

## Angina (Chest Pain)

### ***How big of a problem is heart disease?***

Coronary heart disease is the number one cause of death in the United States. Heart disease affects EVERYONE.

### ***What is angina?***

Angina, or chest pain, is one of the most common types of heart disease. It occurs when something is partly blocking vessels that carry blood to the heart. Sometimes, angina occurs when a person is doing strenuous or hard work such as running up a hill or mowing the lawn. However, It can also occur when a person is at rest.

### ***Are there any symptoms of angina besides chest pain?***

Some people report feeling uneasy or fearful when the chest pain occurs. The chest pain is a warning that something is wrong. Anyone who has these symptoms should see a doctor as soon as possible.

### ***How is angina treated?***

Angina (chest pain) can be treated with medicines that cause blood vessels to relax or with medicines that lower blood pressure. Sometimes, operations may be used to stop chest pain:

- ▶ Angioplasty: opens blood vessels
- ▶ Bypass Surgery: replaces blocked vessels

### ***What can be done to reduce the risk of angina?***

Keeping a healthy lifestyle is the best way to lower your risk for angina and other types of heart disease. You will lower your risk of angina if you:

- ▶ Stop smoking
- ▶ Exercise
- ▶ Eat a diet low in fat
- ▶ Maintain a normal weight

It is always a good idea to have your blood pressure and cholesterol levels checked regularly.

***This information is general. If your doctor tells you something different, follow his or her instructions.***

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