

# ANGINA AND OTHER SYMPTOMS OF CORONARY ARTERY DISEASE

## TRANSCRIPT

When you have coronary artery disease, or CAD, the blood flow to your heart is reduced by plaque build-up. Less blood means less oxygen is supplied to the heart muscle to help it do its job.

When part of your heart isn't receiving enough oxygen, you might feel angina. Angina is pain, tightness, or pressure in your chest, arms, neck, shoulder, back or jaw. Angina can be stable or unstable.

If you have stable angina, you'll notice that certain activities trigger it. It could be physical exertion, activity or stress. Usually, it lasts less than five minutes and goes away with rest or medication.

Unstable Angina, however, comes on without warning. It is not relieved by rest or medication. The pain may be more severe than stable angina, and it can be a sign of a heart attack. If you experience unstable Angina, call 911 immediately.

Other symptoms of CAD can include: shortness of breath or difficulty breathing, nausea, sweating, irregular or faster heartbeat, and dizziness or weakness. Make sure to call your healthcare provider if you experience any of these symptoms.

And be alert for any indication that your coronary artery disease may be getting worse.

*"You really need to know your body, pay attention to your signs and know when something's not right."*

If you start to have symptoms more often or for longer periods of time, let your healthcare provider know. And if you've been prescribed nitroglycerin, take it as directed.

If you experience any symptoms that last for more than five minutes, call 911. These can be signs of a heart attack, so get help fast.

*"Don't be bashful about going to seek medical treatment. If you think that there's something wrong, then call 911, call your doctor, go seek professional help because you're not the doctor. It's important to be seen so that someone could figure out what exactly is the cause of your chest pain, or your shortness of breath, or fatigue."*