

# ANGINA: DON'T IGNORE THE MESSAGE FROM YOUR

ANGINA CAN DOUBLE THE RISK OF A MAJOR HEART PROBLEM, YET IT'S EASY TO OVERLOOK. SO MAKE SURE YOU UNDERSTAND THE SYMPTOMS AND LISTEN TO YOUR 



ANGINA AFFECTS MORE THAN **100 MILLION** PEOPLE GLOBALLY<sup>1</sup>

## ANGINA IMPACTS YOUR **QUALITY OF LIFE**



## ANGINA INCREASES YOUR **RISK OF HEART ATTACK**



### WHAT **ANGINA IS**

**AN IMPORTANT WARNING SIGN OF CORONARY HEART DISEASE**

**A TEMPORARY CAUSE OF CHEST DISCOMFORT OR PAIN**

### WHAT IT **ISN'T**

**NOT THE SAME AS A HEART ATTACK**

**NOT A DISEASE IN ITSELF**

### WHAT ARE THE **WARNING SIGNS?**<sup>2</sup>



**PAIN INTO LEFT ARM AND HAND**

**NECK OR JAW PAIN**

**CONSTANT FATIGUE**

**A TIGHT CHEST**

**BREATHING DIFFICULTIES**

**STRESS, ANXIETY OR DEPRESSION**

### WHAT SHOULD I **DO?**

- 1. DON'T IGNORE THE WAKE UP CALL**  
Angina is a warning of an underlying heart problem
- 2. TALK TO YOUR DOCTOR**  
Be clear about your symptoms and how you feel
- 3. TREATMENTS ARE AVAILABLE**  
Angina can be treated and managed with medicines
- 4. CHANGE YOUR LIFESTYLE**  
Stop angina from getting worse and reduce your risk of a heart attack

## USE TO ACT NOW ON **ANGINA**

<sup>1</sup>Khan MA et al. Cureus. 2020;12(7):e9349. <sup>2</sup><https://servier.com/en/decoded-content/angor-dont-ignore-heart-messages>