Pain or pressure, or a feeling of tightness or heaviness in the chest, arms, jaw, shoulders or neck
- Sweating
- Shortness of breath
- Nausea or vomiting
- Abdominal pain
- Feeling very tired, dizzy or faint
- Some people have no signs

Treatment:

You will be tested to see if you have a heart problem.

You may be started on medicine or have other procedures to improve blood flow to your heart.

Your doctor may also want you to eat a low fat diet and exercise to improve your heart health.

If your doctor prescribes **nitroglycerin**, use the medicine as your doctor orders.



Seek Help. Call 998 if:

- Are having signs and do not have medicine to treat your angina.
- Have taken your medicine, but your signs are not going away or you have new signs that you have not had before.

Sit or lie down until the emergency team arrives.

Do not drive to the hospital or delay by calling your doctor.