## Types of Chest Pain

This table explains some of the common causes, signs and symptoms of chest pain. Please remember that this information is a guide only.

**DO NOT USE FOR DIAGNOSIS. If symptoms persist, or you become unsure or concerned, please speak with your doctor.**

<table>
<thead>
<tr>
<th>Name</th>
<th>Cause of chest pain</th>
<th>Symptoms of chest pain</th>
<th>Location of pain</th>
<th>How to relieve chest pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angina</td>
<td>Angina occurs when there isn't enough oxygen-rich blood flowing to part of your heart. Angina is caused by narrowed coronary arteries.</td>
<td>♥ discomfort&lt;br&gt;♥ tightness&lt;br&gt;♥ pressure&lt;br&gt;♥ squeezing&lt;br&gt;♥ heaviness&lt;br&gt;♥ dull ache&lt;br&gt;  Additional symptoms may include: ♥ nausea&lt;br&gt;♥ shortness of breath&lt;br&gt;♥ strange feeling or tingling/numbness in the neck, back, arm, jaw or shoulders&lt;br&gt;♥ light headedness&lt;br&gt;♥ irregular heart beat</td>
<td>♥ May be felt in the centre of the chest or across the chest, into the throat or jaw, down the arms, between the shoulder blades&lt;br&gt;♥ <strong>Unstable angina</strong> may be unrelated to activity or stress, comes on more frequently or takes longer to ease&lt;br&gt;Angina symptoms can gradually get worse over 2 to 5 minutes.&lt;br&gt;&lt;strong&gt;Angina usually lasts less than 15 minutes&lt;/strong&gt;</td>
<td>♥ Rest&lt;br&gt;♥ Anginine – dissolved under the tongue or&lt;br&gt;Nitrolingual spray– sprayed under the tongue</td>
</tr>
<tr>
<td>Heart Attack</td>
<td>A heart attack happens when plaque cracks inside the narrowed coronary artery - causing a blood clot to form. If the blood clot totally blocks the artery, the heart muscle becomes damaged.</td>
<td>♥ similar to angina however last longer than 15 minutes and are not relieved by rest, Anginine or Nitrolingual spray&lt;br&gt;Additional symptoms may include: ♥ nausea&lt;br&gt;♥ vomiting&lt;br&gt;♥ pale skin&lt;br&gt;♥ shortness of breath&lt;br&gt;♥ sweating&lt;br&gt;Heart attacks can also occur with unusual chest pain or no pain</td>
<td>♥ unable to pinpoint exact spot&lt;br&gt;♥ May be felt in the centre of the chest or across the chest, into the throat or jaw, down the arms, between the shoulder blades</td>
<td>A heart attack is a medical emergency.&lt;br&gt;<strong>If pain is not relieved by Anginine or Nitrolingual spray in 10 to 15 minutes, call 000 for an ambulance.</strong>&lt;br&gt;&lt;strong&gt;Stop any physical activity****</td>
</tr>
</tbody>
</table>
### Types of Chest Pain
This table explains some of the common causes, signs and symptoms of chest pain. Please remember that this information is a guide only. **DO NOT USE FOR DIAGNOSIS. If symptoms persist, or you become unsure or concerned, please speak with your doctor.**

<table>
<thead>
<tr>
<th>Name</th>
<th>Cause of chest pain</th>
<th>Symptoms of chest pain</th>
<th>Location of pain</th>
<th>How to relieve chest pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>‘Stent’ Pain</td>
<td>Stent pain is quite common after a coronary stent is inserted and is thought to be caused by stretching of the artery during the procedure.</td>
<td>● sharp &lt;br&gt;● niggling &lt;br&gt;● localized &lt;br&gt;● fleeting &lt;br&gt;● comes and goes &lt;br&gt;● <strong>not related to physical activity</strong></td>
<td>● middle or left side of chest &lt;br&gt;● can usually pinpoint the spot where it hurts</td>
<td>● relaxation &lt;br&gt;Symptoms will disappear with time as stent settles in</td>
</tr>
<tr>
<td>Pericarditis</td>
<td>Pericarditis is irritation and swelling “inflammation” of the heart’s sac that surrounds the heart. Causes include: &lt;br&gt;● viral infection &lt;br&gt;● heart attack (Dressler’s Syndrome) – usually occurs 2-5 weeks after heart attack &lt;br&gt;● recent heart surgery</td>
<td>● sharp &lt;br&gt;● stabbing &lt;br&gt;● pain not relieved with rest &lt;br&gt;Additional symptoms may include: &lt;br&gt;● fever &lt;br&gt;● weakness &lt;br&gt;● shortness of breath &lt;br&gt;● coughing &lt;br&gt;● heart palpitations (feeling your heart beating faster)</td>
<td>● middle or left side of chest and can travel to one or both shoulders &lt;br&gt;● pain worse when lying down and deep breathing</td>
<td>● sitting up and leaning forward</td>
</tr>
<tr>
<td>Musculoskeletal pain after open heart surgery</td>
<td>It is common to have some chest discomfort after your surgery as your muscles, ligaments, bones, nerves and wounds are healing</td>
<td>● aches (dull or sharp) &lt;br&gt;● pains &lt;br&gt;● numbness or tingling on chest &lt;br&gt;● skin feels sensitive</td>
<td>● middle or left side of chest &lt;br&gt;● may last for 6 months or more</td>
<td>● try holding a pillow or towel against your chest when you cough or sneeze &lt;br&gt;● try a different position &lt;br&gt;● use pain killers <strong>regularly</strong> &lt;br&gt;● try massaging and touching chest around the wound to desensitize the nerves</td>
</tr>
</tbody>
</table>
## Types of Chest Pain

This table explains some of the common causes, signs and symptoms of chest pain. Please remember that this information is a guide only. **DO NOT USE FOR DIAGNOSIS. If symptoms persist, or you become unsure or concerned, please speak with your doctor.**

<table>
<thead>
<tr>
<th>Name</th>
<th>Cause of chest pain</th>
<th>Symptoms of chest pain</th>
<th>Location of pain</th>
<th>How to relieve chest pain</th>
</tr>
</thead>
</table>
| **Pulmonary embolism or “PE”** | A pulmonary embolism occurs when there is a sudden blockage, usually caused by a blood clot, of an artery in the lung | ♥ sharp or stabbing chest pain - worse when you take a deep breath  
♥ burning, aching, dull or heavy sensation in chest  
♥ sudden shortness of breath  
♥ cough that can produce blood stained mucus  
Additional symptoms may include:  
♥ fast heart rate  
♥ sweaty, clammy skin  
♥ dizziness or light headedness | ♥ middle or on one side of chest                                                | **A pulmonary embolism is a medical emergency.**  
♥ doctors will prescribe medications to dissolve the clot and prevent clots from getting larger |
| **Gastro Oesophageal Reflux Disease “GORD”** | GORD occurs when stomach acid leaks from the stomach into the oesophagus (food pipe) | ♥ burning chest pain, pressure, discomfort or “heartburn” - **often worse after eating**  
♥ chest pain not likely to be associated with physical activity or exercise | ♥ middle or on one side of chest which can move up to neck and throat | ♥ sitting up or standing upright  
♥ antacid medication  
♥ avoiding certain foods and drinks |
| **Anxiety**                  | The body’s stress response causes:  
♥ tightening of the chest and rib cage muscles  
♥ stomach and intestinal distress causing chest pain | Pain can be described as:  
♥ sharp, shooting or burning  
♥ pressure or chest tension  
Pain can range from slight to severe and can be related to episodes of nervousness, anxiety, fear or elevated stress | ♥ can be located all over chest area and spread to upper back | ♥ stress management  
♥ relaxation - deep breathing  
♥ rest |