

Chest Pain

What is it?

- **Angina**- pain, pressure, heaviness or numbness behind the breastbone or across the chest, not enough oxygen to the heart muscle, symptom of CAD coronary artery disease, pain may radiate to arms, shoulders, jaw, upper back, neck
- **Heart Attack**- myocardial infarction caused by blocked blood flow to the heart muscles with sweating, nausea, shortness of breath, indigestion, weakness, does not go away with rest, lasts longer than 20 minutes

Who causes chest pain?

- **Stress**
- **Exertion**



What are the Symptoms?

- **Sweating**
- **Shortness of Breath**
- **Dizziness**- fainting, unusual weakness
- **Nausea, Vomiting**
- **Fast and Irregular**- heartbeat, sense of doom
- **Pain**- spreading to arm, wrist, jaw, teeth, neck, shoulder, back
- **Pressure**- tightness, squeezing, crushing, intense burning, aching chest

What do I need to do?

- **See a Health Care Provider**- for more information
- **Rest and Relaxation**
- **Stop Smoking**
- **Exercise**- daily for > 15 minutes
- **Decrease**- Stress, Caffeine, Blood Pressure and Cholesterol if elevated
- **Control**- Diabetes, Diseases, Weight, Diet
- **See a Registered Dietitian**- for help with Diet Plan, on line as needed

