

# What else can be done?

# Angina



There are tests and treatments that can be used to help control angina long-term. These include:

- » Looking at the x-ray pictures of the arteries (angiography)
- » Opening up the arteries with a special balloon (angioplasty)
- » Making a new way for blood to flow around a blocked artery (coronary artery bypass graft surgery)

## Living with angina is not just about managing the symptoms

You have an important role to play in your health, and can make choices every day to improve your heart health

### CHOICES YOU CAN MAKE TO LOWER RISK OF HEART ATTACK & STROKE



Stop smoking



Take medications



Make heart healthy eating and drinking choices



Move more



Lose weight

## Questions I have:

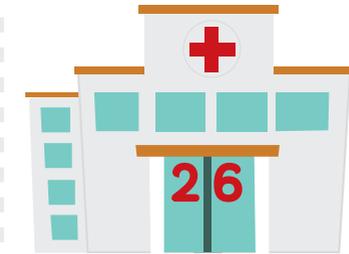
For more, search 'angina'  
[www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)



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Angina is a common symptom of heart disease. It is usually caused by a narrowed (but not blocked) coronary artery, which feeds blood to the heart. Angina does not cause permanent damage to the heart

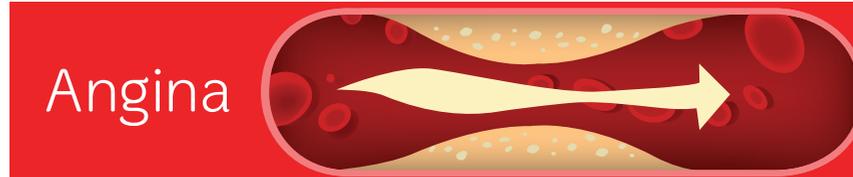


26 people leave the hospital daily with angina



## Heart disease

Plaque builds up in an artery



## Angina

It is harder for blood to get through the artery



## Heart attack

Plaque cracks and a blood clot blocks the artery

### Angina symptoms may start when:



Cold



Exercising



Worried



Angry

What are your triggers?

# Symptoms

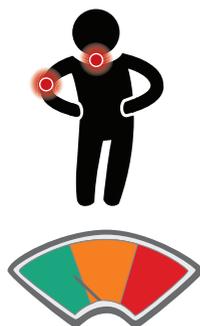
People who have angina sometimes describe:

» Discomfort, heaviness or tightness of the chest which may spread to the back, shoulders, neck or jaw. Others describe it as a dull ache



» Discomfort in the arm, neck or jaw with no chest discomfort

» The discomfort can range from **mild** or **dull** to **severe**



🗨️ I have an angina action plan taped to the wall beside my fridge, and my GTN spray is always on hand. You can never be too prepared 🗨️  
Frank, heart attack survivor

# Using Glycerol Trinitrate (GTN)

## What is GTN?

Glycerol Trinitrate sprays or tablets are commonly prescribed to relieve angina symptoms

## What does GTN do for me?

GTN quickly relaxes the blood vessels, allowing blood to flow more freely to the heart. This usually relieves symptoms of angina. See your angina action plan for more details

## What can GTN do to me?

It is recommended that you sit down before using GTN, as you may experience headaches, flushing or dizziness soon after use. If taking a tablet, you may feel a slight tingling in your mouth - this is normal

There are other medications that can help manage your angina. Talk to your health professional\* to find out more, or visit [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)

\* Health professionals are people like doctors, nurses or pharmacists

## ANGINA ACTION PLAN

01



- ▶ Stop what you are doing and rest now
- ▶ Tell someone how you are feeling
- ▶ Take 1 puff of your GTN spray, or 1 tablet under your tongue

02



- ▶ After 5 minutes if your symptoms have not been relieved, take 1 more puff of your GTN spray, or 1 more tablet under your tongue
- ▶  After another 5 minutes, if your symptoms have not been relieved, repeat

03

- ▶ After another 5 minutes if you still have symptoms, treat it as a heart attack - **dial 111 and ask for an ambulance**
- ▶ Chew an aspirin unless advised not to

If your symptoms are relieved, you can resume your activities gently

**IMPORTANT** - if your angina becomes more frequent, severe, lasts longer or happens when you are doing very little or resting, see your doctor in the next 24 hours