

The most common symptom of **coronary artery disease** is angina or "angina pectoris," also known simply as chest pain. Angina is caused when blood flow to an area of the heart is decreased, impairing the delivery of oxygen

Angina can cause any of the following:

- Chest Discomfort
- Heaviness or pressure sensation across the chest
- Heartburn
- Shortness of breath
- Left arm or Jaw Pain
- Indigestion
- Nausea / vomiting

Who gets angina?

People with one or more of the following factors are prone to angina. Risk factors include:

- Sedentary lifestyle
- Tobacco smoking
- Hypertension (**high blood pressure**)
- Diabetes
- High **cholesterol** levels
- Being over 45 for men and over 55 for women
- Family history of early heart disease
- Being overweight or obese



How is angina diagnosed?

A correct diagnosis is essential because it can predict your likelihood of having a heart attack. The process will start with a physical exam as well as a discussion of symptoms, risk factors, and family medical history. A physician who is suspicious of angina will order one or more of the following tests:

- **Blood tests** - to check levels of fats, cholesterol, sugar, and proteins
- **Electrocardiogram (EKG)** - records electrical activity of the heart and can detect when the heart is starved for oxygen
- **Chest X-ray** - to see structures inside the chest
- **Stress test** - blood pressure readings and an EKG while the patient is increasing physical activity
- **Coronary angiography** - dye and special X-rays to show the inside of coronary arteries (dye is inserted using cardiac catheterization)