

Angina

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Angina is chest pain or pressure caused by decreased blood flow to the heart. Pain may also be felt in your arms, jaw or upper back. The pain is a signal that your heart is not getting enough oxygen. It is a sign that you need treatment to prevent a heart attack.

Angina may happen anytime but is more common with:

- Work, exercise or activity
- Eating a large meal
- Smoking or using tobacco
- Very hot or cold temperatures
- Emotional or stressful events

Signs of Angina

Signs of angina can be much like the signs of a heart attack.

- Pain or pressure, or a feeling of tightness or heaviness in the chest, arms, jaw, shoulders or neck
- Sweating
- Shortness of breath
- Nausea or vomiting
- Abdominal pain
- Feeling very tired, dizzy or faint
- Some people have no signs

Angina will often ease if you stop what you are doing and rest. If your doctor has told you that you have angina, you may be given medicine to take when you have pain. The medicine is called nitroglycerin.

Angina waa xanuun xabbadka ah ama cadaadis uu sababo hoos u dhaca dhiigga ku shubma wadnaha. Xanuun ayaa laga yabaa inaad ka dareento gacmaha, daanka ama dhabarka inta sare. Xanuunku waa calaamadda in uusan wadnahaagu heleynin ogsijiin ku filan. Waa calaamad muujinaysa in aad u baahan tahay daaweyn si looga hortago wadne-istaagid.

Angina waxaa laga yaabaa iney dadka ku dhacdo wakhti kasta laakiin waxay badiyaa dhacdaa wakhtiyada:

- Shaqada, jimicsiga ama hawl
- Cunidda cunto fara badan
- Sigaar cabidda ama tubaako isticmaalidda
- Heerkul aad u kulul ama aad u qabow
- Dhacdooyin dareen xooggan ama diiqad leh

Calaamadaha Angina

Calamadaha angina waxay badi la mid noqon karaan kuwa wadno xanuunka.

- Xanuun ama cadaadis, ama dareen ah giigsanaan ama culus oo ah laabta, gacmaha, daanka, garbaha ama qoorta
- Dhidid
- Neefta oo kugu adkaata
- Lalabbo iyo matag
- Calool xanuun
- Dareemidda in aad u daallan tahay, warwareerid ama miyir beelid
- Dadka qaar ma yeeshaan calaamado

Angina waxay badiyaa ku dabacdaa haddii aad joojiso waxaad qabanaysay oo aad nasato. Haddii dhakhtarkaagu kuu sheegay inaad qabto angina, waxa laga yaabaa in lagu siiyo dawo aad qaadato markaad dareento xanuun. Dawada waxa la yidhaa nitroglycerin.

When to Seek Treatment

Call 911 if you:

- Are having signs and do not have medicine to treat your angina.
- Have taken your medicine, but your signs are not going away or you have new signs that you have not had before.

Sit or lie down until the emergency team arrives. Do not drive to the hospital or delay by calling your doctor.

Your Care

You will be tested to see if you have a heart problem. You may be started on medicine or have other procedures to improve blood flow to your heart. Your doctor may also want you to eat a low fat diet and exercise to improve your heart health.

If your doctor prescribes nitroglycerin, use the medicine as your doctor orders. For more information, ask for the handout, **Nitroglycerin**.

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

Goorta Aad Raadinayso Daawayn

Wac 911 haddii aad:

- Yeelato calaamadaha oo aanad haysan dawada lagu daweyyo angina.
- Qaadatay dawadaadii, laakiin calaamadihii tagi waayeen ama aad leedahay calaamado cusub oo aanad hore u yeelan jirin.

Fadhiiso ama jiifso illaa inta kooxda xaaladda degdega ah imanayaan. Baabuur ha u kaxaysan cisbitaalka ama ku daahin wicitaanka dhakhtarkaaga.

Daryeelkaaga

Waxa lagaa fiirin doonaa haddii aad qabto dhibaato xagga wadnaha ah. Waxa laga yaabaa in lagugu bilaabo daawo ama camaliyado kale si loo hagaajiyo socodka dhiigga ee wadnaha. Dhakhtarkaaga ayaa lagaa yabaa inuu rabo inaad cunto cunno dufan yar oo jimicsato si aad u hagaajiso caafimaadka wadnahaaga.

Haddii dhakhtarkaagu kuu qoro nitroglycerin, isticmaal daawada sida dhakhtarku ku faro. Wixii macluumaad dheeraad ah, weydiiso xaashida, **Nitroglycerin**.

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