How to Grade Your Angina

Grade	Angina
1	Mild (very little) angina that goes away when you slow down or rest.
2	A little worse than grade 1. The angina goes away quickly with rest and / or NTG.
3	Worse than grade 2. You may feel it in other parts of the body such as the neck, jaw, back, shoulders, or arms. You may also have shortness of breath. This angina needs rest and NTG to go away.
4	The worst angina you have ever had.

Rating your angina on a scale of 1 (mild) to 4 (worst ever) helps you know when to take action. **If you have a grade 3 or 4 angina:**

- STOP what you are doing
- Take NTG if your doctor has prescribed it
- If you still have angina after 5 minutes, **CALL 911.** You may be having a heart attack!

Daily Record for Angina

	Date / Time	Trigger (exercise, emotions, eating, etc.)	Grade (1-4)	How Long Did It Last?	Action (nitroglycerin, rest, other)
EXAMPLE	8/16/10 8:00am	After eating	Grade 2	30 seconds	Took NTG