

Significance of Angina Pectoris: A Comprehensive Overview

Oliver Christine *

Department of Cardiology, Monash Victorian Heart Institute, Clayton, Australia

DESCRIPTION

Angina pectoris, commonly known as angina, is a condition characterized by chest pain or discomfort that occurs when the heart muscle does not receive enough oxygen-rich blood. This condition is typically caused by atherosclerosis, a buildup of plaque in the coronary arteries, which reduces blood flow to the heart. Angina is a common symptom of Coronary Artery Disease (CAD), which is a leading cause of death worldwide. There are several types of angina, including stable angina, unstable angina, and variant angina. Stable angina is the most common form and is typically triggered by physical exertion or emotional stress.

The pain is usually described as a tightness, pressure, or squeezing sensation in the chest that may spread to the arms, neck, jaw, or back. Rest and medication can usually relieve the symptoms of stable angina. Unstable angina is a more serious form of the condition that occurs even at rest or with minimal exertion. This type of angina may also last longer than stable angina and is a warning sign of an impending heart attack.

Variant angina, also known as Prinzmetal's angina, is a rare form of the condition that occurs at rest and is caused by a spasm in the coronary arteries. It can be relieved with medication or by using a procedure called angioplasty to widen the affected artery.

The diagnosis of angina is typically made based on a combination of the patient's symptoms, medical history, and diagnostic tests. An Electrocardiogram (ECG) is a common test used to diagnose angina. It records the electrical activity of the heart and can

detect changes that may indicate reduced blood flow to the heart. Other tests, such as a stress test or coronary angiogram, may also be used to diagnose angina and evaluate the severity of CAD. Treatment for angina typically involves lifestyle changes, medication, and in some cases, medical procedures. Lifestyle changes such as quitting smoking, following a healthy diet, and increasing physical activity can help reduce the risk of further damage to the coronary arteries. Medications such as nitroglycerin, beta-blockers, calcium channel blockers, and aspirin can help relieve the symptoms of angina and reduce the risk of a heart attack. Medical procedures such as angioplasty or bypass surgery may be recommended in more severe cases of angina. Prevention of angina involves reducing the risk factors for CAD, which include smoking, high blood pressure, high cholesterol, diabetes, obesity, and a sedentary lifestyle. Regular check-ups with a healthcare provider and adherence to recommended screenings and tests can also help identify and treat CAD and angina early on.

In conclusion, angina pectoris is a common symptom of CAD and is typically caused by reduced blood flow to the heart. There are several types of angina, including stable, unstable, and variant angina, each with different triggers and symptoms. Diagnosis of angina typically involves a combination of symptoms, medical history, and diagnostic tests, while treatment may include lifestyle changes, medication, and medical procedures. Prompt recognition and treatment of angina can help reduce the risk of further damage to the heart and improve overall health outcomes for individuals with CAD.

Correspondence to: Oliver Christine, Department of Cardiology, Monash Victorian Heart Institute, Clayton, Australia, E-mail: chrisoliver@ine.org.com

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