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Facts About Angina

What is angina?

Angina is a recurring pain or discomfort that occurs when some part of the heart is not receiving enough blood.

It can feel like a squeeze or pressing sensation usually of the chest but can occur in the shoulders, arms, neck, jaw or back.

It is usually brought on by exertion and relieved with rest.

It is a symptom of coronary artery disease, a disease in which the vessels supplying blood to the heart become narrow or blocked.

Is angina a heart attack?

Angina is not always a heart attack.

Angina is the discomfort associated with inadequate blood flow.

Angina can occur prior to a heart attack.

What is a heart attack?

A heart attack occurs when the blood flow to the heart muscle is decreased to such an extent that if it continues it causes permanent damage to the heart muscle.

Symptoms are usually more severe than just angina and can escalate to a full cardiac arrest.

What to do if you think you are having angina?

Not all chest pain is angina however if you are having symptoms that may be angina you need to be evaluated further for possible coronary artery disease.

At this point you need to contact a physician for further evaluation.

Tests used to decide if you have coronary disease:

EKG = electrocardiogram

Stress testing: Numerous types of stress tests exist

Treadmill stress testing

Echo stress testing

Nuclear stress testing

CT angiography

Coronary angiography

Treatment of Coronary Disease

Prevention is still the key:

Control the risk factors of

Hypertension

Hypercholesterolemia

Smoking

Obesity

Medical therapy

Percutaneous Coronary Intervention

Angioplasty

Stenting

Coronary Artery Bypass Surgery

So do you think you have angina?

Contact your physician for further evaluation.

Better to be safe than sorry.

It is much easier to treat coronary disease at the angina stage.
Once you have had a
heart attack your heart muscle may be irreversibly damaged.