



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 and 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.

What 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 your Health Care Provider.®
- Rest and relaxation.
- Exercise daily for 15 minutes, decrease stress, lower blood pressure and cholesterol if elevated, control diabetes.
- See a Registered Dietitian for help with meal planning to decrease Sodium, Fat, or as indicated by your Health Care Provider.
- STOP SMOKING.