

You have Angina

What is angina?

- ✦ Angina is chest pain or discomfort that occurs when an area of your heart muscle does not get enough oxygen-rich blood.
- ✦ Angina is not a heart attack. Angina only lasts a few minutes and will go away with rest or medication.

Symptoms of Angina and a Heart Attack

- ✦ The symptoms of angina and of a heart attack are similar, and can be felt in the chest, arms, shoulders, back, neck, jaw, or upper belly.
- ✦ They can include one or more of the following:
 - pain
 - uneasiness
 - anxiety
 - vomiting
 - pressure
 - discomfort
 - sweatiness
 - dizziness
 - tightness
 - trouble breathing
 - nausea
 - passing out

Medications

- ✦ It is important that you continue to take any medications that are prescribed by your doctor.
- ✦ The nurse or pharmacist will review your medications before you leave the hospital.

What do I do if I have Angina or think I am having a Heart Attack?

- ✦ Guidelines for using Nitroglycerin spray:
 - Keep with you at all times.
 - When you feel any chest discomfort, pain, or heaviness, spray under tongue or into side of cheek and WAIT 5 MINUTES.
 - If discomfort continues take another spray and WAIT 5 MINUTES.
 - If discomfort continues take another spray.
 - After 3 sprays, if discomfort continues call 9-1-1.

Exercise

- ✦ Walk at a comfortable pace most days of the week.
- ✦ If you get chest pain or discomfort:
 - Stop what you are doing right away. Rest. Sit or lie down.
 - Relax: Take slow, deep breaths.
 - Within one minute of rest if your chest pain or discomfort is not going away follow the guidelines for using Nitroglycerin spray.

Meals

- ✦ Follow a Heart Healthy Diet: low in saturated fat, trans fat, cholesterol, salt and sugar.

You and your family member can learn more about Angina by attending the **Trillium Health Centre's Cardiac Wellness and Rehabilitation Centre**. Please talk to your nurse for more details.

Nurse's Signature _____ Date _____

Patient's Signature _____