



Does anyone die due to angina?

Complications like heart attack or stroke may arise due to angina causing death in many cases.



What is the duration of an angina attack?

Generally the pain in an angina attack lasts for more than a few minutes or goes away and comes back.

Can angina be confused with indigestion?

Angina pain may feel like just a little pressure in the chest or burning, squeezing pressure. As the tight, burning sensation felt in angina is similar to that of indigestion, they may be confused.

Is my chest pain always due to heart problem?

Conditions other than heart related angina that can cause chest pain include:

- Lung infection
- Blockage in a lung artery (Pulmonary embolism)
- Tearing of a major artery (Aortic dissection)
- Narrowing of Aortic valve (Aortic stenosis)
- Heart muscle disease (Cardiac myopathy)
- Inflammation in tissue surrounding heart (Pericarditis)
- Panic attack

How can you be sure that your chest pain is serious?

When your chest pain is combined with other symptoms like anxiety, sweating, nausea, fatigue, dizziness or fainting spells, breathlessness, and pain in jaw, neck, shoulders, arm, and/or back.

What foods are to be avoided in case of angina?

- Avoid high-fat containing foods and dairy products.
- Avoid high sodium containing foods
- Eat plenty of fruits, vegetables, and whole grains.
- Choose lean proteins, such as skinless chicken, fish, and beans.

Book an Appointment
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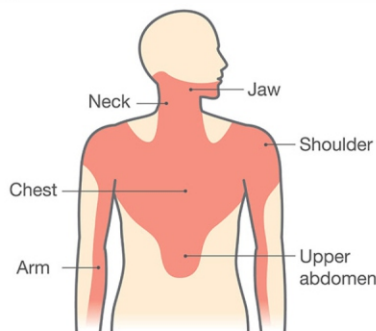
Angina (Chest Pain)

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Angina (Chest Pain)

Angina is not a heart disease but a symptom of heart disease. There is pain or discomfort in the chest due to insufficient oxygen and blood supply to the heart. This pain may radiate to other parts.



Occurrence of Angina

You may experience angina while doing any strenuous activity like climbing stairs, walking briskly, working in extremely hot or cold weather, exercise, sex, carrying heavy load, or emotional stress.

Types of Angina

- Stable angina/ Angina pectoris/ Effort angina: Most common. Last for a few minutes and goes away at rest.
- Unstable angina/ Crescendo angina: Can occur at rest or with mild activity. Strong and long-lasting pain that does not go away with nitroglycerin or rest.
- Variant/ Prinzmetal's angina: Rare. May occur during rest or sleep. There is sudden tightening or narrowing of the heart arteries.
- Microvascular angina: Rare. Affects the tiniest arteries of the heart. Doesn't show up in traditional heart scans but linked to serious health outcomes.
- Silent ischaemia: Common in diabetics

Risk factors for Angina

- Family history of early heart disease
- Older age (men after 45 years and women after 55 years)
- Inactive lifestyle
- Unhealthy diet
- Unhealthy cholesterol levels
- High blood pressure
- Smoking
- Diabetes
- Overweight or obesity
- Metabolic syndrome

Symptoms of Angina

The degree of angina pain may vary and it feels like intense heavy pressure, that squeezes the chest and causes discomfort and burning. It has been described as "an elephant sitting on my chest" feeling.

Tests to determine the cause of Angina

- Blood tests
- Chest x-ray
- Electrocardiogram (EKG)
- Treadmill tests
- Coronary angiography
- Cardiac catheterization
- Computed tomography angiography

Treatment of Angina

- Cardiac procedures
- Medications like Nitroglycerin may be prescribed by doctor either in the form of tablet, spray, capsule, or patch, with/without other medications
- Lifestyle modifications
- Cardiac rehabilitation

PREVENTION OF ANGINA



Quit smoking

Avoid strenuous exercise



Avoid extreme hot and cold

Manage stress and relax



Eat healthy low fat meals