



# CHEST PAIN

Discomfort in the chest that may feel like mild pressure, burning, crushing, squeezing or sharp and stabbing pain

## CAUSES

### ANGINA

Angina is chest pain due to a lack of oxygen in the blood that flows to the heart. These are characterized by mild to severe pain in the chest. It is not a disease by itself, but rather a symptom of a more complicated heart problem. It commonly affects men in their middle age (or older), but may also occur in females and different age groups.

#### Symptoms:

- Mild to severe pain (pressing, burning or squeezing) in the chest
- Nausea and dizziness
- Difficulty in breathing
- Sweating
- Chest pain spreading to throat, arms, stomach, shoulders and jaw

#### DO:

- Seek help at the first sign of chest pain.
- Get enough rest.
- Enrich your diet with high-fiber food and cut down on your cholesterol and fat intake.

#### DON'T:

- Don't smoke.



### HEART ATTACK

A heart attack happens when the blood supply to the heart is partially blocked, causing severe damage to the muscle. Those who suffer from it experience a severe pain in the chest. Some of the factors that increase the risk of getting heart attacks are age, high blood cholesterol, smoking, obesity and family history of heart disease. Though it is possible to suffer a mild heart attack, it is still a medical emergency and help must be sought immediately.

#### Symptoms:

- Sudden, severe chest pain
- Difficulty in breathing
- Nausea and dizziness
- Chest pain that spreads to the arm and jaw
- Pale, clammy skin

#### DO:

- Seek help at the first sign of chest pain.
- Get enough rest.
- Enrich your diet with high-fiber food and cut down on your cholesterol and fat intake.

#### DON'T:

- Don't smoke.

#### Note:

For more information on what to do in case of a heart attack, see "Emergency Conditions", page 9.

*A high-fiber diet is a good way to prevent angina or heart attack.*