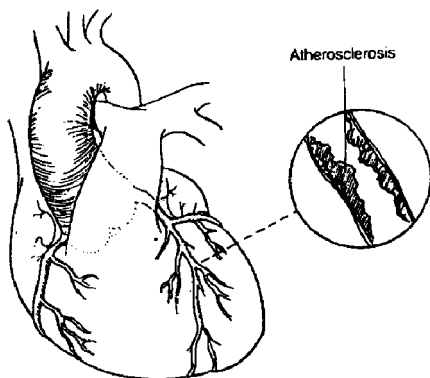


Angina

Angina is a temporary chest pain or discomfort that may spread to one or both arms or to your jaw, neck or back.

The pain or discomfort is caused when the heart muscle is not receiving enough oxygen. Oxygen is carried to the heart muscle by blood through the coronary arteries.

Angina most often occurs during exercise or with emotional stress but can also occur with extremes in temperature. During these periods your heart needs to pump harder. In order for your heart to pump harder, your heart needs more oxygen and if your coronary arteries can not supply enough oxygen you get chest pain. Narrowing of the arteries by atherosclerosis is usually the cause of this lack of blood and oxygen.



To gain relief, rest and take medication as instructed by your doctor (usually Anginine, Isordil or nitrolingual spray). Rest causes the heart to work less hard, thus needing less blood and oxygen.

Medications such as Anginine cause the arteries to expand, which increases the amount of blood supplied to the heart.

Is angina the same as heart attack?

No, angina is not a heart attack. With angina the flow of blood and oxygen is temporarily reduced, usually because the coronary arteries have become narrower. With a heart attack the flow of blood and oxygen to part of the heart is suddenly and permanently cut off when a coronary artery becomes completely blocked. With a heart attack, the heart muscle that has no blood supply dies, whereas with angina there may be no damage to the heart.

Coping with chest discomfort and symptoms of angina

1. TAKE TABLET OR SPRAY



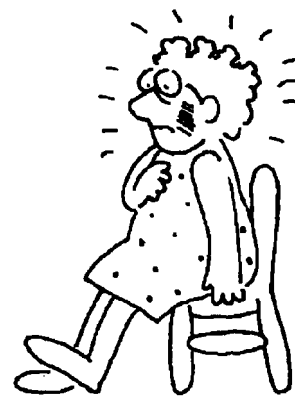
- Stop what you are doing and take your usual angina medication, ie. Nitroglycerine or anginine tablet.

2. REST

- Sit or lie down and rest.
- Wait five minutes.
- If discomfort persists, take another tablet.
- Repeat.
- If discomfort is relieved, continue to rest until you feel better.

3. SEEK HELP

- If discomfort continues beyond 15 minutes despite taking Anginine at five minute intervals, treat it as a heart attack and seek medical assistance.
- If you live a long way from a hospital, call your doctor or nearest medical centre.
- If you cannot contact your doctor, call the nearest hospital and ask for advice.
- Call an ambulance.



4. CONTINUE TO TAKE TABLETS

- Take angina medications every five minutes
- Take aspirin unless advised not to by your doctor.

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