

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

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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Angina

Angina waa xanuun ama lur feedhaha, gacmaha, daanka ama dhabarka qaybta sare dadka ka qabta oo uu sababo hoos u dhaca dhiigga ku shubma wadnaha. Wuxuu badanaa dhacaa waqtiga jir dhiska, diiqada ama hawlaha marka xaddiga garaaca wadnahaaga iyo cadaadiska dhiiggu ay kordhaan. Xanuunku waa calaamadda in uusan wadnahaagu heleynin ogsijiin ku filan. Waa calaamad xooggan oo muujinaysa in aad u baahan tahay daaweyn si looga hortago wadne istaagid.

Angina waxaa laga yaabaa iney dadka kula dhacdo:

- Shaqada ama jir dhiska
- Cunidda cunto fara badan
- Sigaar cabidda ama tubaako isticmaalidda
- Heerkul aad u kulul ama aad u qabow
- Dhacdooyin dareen xooggan ama diiqad leh
- Riyooyin fir-fircoon inta la hurdayo

Calaamadaha Angina

- Xanuun ama cadaadis feedhaha, gacmaha, daanka, garbaha ama qoorta ah. Waxaa laga yaabaa in uu meel jidhka ka mid ah ka tago oo meelo kale ku faafo.
- Dareemidda in feedhuhu jiq ku yihiin, culeys, in lagu majiirayo ama aad gubanayso
- Dhidid
- Neefta oo kugu adkaata
- Lalabbo
- Dareemidda in aad u daallan tahay, war-wareerid ama miyir beelid

Daryeelkaaga

Haddii aad qabtid wax calaamado angina ah, naso ka dibna **wac 911**. waa lagu baari karaa si loo arko haddii calaamadahaaga ay sababtay angina.

Takhtarkaaga la soco si aad u hehsid qorshe daryeel. Waxaa laga yaabaa in daawo lagu siiyo aad qaadato. Waxaa kaloo laga yaabaa inuu takhtarkaagu kaa rabo in aad cunto cunno uu dufanku ku yar yahay aadna jir dhis billowdid.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

Angina. Somali

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