Scientific Translation Date: 04, March, 2020

Fourth Stage – Morning Classes Time: 08:30 & 09:30 Lecturer: Farah A. Abo Al-Timen

**Angina Pectoris**

Angina pectoris is the medical term for chest pain or discomfort due to [coronary heart disease](https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/coronary-artery-disease).  It occurs when the heart muscle doesn't get as much blood as it needs. This usually happens because one or more of the heart's arteries is narrowed or blocked, also called [ischemia](https://www.heart.org/en/health-topics/heart-attack/about-heart-attacks/silent-ischemia-and-ischemic-heart-disease).

Angina usually causes uncomfortable pressure, fullness, squeezing or pain in the center of the chest.  You may also feel the discomfort in your neck, jaw, shoulder, back or arm.  (Many types of chest discomfort — like heartburn, lung infection or [inflammation](https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/inflammation-and-heart-disease) — aren‘t related to angina.) [Angina in women can be different than in men](https://www.heart.org/en/health-topics/heart-attack/angina-chest-pain/angina-in-women-can-be-different-than-men).

**When does angina pectoris occur?**

Angina often occurs when the heart muscle itself needs more blood than it is getting, for example, during times of physical activity or strong emotions. Severely narrowed arteries may allow enough blood to reach the heart when the demand for oxygen is low, such as when you're sitting. But, with physical exertion—like walking up a hill or climbing stairs—the heart works harder and needs more oxygen.

**Symptoms of Stable Angina**

The pain or discomfort:

* Occurs when the heart must work harder, usually during physical exertion
* Doesn't come as a surprise, and episodes of pain tend to be alike
* Usually lasts a short time (5 minutes or less)
* Is relieved by rest or medicine
* May feel like gas or indigestion
* May feel like chest pain that spreads to the arms, back, or other areas