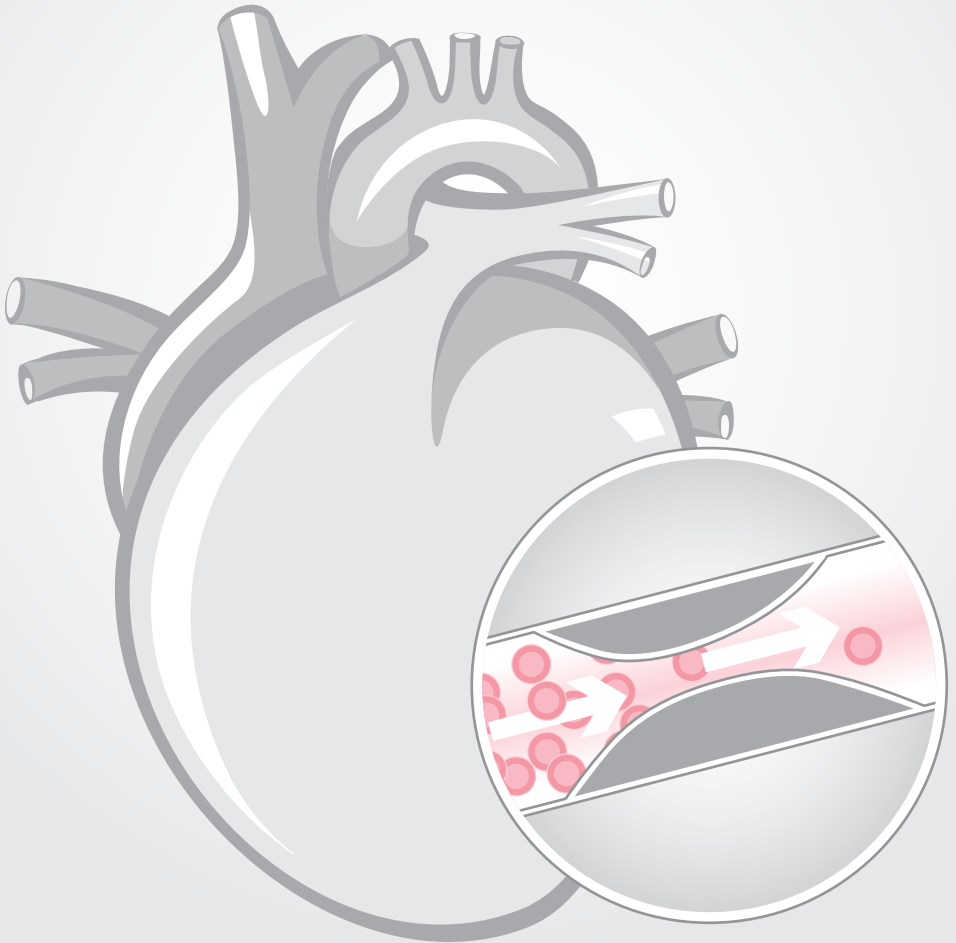




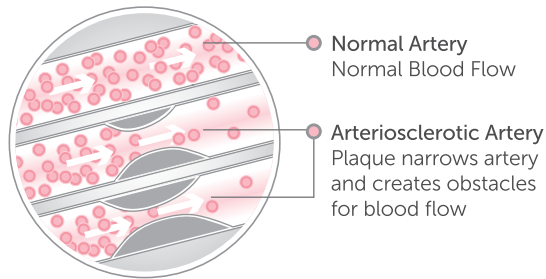
# ANGINA

WHAT STANDS BETWEEN YOU AND YOUR HEART



# Don't let anything **stop** your heart from living

Angina is chest pain or discomfort that occurs when your heart muscle does not get enough oxygen from blood. It is a symptom of Coronary Artery Disease (CAD), which is the narrowing or block in the coronary arteries due to a buildup of plaque (Atherosclerosis).



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## HEART ATTACK V/S ANGINA

A heart attack is a block due to a clot or narrowing in the coronary artery. Unlike angina, heart attack pain is often more severe, lasts longer and will not subside with rest or medication such as a nitrate tablet or spray. You may sweat, feel sick and experience severe indigestion symptoms.

### TYPES OF ANGINA:

#### Stable Angina

This is the most common and occurs during physical effort or emotional stress. The pain usually goes away in a few minutes after you rest or take your angina medicine. It is not a heart attack but signals one in the future.

#### Unstable Angina

This can occur without exertion and requires emergency treatment. It warns of an oncoming heart attack.

#### Variant Angina

This rare type usually occurs while resting between midnight and early morning. The pain can be severe and can be relieved by medicine.



## SIGNS AND SYMPTOMS OF ANGINA

Although pain and discomfort are the main symptoms of Angina, also look out for any pressure, squeezing, burning, or tightness in the chest.

Angina pain usually starts in the chest behind the breastbone, but may also occur in the arms, shoulders, neck, jaw, throat or back. Common signs are nausea, fatigue, shortness of the breath, sweating, light-headedness, or weakness.

Chest pain could also be caused by a heart attack, lung problems, a panic attack, or even heartburn. In fact, angina is often mistaken for indigestion.

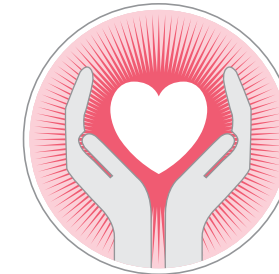
### Angina can be diagnosed by conducting the following tests:

- Electrocardiogram (ECG)
- Exercise Electro Cardiograph (TMT) or Stress Test
- Nuclear Heart Scan
- Computed Tomography Angiography (CTA)
- Coronary Angiography

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## HOW TO TREAT ANGINA

Angina medication helps reduce the development of blood clots and increases the blood supply to your heart. It reduces the work your heart has to do, and helps keep blood cholesterol levels down.

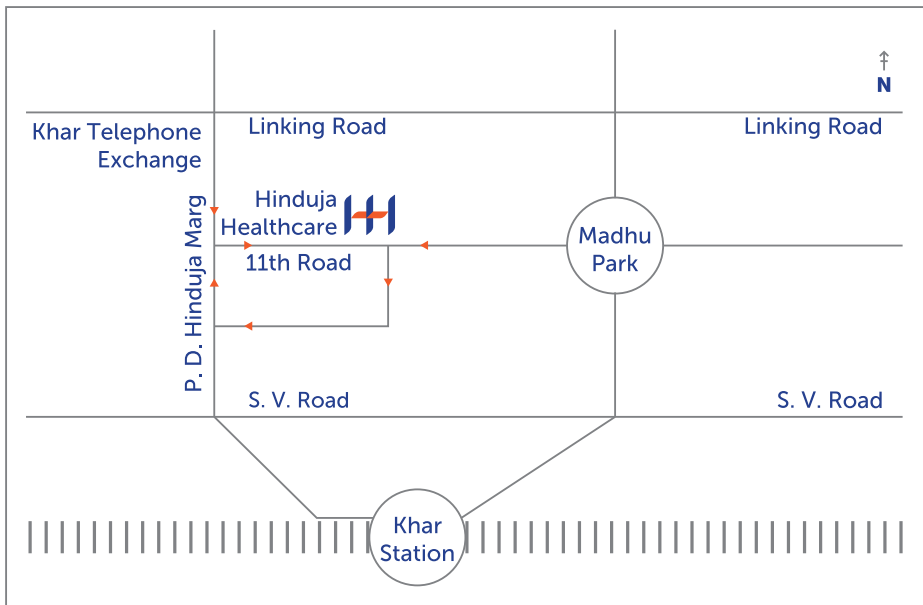


However, in severe cases, a coronary angioplasty or coronary bypass surgery is the only solution. Ask your doctor for more information on these treatments and decide the best thing for you.

### Prevent Angina

Simple lifestyle changes and timely treatment can prevent or lower your risk for heart disease and angina. These also help in living a balanced life after angina.

- Eat healthy, stay active and lose weight.  
Reduce and maintain blood pressure, cholesterol, and obesity with your diet and medication.
- Smoking cigarettes, cigars and even pipes is a major cause of coronary heart disease, especially among younger people. Even 5 years of quitting smoking can reduce the risk of a heart attack by half as compared to a smoker. Ask your doctor for ways to quit using nicotine replacement products like chewing gum, skin patches, and tablets.
- Control diabetes and high blood sugar.



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