

Angina

We have determined that your chest pain is coming from your heart. This is called **angina**. Angina is caused by not enough oxygen getting to your heart muscle.

When your heart muscle does not have enough oxygen, it can cause you to have angina, or worse, it could result in a heart attack.

A **heart attack** is when the blood flow to a part of your heart muscle is blocked. When this happens, heart muscle is damaged.

Is it angina or a heart attack?

Most people who have been told they have angina get to know the pattern of their angina attacks and have a home treatment plan from their care provider.

If the angina pain changes or pain in your chest is new or different (crushing, squeezing or heaviness in the chest), you could be having a heart attack.

Symptoms

You could be having a heart attack if you experience:

- + A crushing or squeezing feeling in the chest.
- + A heavy weight on the chest.

You may also notice any of these symptoms:

- + Pain spreading to the arm, shoulder, neck, and jaw.
- + Stomach or belly pain.
- + Sweating.
- + Trouble getting your breath.
- + Feeling sick to your stomach (nausea) or throwing up (vomiting).
- + Feeling dizzy or light-headed.
- + Changes in your heartbeat (fast, slow, or irregular).
- + Feeling very weak or tired.

HOW TO CARE FOR YOURSELF AT HOME

If you have been told you have angina and you and your care provider have made a **home treatment plan** for how to deal with your angina attacks, follow that plan.

WHEN TO GET HELP

Call 9-1-1 if you are experiencing any of the following:

- + Your current symptoms do not go away or get worse following your home treatment plan.
- + You are having new and different chest pain than you are used to, or any of the other symptoms listed.

Call 8-1-1 or see your family doctor if:

- + You are not sure how to follow your home treatment plan.

TO LEARN MORE ASK

- + Your family doctor.
- + Your pharmacist.
- + HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca

RECOMMENDED FOLLOW UP

- Follow up with your primary care provider in ___ days.

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Find this information sheet on the BC Emergency Medicine Network website:

www.bcemn.ca/clinical_resource/angina/