Here's a clear breakdown of the types of chest pain—Typical Angina, Atypical Angina, Nonanginal Pain, and Asymptomatic—along with why they occur:

# 🁣 1. Typical Angina (Classic Angina)

#### What it is:

- Chest discomfort due to inadequate blood flow (ischemia) to the heart muscle, usually during physical exertion or emotional stress.
- The pain typically feels like **pressure**, **squeezing**, **heaviness**, or **tightness** in the chest.

#### Why it occurs:

- Caused by coronary artery disease (CAD).
- The coronary arteries are narrowed due to atherosclerosis (plaque build-up), reducing oxygen supply to the heart.

# **Key Features:**

- Substernal chest discomfort
- Triggered by exertion or stress
- Relieved by rest or nitroglycerin
  - Meets all 3 criteria of angina (listed above)

# 💢 2. Atypical Angina

#### What it is:

Chest pain or discomfort that does not meet all the classic features of typical angina.

#### Why it occurs:

- Could still be due to reduced blood flow to the heart, but not presented in a classic way.
- More common in women, diabetics, and elderly people.

### **Key Features:**

- May not be in the chest (can radiate to jaw, back, etc.)
- May not be triggered by exertion
- May not go away with rest
  - Meets only 2 (or fewer) of the 3 angina criteria

# 3. Non-Anginal Chest Pain

## What it is:

• Chest pain not related to heart problems.

### Why it occurs:

• Often due to musculoskeletal issues (e.g., costochondritis), acid reflux (GERD), anxiety, lung issues, or even injuries.

# **Key Features:**

- Random, sharp, stabbing pain
- Not related to physical activity
- Not relieved by rest or nitroglycerin
  - X Meets 0 or 1 of the angina criteria



# 4. Asymptomatic (Silent Ischemia)

# What it is:

Reduced blood flow to the heart without any noticeable symptoms.

### Why it occurs:

- The heart isn't getting enough oxygen, but the person doesn't feel pain.
- Common in **diabetics**, due to nerve damage that dulls pain perception.

# **Key Features:**

- No chest pain or other typical symptoms
- Often detected during routine ECGs, stress tests, or Holter monitoring

### **Summary Table:**

Туре	Chest Pain	Triggered by Activity	Relieved by Rest/Nitro	Cause
Typical Angina	Yes	Yes	Yes	Coronary artery disease
Atypical Angina	Variable	Sometimes	Sometimes	CAD or other heart conditions
Non-anginal Pain	Yes	No	No	Non-cardiac (e.g., GERD, anxiety)
Asymptomatic	No	No	N/A	Silent ischemia