

## Angina

Angina is chest pain or discomfort you get when your heart muscle does not get enough blood.

It may feel like pressure or a squeezing pain in your chest. It may feel like indigestion.

You may also feel pain in your shoulders, arms, neck, jaw or back.

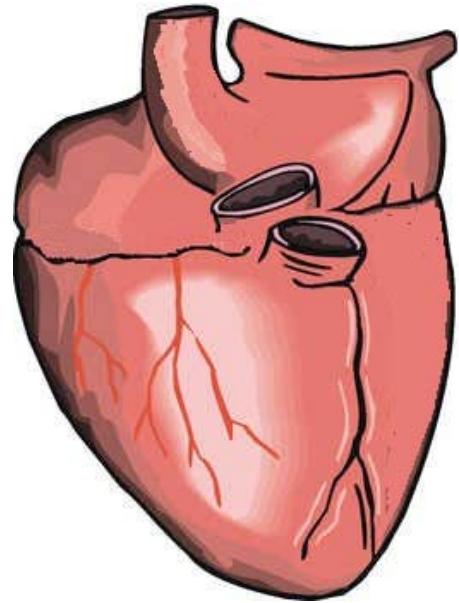
Angina is a symptom of coronary artery disease (CAD), the most common heart disease. CAD happens when a sticky substance called plaque builds up in the arteries that supply blood to the heart, reducing blood flow.

There are three types of angina: stable, unstable and variant.

Unstable angina is the most dangerous. It does not follow a pattern and can happen without physical exertion.

It does not go away with rest or medicine. It is a sign that you could have a heart attack soon.

Not all chest pain or discomfort is angina. If you have chest pain, you should see your health care provider.



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