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URL of this page: <https://medlineplus.gov/chestpain.html>

## Chest Pain

Having a pain in your chest can be scary. It does not always mean that you are having a heart attack [<https://medlineplus.gov/heartattack.html>]. There can be many other causes, including:

- Other heart problems, such as angina [<https://medlineplus.gov/angina.html>]
- Panic attacks [<https://medlineplus.gov/panicdisorder.html>]
- Digestive problems, such as heartburn [<https://medlineplus.gov/heartburn.html>] or esophagus disorders [<https://medlineplus.gov/esophagusdisorders.html>]
- Sore muscles
- Lung diseases, such as pneumonia [<https://medlineplus.gov/pneumonia.html>] , pleurisy [<https://medlineplus.gov/pleuraldiorders.html>] , or pulmonary embolism [<https://medlineplus.gov/pulmonaryembolism.html>]
- Costochondritis - an inflammation of joints in your chest

Some of these problems can be serious. Get immediate medical care if you have chest pain that does not go away, crushing pain or pressure in the chest, or chest pain along with nausea, sweating, dizziness or shortness of breath. Treatment depends on the cause of the pain.

## Start Here

- Chest Pain [<https://www.mayoclinic.org/diseases-conditions/chest-pain/symptoms-causes/syc-20370838?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/chest-pain/symptoms-causes/syc-20370838?p=1>]

## Diagnosis and Tests

- Heartburn or Heart Attack: When to Worry [<https://www.mayoclinic.org/diseases-conditions/heartburn/in-depth/heartburn-gerd/art-20046483?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/heartburn/in-depth/heartburn-gerd/art-20046483?p=1>]
- Stress Tests [<https://medlineplus.gov/lab-tests/stress-tests/>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/pruebas-de-esfuerzo/>]

## Treatments and Therapies

- Chest Pain: First Aid [<https://www.mayoclinic.org/first-aid/first-aid-chest-pain/basics/ART-20056705?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/first-aid/first-aid-chest-pain/basics/ART-20056705?p=1>]

## Specifics

- Costochondritis [<https://www.mayoclinic.org/diseases-conditions/costochondritis/symptoms-causes/syc-20371175?p=1>] (Mayo Foundation for Medical Education and Research)
- Heart Inflammation [<https://www.nhlbi.nih.gov/health/heart-inflammation>]  (National Heart, Lung, and Blood Institute)  
Also in Spanish [<https://www.nhlbi.nih.gov/es/salud/inflamacion-cardiaca>]

## Clinical Trials

- ClinicalTrials.gov: Chest Pain [https://clinicaltrials.gov/search?cond=%22Chest+Pain%22&aggFilters=status:not%20rec]  (National Institutes of Health)

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Adequately identifying low-risk chest pain in emergency primary care: evaluating the... [https://www.ncbi.nlm.nih.gov/pubmed/40716792]
- Article: Analysis of the application of specialization-green channel nursing model to emergency... [https://www.ncbi.nlm.nih.gov/pubmed/40660506]
- Article: HEART score for the assessment of patients presenting to emergency department... [https://www.ncbi.nlm.nih.gov/pubmed/40640854]
- Chest Pain -- see more articles [https://pubmed.ncbi.nlm.nih.gov/?term=%22Chest+Pain%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+]

## Find an Expert

- Pain Consortium [https://www.ninds.nih.gov/current-research/trans-agency-activities/pain-consortium]  (National Institute of Neurological Disorders and Stroke)

## Children

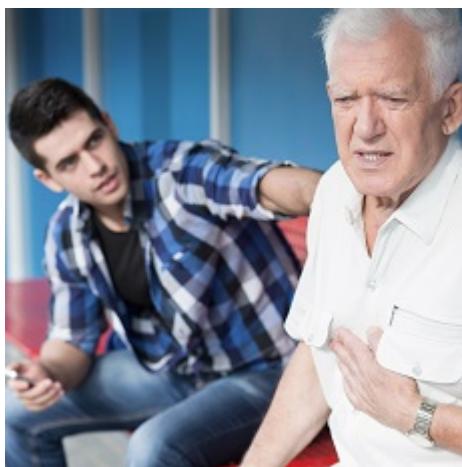
- Chest Pain in Infants and Children [https://familydoctor.org/symptom/chest-pain-infants-children/?adfree=true] (American Academy of Family Physicians)  
Also in Spanish [https://es.familydoctor.org/sintoma/dolor-en-el-pecho-en-lactantes-y-ninos/?adfree=true]
- Chest Pain in Kids and Teens [https://kidshealth.org/en/parents/chest-pain.html] (Nemours Foundation) - In English and Spanish  
Also in Spanish [https://kidshealth.org/es/parents/chest-pain.html]
- Costochondritis (For Parents) [https://kidshealth.org/en/parents/costochondritis.html] (Nemours Foundation)  
Also in Spanish [https://kidshealth.org/es/parents/costochondritis.html]

## Teenagers

- Chest Pain in Kids and Teens [https://kidshealth.org/en/parents/chest-pain.html] (Nemours Foundation) - In English and Spanish  
Also in Spanish [https://kidshealth.org/es/parents/chest-pain.html]

## Patient Handouts

- Chest pain [https://medlineplus.gov/ency/article/003079.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/003079.htm]



## MEDICAL ENCYCLOPEDIA

Chest pain [<https://medlineplus.gov/ency/article/003079.htm>]

Costochondritis [<https://medlineplus.gov/ency/article/000164.htm>]

CPK isoenzymes test [<https://medlineplus.gov/ency/article/003504.htm>]

Creatine phosphokinase test [<https://medlineplus.gov/ency/article/003503.htm>]

## Related Health Topics

Angina [<https://medlineplus.gov/angina.html>]

Heartburn [<https://medlineplus.gov/heartburn.html>]

## Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/chestpain.html>] on *Chest Pain*

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