

Angina

Angina is chest pain or pressure caused by decreased blood flow to the heart. Pain may also be felt in your arms, jaw or upper back. The pain is a signal that your heart is not getting enough oxygen. It is a sign that you need treatment to prevent a heart attack.

Angina may happen anytime but is more common with:

- Work, exercise or activity
- Eating a large meal
- Smoking or using tobacco
- Very hot or cold temperatures
- Emotional or stressful events

Signs of Angina

Signs of angina can be much like the signs of a heart attack.

- Pain or pressure, or a feeling of tightness or heaviness in the chest, arms, jaw, shoulders or neck
- Sweating
- Shortness of breath
- Nausea or vomiting
- Abdominal pain
- Feeling very tired, dizzy or faint
- Some people have no signs

Angina will often ease if you stop what you are doing and rest. If your doctor has told you that you have angina, you may be given medicine to take when you have pain. The medicine is called nitroglycerin.

Angina

Ang Angina ay pananakit sa dibdib o pressure na dulot ng kaunting pagdaloy ng dugo sa puso. Maaari ring maramdaman ang sakit sa iyong mga kamay, panga, o ibabang bahagi ng likod. Ang sakit ay isang palatandaan na hindi nakakakuha ng sapat na hangin ang inyong puso. Ito ay tanda na kailangan ninyo ng paggamot upang mapigilan ang atake sa puso.

Maaaring maganap anumang oras ang Angina pero mas karaniwan sa:

- Trabaho, ehersisyo o gawain
- Pagkain ng marami
- Paninigarilyo o paggamit ng tabako
- Masyadong mainit o malamig na temperatura
- Mga emosyon o lubhang nakakapagod na mga pangyayari

Mga Palatandaan ng Angina

Maaaring pareho ng atake sa puso ang tanda ng angina.

- Sakit o pressure, o paninikip o pagbigat ng dibdib, mga braso, panga, balikat o leeg
- Pagpapawis
- Kakapusan ng hininga
- Pagkahilo at pagsusuka
- Sakit sa puson
- Pakiramdam na pagod na pagod, nahihilo o pagkahimatay
- May ilang taong walang senyales

Madalas na giginhawa ang Angina kung ihihinto mo ang iyong ginagawa at magpapahinga. Kung sinabi sa iyo ng doktor mo na mayroon kang angina, maaaring bigyan ka ng gamot na iinumina kapag nararamdaman mo ang sakit. Ang tawag sa gamot ay nitroglycerin.

When to Seek Treatment

Call 911 if you:

- Are having signs and do not have medicine to treat your angina.
- Have taken your medicine, but your signs are not going away or you have new signs that you have not had before.

Sit or lie down until the emergency team arrives. Do not drive to the hospital or delay by calling your doctor.

Your Care

You will be tested to see if you have a heart problem. You may be started on medicine or have other procedures to improve blood flow to your heart. Your doctor may also want you to eat a low fat diet and exercise to improve your heart health.

If your doctor prescribes nitroglycerin, use the medicine as your doctor orders. For more information, ask for the handout, **Nitroglycerin**.

Talk to your doctor or nurse if you have any questions or concerns.

Kailan Dapat Magpagamot

Tumawag sa 911 kung ikaw ay:

- Nagkakasenyales at walang gamot para gamutin ang iyong angina.
- Uminom ng inyong gamot, pero hindi nawawala ang mga senyales o may mga bago kang senyales na hindi mo pa naramdaman dati.

Umupo o mahiga hanggang dumating ang pangkat ng emergency. Huwag magmaneho patungo sa ospital o patagalin ang pagtawag sa inyong doktor.

Ang Inyong Pangangalaga

Susuriin ka upang tingnan kung may problema ka sa puso. Maaari kang bigyan ng gamot o ibang pamamaraan para mapabuti ang daloy ng dugo sa iyong puso. Maaaring hilingin din sa inyo ang kumain ng may mababang taba o mantika at mag-ehersisyo upang mapabuti ang kalusugan ng inyong puso.

Kung magrereseta ang inyong doktor ng nitroglycerin, gamitin ang gamot ayon sa utos ng doktor. Para sa karagdagang impormasyon, hingin ang handout na, **Nitroglycerin**.

Mangyaring makipag-usap sa inyong doktor o nars kung ikaw ay may mga tanong o mga pag-aalala.

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Angina. Tagalog.