

Angina Pectoris

Coronary heart disease is the leading cause of death, disease disability and socioeconomic loss, and angina is the first clinical sign of this problem.

Definition: a sense of discomfort arising in the myocardium as a result of decreasing oxygen delivery.

Causes:

- 1- Atherosclerotic plaques.
- 2- Spasm of the coronary

Characteristic of anginal pain :

- 1-Sensation of heavy weight on the chest.
- 1- burning sensation
- 2- feeling of tightness
- 3-shortness of breath

precipitating factor:

- 1- Relationship to exercise.
- 2- Cold environment.
- 3- Walking after a large meal.
- 4- Emotional factor.
- 5- Fright, anger.

Duration: 0.5- 30 min.

Risk factors:

Advanced age, male sex, strong family history, hypertension, obesity, hypercholesterolemia, smoking and stress.

Treatment:

Non pharmacological:

- 1- percutaneous transluminal angioplasty .
- 2- coronary artery bypass surgery.

Pharmacological:

- 1- Nitrates.
- 2- Beta-blockers.
- 3- Ca-channel blocker.
- 4- Antiplatelet therapy.

