

Angina

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 you[r] [translator's note: typo: missing a "r". 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

Angina je bol ili pritisak u prsima uzrokovana smanjenim protokom krvi do srca. Bol se takođe može javiti u rukama, vilici ili gornjem dijelu leđa. Bol je signal da Vaše srce ne dobija dovoljno kisika. To je znak da Vam je potrebno liječenje radi prevencije srčanog udara.

Angina se može dogoditi bilo kada, ali je najveća mogućnost prilikom:

- rada, fizičkih vježbi ili aktivnosti
- uzimanja obilnog obroka
- pušenja ili korištenja duhana
- veoma visokih ili niskih temperatura
- emotivnih ili stresnih događaja

Simptomi angine

Simptomi angine mogu biti vrlo slični znacima srčanog udara.

- Bol ili pritisak, te osjećaj stezanja ili težine u prsima, rukama, vilici, ramenima ili vratu
- Znojenje
- Kratkoća daha
- Mučnina ili povraćanje
- Bol u abdomenu (stomaku)
- Osjećaj velikog umora, vrtoglavice ili nesvjestice
- Neki ljudi nemaju nikakve simptome

Angina često popusti ako prestanete raditi ono što ste radili i ako se odmorite. Ako Vam je ljekar rekao da imate anginu, možete dobiti lijekove koje trebate uzeti kada osjetite bol. Lijek se zove nitroglicerina.

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

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Kada trebate tražiti liječenje

Nazovite 911 (hitnu pomoć) ako:

- imate simptome, a nemate lijekove protiv angine.
- uzeli ste lijek, ali Vam simptomi ne prolaze ili imate nove simptome koje niste ranije imali.

Sjedite ili ležite dok ne stigne tim hitne pomoći. Nemojte sebe sami voziti u bolnicu niti odlagati s pozivom ljekara.

Vaša njega

Uradiće Vam se pretrage kako bi se utvrdilo da li imate problema sa srcem. Možda ćete dobiti lijekove ili će se kod Vas primijeniti drugi postupci za poboljšanje protoka krvi do srca. Možda će Vaš ljekar tražiti da primijenite dijetu sa manje masnom hranom ili da započnete sa fizičkim vježbama s ciljem poboljšanja zdravstvenog stanja Vašeg srca.

Ako Vam ljekar propiše nitroglicerina, lijek uzimajte u skladu s uputama. Ako želite dobiti više informacija, tražite brošuru koja se zove «**Nitroglycerin**» (**nitroglicerina**).

Posavjetujte sa svojim ljekarom ili medicinskom sestrom ako imate bilo kakvih pitanja ili ako ste u dilemi.

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Angina. Bosnian.