

# Angina

Angina is pain or discomfort in the chest, arms, jaw or upper back caused by decreased blood flow to the heart. It often occurs during exercise, stress or activities when your heart rate and blood pressure increase. The pain is a signal that your heart is not getting enough oxygen. It is a strong sign that you need treatment to prevent a heart attack.

## **Angina may happen with:**

- Work or exercise
- Eating a large meal
- Smoking or using tobacco
- Very hot or cold temperatures
- Emotions or stressful events
- Active dreams while sleeping

## **Signs of Angina**

- Pain or pressure in your chest, arm, jaw, shoulders or neck. It may spread from one place to another.
- Feeling of tightness, heaviness, squeezing or burning
- Sweating
- Shortness of breath
- Nausea
- Feeling very tired, dizzy or faint

# Angina

Angina je bol ili neugodnost u prsima, rukama, vilici ili gornjem dijelu leđa uzrokovana smanjenim protokom krvi do srca. Često se javlja prilikom vježbanja, stresa ili aktivnosti kada se poveća broj otkucaja srca i krvni pritisak. Bol je signal da Vaše srce ne dobija dovoljno kisika. To je snažan signal da Vam je potrebno liječenje radi prevencije srčanog udara.

## **Angina se može dogoditi zbog:**

- rada ili vježbanja
- uzimanja obilnog obroka
- pušenja ili korištenja duhana
- veoma visokih ili niskih temperatura
- emocija ili stresnih događaja
- burnih snova za vrijeme spavanja

## **Simptomi angine**

- Bol ili pritisak u prsima, rukama, vilici, ramenima ili vratu. Može se širiti sa jednog mjesta na drugo.
- Osjećaj pritiska, težine, stiskanja ili pečenja
- Znojenje
- Kratkoća daha
- Mučnina
- Osjećaj velikog umora, vrtoglavice ili nesvjestice

## **Your Care**

If you have signs of angina, rest and **call 911**. You will be tested to see if your signs are caused by angina.

Follow-up with your doctor to get a plan for your care. You may be given medicine to take. Your doctor may also want you to eat a low fat diet and start exercising.

**Talk to your doctor or nurse if you have any questions or concerns.**

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## **Vaša njega**

Ako imate simptome angine, idite u položaj mirovanja i pozovite **911 (hitnu pomoć)**. Uradiće Vam se pretrage da se vidi da li su Vaši simptomi prouzrokovani anginom.

Otiđite na kontrolu kod svog doktora kako biste dobili plan liječenja. Možda ćete dobiti lijekove. Možda će Vaš doktor željeti da idete na dijetu sa manje masnoća ili započnete sa vježbanjem.

**Razgovarajte sa svojim doktorom ili medicinskom sestrom ako ste zabrinuti ili imate pitanja.**

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Angina. Bosnian