

## What Is Angina?

**Angina** is a warning that the heart muscle is not getting enough oxygen-rich blood. Medication, certain medical procedures, and lifestyle changes can help control angina. Talk to your doctor about how to prevent angina and what to do if you get it.

### How Does Angina Feel?

- Heaviness, tightness, pressure, or burning in or near your chest or back.
- Discomfort, numbness, aching, or tingling in one or both of your arms, elbows, or wrists.
- Discomfort in your shoulders, neck, throat, or jaw.
- Fatigue, nausea, sweating, shortness of breath or indigestion.

### When Does Angina Happen?

- Angina usually happens most often during activity. It can also occur when you're upset or after a large meal.
- If angina starts occurring more frequently, lasts longer or causes more discomfort, you may have **unstable angina**. It's a sign that your heart problem may be getting worse.



Certain medications, like nitroglycerin, can help to control the symptoms of angina

### What You Can Do About Angina

- If you are doing an activity—**stop and rest**.
- Take your medications as directed.
- If medication doesn't relieve your angina, your doctor may recommend certain medical procedures:
  - **Angioplasty** opens blocked arteries by compressing plaque against the artery wall.
  - **Bypass** surgery creates a new path for blood to flow around blockages.
  - **Atherectomy** uses a grinding tool to remove plaque from artery walls.
  - **Stents** are placed inside an artery to keep it open.
- Make some important changes in the way you live. Stop smoking, exercise each day, and eat less fat and salt.