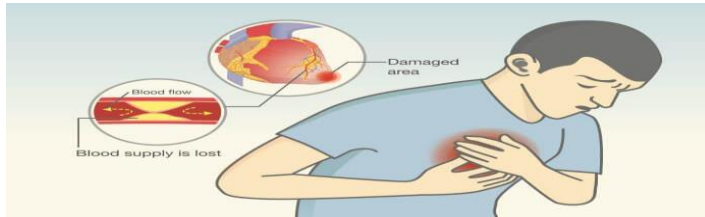


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Level: 5

Cardiovascular diseases

Angina Awareness

Angina is a type of cardiovascular diseases. It is when the flow of blood to the heart muscle is reduced. You may feel a squeeze or pressure in the chest. This can be felt in the arm, neck, shoulder, jaw, back etc. There are two types: Stable and Unstable Angina (National Health Service 2018).



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Risk factors

According to mayoclinic,
*age (45 for men & 55 for women)

- *family history (heart attack)
- *diabetes
- *high cholesterol

Risk factors

According to mayoclinic,

- *smoking
- *stress
- *obesity
- *unhealthy eating

Management

- *eat healthy
- *be active
- *weight check

*Having an understanding of the above risk factors

*if any chest pain, you should speak to your GP (British Heart Foundation, n.d)

Treatment

Use medicine like:
*beta blockers which regulates the heart

*calcium channel blockers which relaxes the arteries and increase blood circulation to the muscles (medical centric 2018)

Reference

*British Heart Foundation, (n.d) *Angina-causes, symptoms & treatment*, Available at

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*National Health Service (2018), *coronary heart disease-Symptoms*, Available at :

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