

What else can be done?

Angina

There are tests and treatments that can be used to help control angina long-term. These include:

- » looking at the x-ray pictures of the arteries (angiography)
- » opening up the arteries with a stent (angioplasty)
- » making a new way for blood to flow around a blocked artery (coronary artery bypass graft surgery).

Living with angina is not just about managing the symptoms, it's about reducing your risk of a future heart event.

You have an important role to play in your health, and can make choices every day to improve your heart health.

CHOICES YOU CAN MAKE TO LOWER RISK OF HEART ATTACK & STROKE



Stop smoking



Take medications



Make heart healthy eating and drinking choices



Move more



Lose weight

Get a copy of the 'Lowering your risk of heart attack and stroke' booklet from heartfoundation.org.nz, or by phone 0800 863 375

Questions I have:

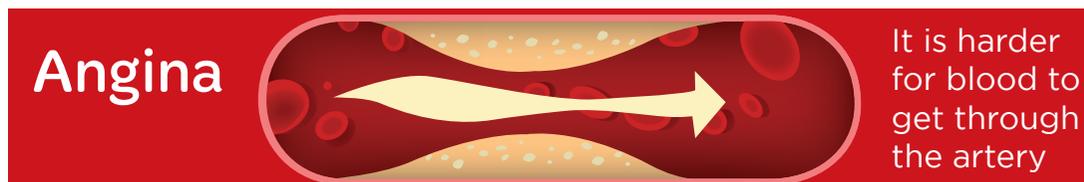


For more information, personal stories and videos, search 'angina' on our website: heartfoundation.org.nz

As a charity, we thank our generous donors for helping bring this resource to life.

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Angina is a common symptom of coronary artery disease, also known as ischaemic heart disease. It is usually caused by a narrowed, but not blocked, coronary artery, which feeds blood to the heart. Angina does not cause permanent damage to the heart. A heart attack occurs when the artery becomes blocked.



Angina symptoms may start when:



What are your triggers?

Symptoms

People who have angina sometimes describe:

» Discomfort, heaviness or tightness of the chest which may spread to the arm, back, shoulders, neck or jaw. Others describe it as a dull ache.



» Discomfort in the arm, neck or jaw with no chest discomfort



» The discomfort can range from **mild** or **dull** to **severe**



“ I have an angina action plan taped to the wall beside my fridge, and my GTN spray is always on hand. You can never be too prepared. ”

Frank, heart attack survivor

Using glyceryl trinitrate (GTN)

What is GTN?

GTN sprays or tablets are commonly prescribed to relieve angina symptoms.

What does GTN do for me?

GTN quickly relaxes the blood vessels, allowing blood to flow more freely to the heart. This usually relieves symptoms of angina. See your angina action plan for more details.

What can GTN do to me?

It is recommended that you sit down before using GTN, as you may experience headaches, flushing or dizziness soon after use. If taking a tablet, you may feel a slight tingling in your mouth - this is normal.

Always keep the GTN or tablets with you. Check the expiry date regularly and renew if necessary.

There are other medications that can help manage your angina. Talk to your doctor or pharmacist to find out more.

ANGINA ACTION PLAN

01



- ▶ If you are having angina symptoms, stop what you are doing and rest now
- ▶ Tell someone how you are feeling
- ▶ Take 1 puff of your GTN spray, or 1 tablet under your tongue

02



- ▶ If you still have symptoms after 5 minutes, take 1 more puff of your GTN spray, or 1 more tablet under your tongue

03

- ▶ If you still have symptoms after another 5 minutes, treat it as a heart attack - **dial 111 and ask for an ambulance**
- ▶ Chew an aspirin if advised by a paramedic

If your symptoms go away, you can resume your activities gently

IMPORTANT - if your angina becomes more frequent, severe, lasts longer or happens when you are doing very little or resting, see your doctor in the next 24 hours