

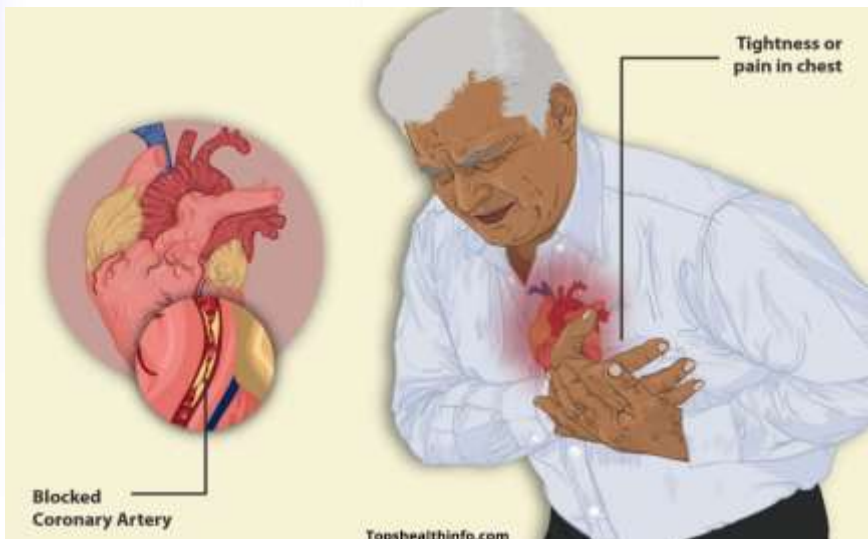
Angina Pectoris



Cardiology Department

What is Angina Pectoris?

Angina pectoris is the medical term for chest pain or discomfort due to coronary heart disease. It occurs when the heart muscle doesn't get as much blood as it needs. This usually happens because one or more of the heart's arteries is narrowed or blocked, also called ischemia.



What is the difference between angina and heart attack ?

Angina is chest discomfort that occurs when your heart isn't receiving enough blood, usually due to a blockage in a coronary artery. A heart attack occurs when blood flow is severely reduced or cut off, causing heart tissue damage or death.

Typical angina symptoms are:

Central or left sided chest pain or discomfort that may or may not radiate to left arm/ both arms or jaw and is worsened on exertion and relieved with rest. There may be other accompanied symptoms such as shortness of breath, palpitation, sweating , dizziness or nausea.

Atypical angina symptoms are:

- Chest pain on right side of chest
- Pain at the back , shoulder or tummy above the navel.
- Pain occurs at rest
- Pain feels more like heart burn



What should you do if you experience above symptoms ?

- Seek urgent medical attention
- Let someone take you to the hospital or call for an ambulance.
- Request for an immediate ECG at a healthcare facility
- You may use Aspirin 300 mg or nitrate tablet or spray under your tongue



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