## Angina Pectoris

##  Angina is a type of chest pain that results from reduced blood flow to the heart. The pain is often triggered by physical activity or emotional stress.

* Stable angina, also called angina pectoris, is the most common type of angina.
* Unstable angina is another form of angina. It occurs suddenly and gets worse over time. It may lead to a heart attack.
* Though stable angina is less serious than unstable angina, it can be painful and uncomfortable.

**Causes of Stable Angina**

Certain factors, such as narrowing of the arteries ([atherosclerosis](http://www.healthline.com/health/atherosclerosis))تصلب الشرايين, can prevent heart from receiving more oxygen. The arteries can become narrow and hard when (a substance made of fat, cholesterol, calcium, and other substancesbuilds up inside the artery walls. Blood clots can also block arteries and reduce the flow of oxygen-rich blood to the heart.

**Risk factors for stable angina include:**

* being overweight
* having a history of heart disease
* having high cholesterol or high blood pressure
* having diabetes
* smoking
* not exercising

Large meals, vigorous physical workouts, and extremely hot or cold weather can also trigger stable angina in some cases.

**Symptoms of Stable Angina**

The painful sensation that occurs during an episode of stable angina is often described as pressure or fullness in the center of the chest. The pain can feel like squeezing the chest or like a heavy weight resting on your chest. This pain may spread from chest to neck, arms, and shoulders.

During an episode of stable angina, the patient may also experience:

* shortness of breath
* nausea
* fatigue
* dizziness
* profuse sweating
* anxiety

Stable angina usually happens after heavy physical exercise. The symptoms tend to be temporary, lasting up to 15 minutes in most cases. This is different from unstable angina, in which the pain can be continuous and more severe.

**Diagnosis:**

* History and examination
* electrocardiogram: measures the electrical activity in heart and evaluates heart rhythm
* angiography**:** a type of X-ray that allows the doctor to see blood vessels and measure blood flow to heart
* stress test. to monitor heart rhythm and breathing during exercise. This type of test can determine if physical activity triggers your symptoms.
* In some cases, the doctor might order blood tests to measure cholesterol and C-reactive protein (CRP) levels. High levels of CRP can increase risk of developing heart disease.

**How Is Stable Angina Treated?**

Treatment for stable angina includes lifestyle changes, medication, and surgery.

**Lifestyle**

Certain lifestyle adjustments can help prevent future episodes of stable angina. These changes may include exercising regularly and eating a healthy diet of whole grains, fruits, and vegetables. also quit smoking .

These habits can also reduce risk of developing chronic (long-term) diseases, such as diabetes, high cholesterol, and high blood pressure. These conditions can affect stable angina and may eventually lead to heart disease.

**Medication**

A medication called [nitroglycerin](http://www.healthline.com/drugs/nitroglycerin/sublingual-tablet) effectively relieves pain associated with stable angina.

also to take other medications to manage underlying conditions that contribute to stable angina, such as high blood pressure, high cholesterol, or diabetes. cholesterol, and glucose levels. This will lower risk of experiencing more episodes of angina.

The doctor may also prescribe blood-thinning medication to prevent blood clots, a contributing factor in stable angina.

**Surgery** To repair blocked arteries

Possible complications of stable angina

 Include heart attack, sudden death caused by abnormal heart rhythms, and unstable angina. These complications can develop if stable angina is left untreated.