



ANGINA

What is Angina?

Angina is chest pain that occurs when blood supply to the heart is restricted. There are two types of angina; stable and unstable:

Stable angina - angina attacks that occur occasionally due to clear triggers e.g. exercise. This type of angina improves with medication and rest.

Unstable angina - more unpredictable angina attacks, occurring with no obvious trigger and continuing after rest.

What are the symptoms?

A dull, heavy or tight pain in the chest that can sometimes spread to the arms, neck, jaw and back. The pain normally comes after physical activity and typically lasts a few minutes.

What are the causes?

Angina is mostly caused by atherosclerosis, which is the hardening and narrowing of arteries as a result of a build-up of fatty substances known as plaque. This can restrict the blood supply to the heart and trigger the symptoms of angina.

Risk factors for angina include:

- High blood pressure
- A diet high in saturated fat and cholesterol and lack of exercise
- Smoking
- Type 1 and type 2 diabetes
- Age and family history

What about treatment?

Treatment for angina aims to:

- Relieve symptoms during an angina attack
- Reduce the number of angina attacks
- Reduce the risk of a heart attack or stroke happening

Treatment can be preventative medications such as calcium channel and beta blockers, anticoagulation medication etc, which reduces risks of heart attacks. Or provide immediate relief with GTN (glyceryl trinitrate) which widens blood vessels. Stents and surgery are used if angina continues.

TIPS

GTN

When using GTN always follow advice or guidance from the prescriber. You should keep your tablets or spray on you at all times. If you are having an angina attack take 1 dose under the tongue (1 tablet or 1-2 sprays) and wait for 5 minutes. If pain continues take a second dose. If pain has not subsided after another 5 mins, it is getting worse or you feel unwell then call 999.

SELF CARE TIPS

Having a healthy lifestyle is the most effective way of reducing your risk of angina and preventing your symptoms from getting worse.

Try to:

- Eat a healthy, balanced diet.
- Avoid smoking.
- Reduce your alcohol intake, as alcohol can increase your blood pressure.
- Take regular exercise as this will help keep your heart and blood vessels in good condition, help you lose weight and lower your blood pressure.



To register with Bromley Well:
Freephone 0808 278 7898
Or register online:
www.bromleywell.org.uk/refer

Contact Lifestyle Support direct
07985 431484 / 07985 444210
or email
enquiry@bromleywell.org.uk



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HEALTH FACT SHEET

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<p>British Heart Foundation</p> <p>www.bhf.org.uk</p> <p>Help Line: 0300 330 3311</p> <p>Email: heretohelp@bhf.org.uk</p>	<p>A national charity providing information and advice for the public and for health professionals. A useful site containing lifestyle advice, support groups and the latest research and information about tests and treatments.</p>
<p><u>Heart UK</u></p>	<p>National cholesterol charity providing support and advice for people concerned about cholesterol. Advice on healthy eating and maintaining a healthy weight, including recipe ideas and diet plans.</p>
<p><u>NHS Live Well</u></p>	<p>NHS advice on topics such as eating well, exercise and maintaining a healthy weight.</p>
<p>NHS wellbeing app</p> <p>https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/</p>	<p>Links to NHS wellbeing Apps designed to support you in making healthy lifestyle changes.</p>

References: NICE: <https://www.nice.org.uk/guidance/cg126/chapter/Introduction> NHS UK: <https://www.nhs.uk/conditions/angina/treatment/>

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