Visualizing and Predicting Heart Diseases with an InteractiveDash Board

Average Exercise Angina During Chest Pain

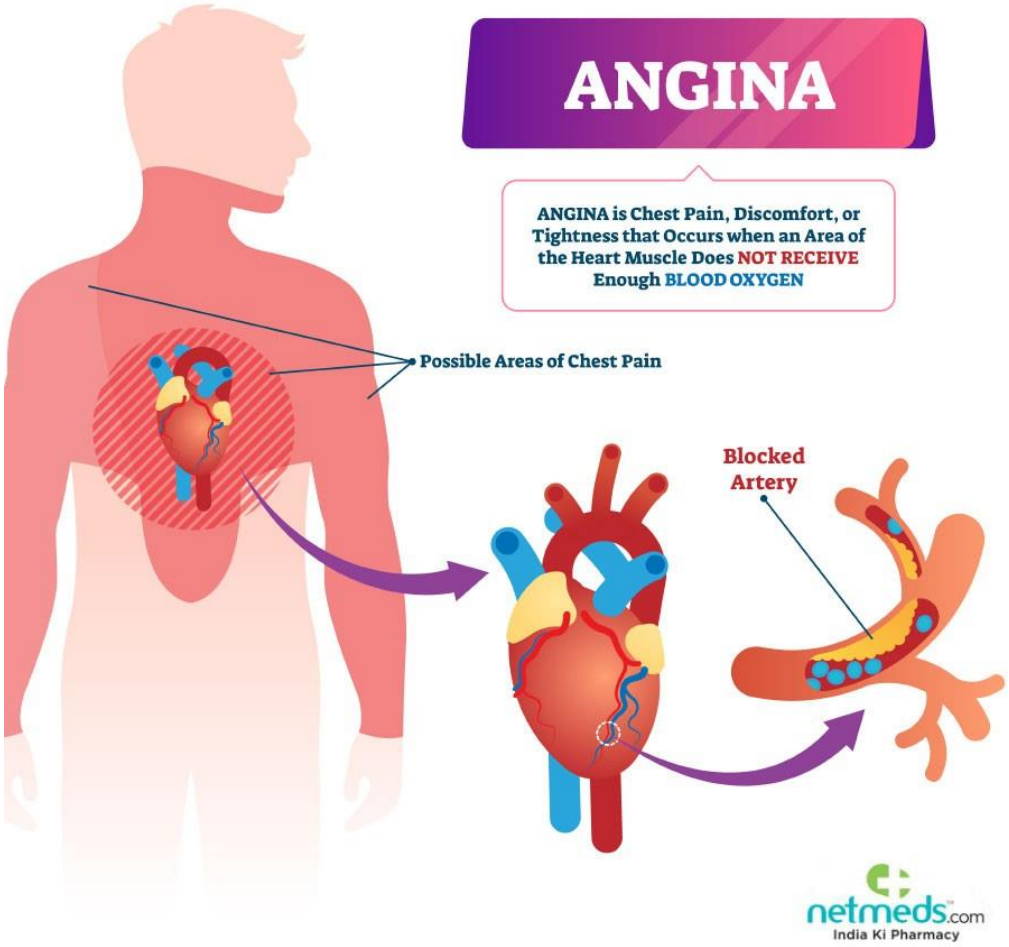
What Causes Angina?

The heart is a muscle that requires constant oxygenation. Angina is the term for when the heart muscle begins to pain because it is not getting enough oxygen. Stable angina is the most typical kind of angina. When you have stable angina, your chest hurts during exercise but goes away quickly after you stop. At rest, the heart's restricted arteries can deliver enough blood flow, but during activity, the heart muscle does not receive all of the additional oxygen it requires. It hurts when the heart muscle is not receiving enough oxygen from the blood flowing through clogged arteries**.**

Some persons who have no issues when exercising in warm weather may get chest pain when exercising in cold weather. Your heart rate slows down as a cool wind blows on your face. People who have clogged coronary arteries may experience pain as a result of the reduced blood supply to the heart. See my report about exercising in the cold (below).

If your angina is unstable, you experience heart pain even while relaxed and unexcited. A heart attack is more likely to occur if your angina is unstable, which is much more serious.

What Causes Narrowing of Arteries Leading to the Heart? When you are born the inner linings of your arteries are completely clean. Gradually over time, plaques develop and narrow the channels through which blood flows. The most common cause of plaques is inflammation, where your own immunity punches holes in the inner linings of arteries. The holes bleed, clot and then start to heal. With healing, a plaque forms and covers the inner lining of the artery. Anything that turns on your immunity and keeps it on can cause plaques. This includes chronic infections and diseases of inflammation, an unhealthful diet, being overweight, not exercising or vitamin D deficiency.



What Causes a Heart Attack?

They are brought on by a plaque from the inner lining of a heart artery sud denly breaking off. The region bleeds and clots once the plaque breaks off The clot then spreads out to stop the blood supply to the heart muscle. Narrowed arteries do not lead to heart.

If You Have Chest Pain If your doctor thinks that you have unstable angina (chest pain when you are not exercising), a heart attack or heart pain other than stable angina, he may hospitalize you. If he thinks that you have stable angina, he may order the following tests:

- EKG (Electrocardiogram that measures the electrical activity of your heart)
- Stress Test (an EKG in which you exercise to make your heart work hard and beat fast)
- Chest X Ray (pictures of your heart, lungs, and blood vessels)
- Coronary Angiography (injecting dyes into your bloodstream to see if the arteries leading to your heart are narrowed or blocked)
- Cardiac Catheterization (a thin, flexible catheter is put into a blood vessel in your arm, groin, or neck and is threaded into your coronary arteries)
- Blood Tests (cholesterol, triglycerides, sugar, CRP, proteins in your blood and so forth)