

Angina

Angina is a symptom of the coronary artery disease. Angina is chest pain caused by reduced oxygen-rich blood flow to your heart muscle, it can also be named as “ischemic heart disease”

Causes:

Angina is usually caused by the arteries supplying blood to the heart muscles becoming narrowed by a build-up of fatty substances. This is called atherosclerosis.

Types of Angina:

Stable Angina (ischemic):

It is usually triggered by physical activity and goes away when you rest. It is accompanied by chest pain, either because of a disease affecting the coronary arteries of the heart, or their narrowing or blockage, resulting in the heart muscle not getting the amount of blood it needs. It occurs when the heart muscle needs more blood than usual during physical activity.

Unstable angina (the most dangerous type):

Coronary arteries are narrowed due to fat accumulation (atherosclerosis). This leads to blood clotting inside them. It eventually causes a blockage that prevents blood flow to the heart muscle.

Prinzmetal's angina (variant angina):

Prinzmetal's angina is caused by a spasm of the coronary arteries that supply oxygen to the heart muscle. This type of angina usually happens when you're resting. Its symptoms include: Sudden pain in the center of the chest that is usually severe. It can be relieved by angina medication.



Symptoms:

The main symptom of angina is chest pain.

Chest pain caused by angina usually:

feels tight, dull or heavy – it may spread to your arms, neck, jaw or back is triggered by physical exertion or stress ,stops within a few minutes of resting .Sometimes there might be other symptoms, like feeling sick or breathless.

Risk Factors:

Risk Factors:

- Family history
- A high level of bad, low-density lipoprotein (LDL) cholesterol
- High blood pressure (hypertension)
- Smoking
- Diabetes
- Overweight and obesity
- Unhealthy diet
- Older age, as men older than 45 and women older than 55 have a greater risk than do younger adults.

Complications:

- Acute coronary syndrome
- Arrhythmia
- Heart failure
- Sudden cardiac arrest

Prevention:

Avoid smoking and exposure to secondhand smoke.

Following a healthy, balanced diet is one of the best methods of prevention. It generally reduces the occurrence of cardiovascular diseases. The type and quantity of food a person eats influences other risk factors that can be controlled, such as: Cholesterol, blood pressure, diabetes, and weight gain. It is crucial to create balance between a person's diet and the extent of physical activity that he does.

Treatment:

- A healthy lifestyle: It can help control symptoms and is deemed an essential part of treatment.
- Medications: Patients are prescribed medications that treat angina when it occurs (taken only when needed) to prevent further attacks, or reduce the risk of heart attacks and strokes like lipid lowering treatment and aspirin.
- Cardiac catheterization to diagnose occlusive coronary artery disease and treat with balloon and stent if feasible and do surgical bypass.

