

Visualizing and Predicting Heart Diseases with an Interactive Dash Board

Average Age For Different Chest Pain Types

Various Types of Chest Pain and Their Causes:

Most people find it alarming to experience a sudden chest ache.

Many people may likely immediately think of heart attacks when asked what they think of when they experience chest pain.

While a heart attack may be the source of your chest pain, there are numerous other causes that have nothing to do with your heart.

Don't disregard it!

You should never disregard chest pain, and you should always consult a doctor to rule out any cardiac or life-threatening reasons of the pain. Chest pain might also result from issues with your lungs, muscles, ribs, gastrointestinal system, or nerves. Some of these are fatal, while others are just unpleasant but harmless.

Types of Pain:

Your pain can be sharp, dull, burning, stabbing, tight, or aching depending on the cause. When speaking to your physician, it is imperative that you try to describe your pain to help them diagnose the cause. Let's explore some different types of chest pain and the part of the body involved. We will discuss the symptoms, causes, treatment and prevention for each category. As always, this is meant to serve as a guide, and is not a substitute for seeking professional medical advice.

Heart

Coronary Artery Diseases(CAD) Coronary artery disease is caused by damaged or diseased blood vessels that supply the heart with blood and oxygen. Deposits of cholesterol, or plaque in your arteries, is usually the main cause of coronary artery disease. When the artery becomes either mostly or completely blocked by plaque or cholesterol, it deprives the heart muscle of oxygen, this results in a heart attack.

The chest pain you feel with CAD compares to someone sitting on your chest. Your chest feels tight and like it's under pressure. The pain may wax and wane, and may be exacerbated by exercise. Due to the blockages in your arteries, you may feel short of breath as your heart can't receive and pump enough oxygen to keep your lungs working properly. Along with the shortness of breath, you may also feel extremely fatigued and tired. If you suspect a heart attack or have a family history of heart disease, call 911 or get to your doctor as soon as possible if you suffer any of the above symptoms.

The best way to prevent CAD is to eat a healthy diet and exercise regularly, and absolutely **DO NOT SMOKE** tobacco products. Knowing your family health history is also critical because some families are genetically prone to heart disease. If you have a family member that had a heart attack, high cholesterol, or other heart problems at a young age you may also be pre-disposed to those conditions.

Talk to your doctor about your risks and ask if there are any tests or blood work that you need to ensure you do not have CAD.

If CAD is caught in the early stages your doctor will prescribe medications to lower your cholesterol. They will also start you on an exercise program. This will lower your cholesterol and blood pressure if that happens to be an issue.

