

# Angina

## What is it?

Chest pain or discomfort caused by reduced blood flow to your heart muscle.

## Symptoms:

It can be hard to tell the difference from angina and other types of chest pain, such as indigestion.

Angina can be stable or unstable.

- Stable angina is chest pain that usually occurs with activity and is relatively predictable. The chest pain tends to follow a pattern. In other words, there's been no change in how often you get the chest pain and how long it lasts.
- Unstable angina is chest pain that is sudden or new or changes from the typical pattern. It may be a sign of a future heart attack.

If your angina gets worse or changes, seek emergency medical help immediately.

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Revision #1

Created 3 March 2023 23:40:59

Updated 7 April 2023 15:18:34