

# ♥ HEALTHY HEARTS ♥

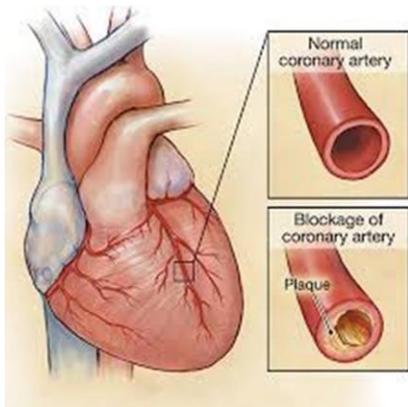
Issue No. 12

## Question of the week!

### What is angina?

Angina is the medical name for heart pain. It is caused when the heart muscle cannot get a good enough supply of richly oxygenated blood.

The common reason why the blood cannot reach the heart muscle is because cholesterol plaque has built up, called atherosclerosis. This happens on the inner lining of the artery making it narrower. The blood has to squeeze through so the flow is slower to reach the muscle.



#### Types of Angina:

- ♥ **Stable angina** typically happens with activity or stress.
- ♥ **Variant/Prinzmetal angina** due to a spasm of one of the large coronary arteries.
- ♥ **Unstable angina** when the pattern of symptoms changes to become more severe pain, more frequent, or with less exertion or during rest. Usually means a sudden narrowing of a coronary artery. The risk of a heart attack is high.
- ♥ **Microvascular angina** due to the small blood vessels becoming narrowed. Common in women.

Check out this website for more information:

<https://www.heartandstroke.ca/heart/conditions/angina>

### When can you get Angina?

- Climbing stairs or going up hill
- Carrying or lifting heavy bags or items
- Feeling angry, upset, emotional stress
- Exercising
- Having sex
- Working in very hot or cold weather
- Sitting doing nothing

### How do you treat Angina?

- ✓ Stop what you were doing
- ✓ Sit down (if standing)
- ✓ Use **Nitroglycerin** spray if prescribed:-

1. Spray 1-2 times under your tongue
2. Wait for pain to go away
3. If still there after 3-5 mins repeat #1
4. Wait for pain to go away
5. If still there after 3-5 mins repeat #1 and call 9-1-1

Contact your Family Doctor or Cardiologist if there is a change in your angina pattern.

### Do you know YOUR angina?

Take the quiz and let us know your score!

<https://www.surveymonkey.com/r/7VYNFKJ>



Do you have questions or specific needs from your Cardiac Rehab team?

Please email or call your Case Manager

[hhpcardiarehab@providencehealth.bc.ca](mailto:hhpcardiarehab@providencehealth.bc.ca)

604 806 6810

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## CARDIOLOGIST CORNER

### Your Heart Is Talking To You: "STOP, I NEED MORE OXYGEN!"

Angina is the medical term for chest pain or discomfort caused by a temporary disruption in the flow of blood and oxygen to the heart. People describe angina discomfort as a short lived (3-5 minutes up to 30 minutes), squeezing, suffocating or burning feeling - usually in the center of the chest, behind the breastbone.

**Q: How do I prevent angina during exercise?**

There are many things you can do to help prevent angina during exercise:

- Take your cardiac medicines as prescribed
- Warm up for 5-10 minutes before you exercise
- Cool down for 5-10 minutes after you exercise
- Follow your exercise program as prescribed by your Cardiac Rehab team

**Q: How do I manage my angina during exercise?**

Follow the steps "**How do you treat angina?**" on page 1.

**Q: In general, when should I seek help?**

See your doctor if you:

- I. Experience a change in your symptoms
  - II. Have new symptoms
  - III. Feel angina more often, more intensely, for a longer time or at a lower level of physical activity
- If you experience angina that does not go away after you have followed all of the steps to treat angina with nitroglycerin, call 911.
  - You are at greater risk of: Heart Attack, Irregular Heartbeat, or Cardiac Arrest.

References:

[Heart and stroke.ca/Angina](http://Heartandstroke.ca/Angina)

[healtheuniversity.ca/managing\\_your\\_angina](http://healtheuniversity.ca/managing_your_angina)

[Don't ignore your heart symptoms during COVID-19 pandemic](http://Don't_ignore_your_heart_symptoms_during_COVID-19_pandemic)

[heartandstroke.ca-Learn the signs of heart attack and stroke](http://heartandstroke.ca-Learn_the_signs_of_heart_attack_and_stroke)

## FITNESS FOR LIFE!

We know that exercise and physical activity is a key health behaviour and can bring many benefits in addition to purely being good for your heart.

*"The best exercise...*

*...is the one you'll do - every day"*

*Covert Bailey*

## Nutrition Tidbits



### Breakfast!"Break-the-Fast"

#### Why Eat Breakfast:

The perfect way to kick-start your metabolism  
Less prone to overeating in the evening  
Have a healthier weight and be less likely to become overweight

#### Tips:

- Ideally eat within 1-2 hours of getting up
- Try to have equal portions of energy rich whole grains, hunger-curbing protein, and fruit incorporated into your breakfast
- Choose breads with at least 3 grams of fibre, and cereals with at least 6 grams of fibre

#### Enjoy!

- ♥ Whole grain toast with nut butter or scrambled egg whites and fruit
- ♥ Low fat Greek yogurt with All-Bran® Bran Buds and berries
- ♥ Oatmeal with chopped nuts, banana, cinnamon, and skim milk
- ♥ On the go? Grab a Kashi granola bar, non-fat latte, and a piece of fruit

**Check out the handout: Overnight Oats**