

Feelings and Concerns

People with angina can feel afraid, frustrated, depressed, or stressed out.

You can take control by:

- Telling your family and friends about your feelings
- Learning to slow down
- Taking breaks between activities
- Having a plan to get medical help if you need it
- Telling your doctor or nurse if your angina changes

Stress Less

Stress causes angina by making the heart work harder. Stress is a part of life, but you can learn to cope:

- Relax with yoga or meditation
- Exercise every day
- Get 7 to 8 hours of sleep each night
- Do more things that make you happy
- Try to manage your time better



Remember:

- Control your risk factors for heart disease
- Tell your doctor or nurse if your angina changes
- Always take your medicines as told
- Grade your angina
- Slow down: pace yourself
- Talk about your feelings
- Stress less

To Receive More Information

Health care professionals may order 100 FREE copies of this brochure in English or Spanish or a more comprehensive handbook in English.



To place your order, visit:

www.pcna.net/clinical/orderform

A Spanish version of the Patient Handbook may be downloaded by visiting www.pcna.net/clinical/angina

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Get Tough
on Angina™

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You Are Not Alone

Nearly 10 million Americans have angina.

Angina is a feeling in the chest area caused by lack of blood and oxygen to the heart. This can be due to fat and plaque building up in the arteries that blocks blood flow to the heart.

Angina can feel like:

- A tightness, pressure, burning, squeezing or pain in the chest and/or neck, jaw, back, shoulders, arms
- Indigestion (heartburn)
- Shortness of breath

Heart Disease Risk Factors that Cause Blocked Arteries & Angina

Risk Factors	Goals	What to Do?
Cigarette smoking	Stop smoking	Ask your doctor for help
High blood pressure	Normal blood pressure is less than 120/80*	Low sodium diet, weight loss, exercise, medicine
Blood fats High LDL (bad cholesterol)	Below 100	Healthy diet, exercise, normal weight, medicine
High triglycerides	Below 150	
Low HDL (good cholesterol)	Above 40 (men); Above 50 (women)	
Overweight	Normal body weight**	Weight loss, exercise
High blood sugar	Below 100	Exercise, diet, medicine
Not exercising	Exercise every day	At least 30 min, 5-6 days/week

Be aware that your angina may get worse if *you* do not control your risk factors for heart disease.

*Talk to your doctor or nurse to learn your blood pressure goal.

**Measure your waist: Men should have a waist measuring less than 40 inches and women less than 35 inches.

The 4 Es Can Cause Angina



1 Eating a large meal



2 Exercise and other physical activity



3 Emotions



4 Extreme cold weather

What You Can Do to Control Your Angina

- Control your risk factors for heart disease
- Talk to your doctor about medicines for angina
 - You may be asked to take nitroglycerin or other daily medicines for your angina
- Take your medicines as you were told
 - Try not to miss a dose



How to Grade Your Angina

"1" is very mild and "4" is the worst angina that you have ever had.

Grade	Angina
1	Mild angina that goes away when you slow down or rest.
2	Slightly worse than grade 1; it also goes away with rest and/or nitroglycerin.
3	Worse than grade 2; it may spread to the neck, jaw, back, shoulders, or arms. You may be short of breath.
4	The worst angina you have ever had.

If you have grade 3 or 4 angina:

- STOP what you are doing
- Take nitroglycerin (if prescribed)

If your angina is not relieved in 5 minutes, CALL 911.



Keep a Record of Your Angina

Each time you have angina, write down:

- The date, time, and how long your angina lasted
- What caused your angina
- What you did to make your angina go away
- If your angina is getting worse (you get it more often, it lasts longer, rest does not make it go away, or it feels worse)

If your angina symptoms get worse, you should call your doctor or nurse. Your heart condition can change over time.