

Angina: Symptoms and Tests

If you have chest pain or discomfort, you may have angina.

Knowing the symptoms of angina can help you get the tests and treatment you need to manage it and get you back to enjoying life.

In both men and women, angina often starts as an aching, tightening, or squeezing in the chest. This discomfort may spread to the neck, jaw, arms, or back.

Other symptoms of angina more often in women can include: sweating, shortness of breath, fatigue, indigestion, and nausea.

To see if you have angina, your healthcare provider will do a physical exam, bloodwork and other tests.

You may need an electrocardiogram, or ECG. This test checks your heart's electrical activity.

You may need a stress test. This involves having an ECG while you exercise. Your provider may also inject a contrast dye into your body.

This dye allows pictures to be taken with a special camera and shows how your heart reacts to the need for more oxygen.

You may also have an Echocardiogram, or Echo. This test uses sound waves to make pictures of your heart. It can find areas that may be weak from reduced blood flow.

You may have a Coronary Angiography, also called an angiogram or heart catheterization. This test takes X-rays of your arteries. It helps your provider find any narrowed areas.

Once your healthcare provider is sure that angina is the cause of your symptoms, they will work with you to make a treatment plan.

A plan focused on easing your symptoms and managing coronary artery disease to help prevent it from getting worse.

Ask your healthcare provider any questions you may have. Together, you can do what's best for your heart and overall health.