

♥ HEART HEALTH

Let Your Doctors Help You Fight Fear And Pain

(NAPSA)—Chances are someone you know has experienced heart trouble or a heart attack. According to the American Heart Association, more than one-third of Americans have some type of cardiovascular disease. After a cardiac event, most patients are told to adopt better eating habits and become more active. For some, however, the fear of having another heart episode keeps them sitting at home.

“Numerous studies show that adopting a healthy lifestyle can prevent cardiovascular complications,” said Dr. Franklin H. Zimmerman, a New York-based cardiologist. “Some patients with coronary disease experience angina, or chest pain, when exercising, which can frighten them into becoming sedentary. By talking with their doctor, they can learn about treatments to prevent or treat the symptoms.”

Angina pectoris is the medical term for the chest pain that is a symptom of coronary artery disease. The pain is caused by reduced blood flow to the heart due to narrow or blocked arteries. Nearly 10 million patients in the United States currently suffer from angina, with 500,000 new cases diagnosed each year.

Symptoms of angina pectoris may include a feeling of uncomfortable pressure, fullness, squeezing or pain in the center of the chest. It can be triggered by exercise, an increase in physical activity, stress or a heavy meal.

Nitroglycerin is available in several forms, such as a tablet or



After a heart attack, getting enough exercise is important and treatment that keeps away chest pain can help.

a spray, and is commonly used to treat angina because it relaxes and widens the blood vessels. This allows for a steadier blood flow to the heart muscle.

In addition to relieving an immediate angina attack, nitroglycerin can be taken before exercising to prevent chest pain. Patients should consult their doctor before engaging in any activity or starting treatment.

Exercise and healthy eating can help heart patients lead rich and full lives. Using nitroglycerin may help patients exercise in comfort. Patients should not take nitroglycerin if they are allergic or are using medications for erectile dysfunction. Using nitroglycerin with these products may cause low blood pressure, known as hypotension, due to widening of blood vessels.

For more information, Google: “angina pectoris.”