



National University
Heart Centre
Singapore

Management of Chest Pain

Journey to a Healthy Heart

Educational resources by NUHCS

Outlines

- Know Your Heart
 - ❖ What is Coronary Artery Disease (CAD)?
 - ❖ What is Atherosclerosis?
 - ❖ Treatments for CAD / Heart Attack
 - ❖ Risk Factors for Heart Disease
- Activity Restrictions after a Heart Attack
- **Management of Chest Pain**
- Heart Medications
- Physical Activity and Cardiac Rehabilitation Program
- Heart Healthy Diet
- Stress Management
- Smoking Cessation

Disclaimer

Information from this section has been adapted from the following:

NUHCS Coronary Angiography and Angioplasty: A Patient's Guide

<https://www.nuhcs.com.sg/Heart-Health/About-Heart-Conditions/Documents/Coronary-Angiography-and-Angioplasty-A-Patient-Guide.pdf>

NUHCS Managing Chest Pain

https://www.nuhcs.com.sg/Heart-Health/Documents/Pages/Brochures/1694NUHCS_NUHCS_Managing_chest_pain_online%5b1%5d.pdf

Other resources:

<https://www.healthhub.sg/a-z/diseases-and-conditions/746/Heart-disease-coronary-artery-disease-women>

1. Recognise Angina

You may experience any of the following:

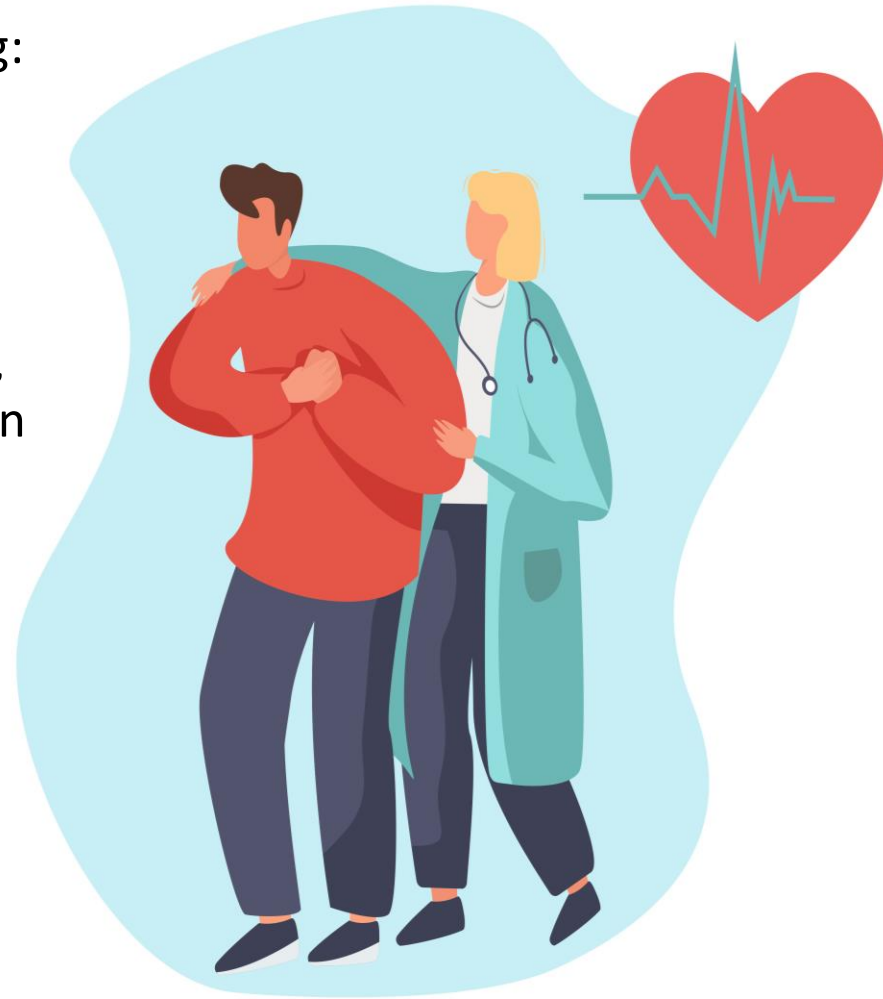
- Temporary pain, tightness or discomfort at the center of the chest
- A feeling of pressure in the chest
- Pain may spread to both sides of the chest, jaw, neck, shoulder and down the inner sides of your arms



2. Recognise a Heart Attack

You may experience any of the following:

- Prolonged or severe chest pain, discomfort or pressure
- The pain may radiate to the jaw, neck, shoulders, arms, back or upper abdomen
- Shortness of breath
- Excessive sweating
- Palpitation
- Nausea / vomiting
- Gastric discomfort
- Dizziness
- Weakness



3. Recognise a Heart Attack in Women

- Female patients often report atypical symptoms such as:

- ❖ epigastric discomfort
- ❖ nausea
- ❖ dyspnoea
- ❖ fatigue





If you suspect angina or a heart attack,

- Take **ONE** GTN (Glyceryl Trinitrate) tablet / spray **if it is available.**
- If chest pain persists, continue to administer GTN tablets / spray **ONCE every 5 minutes, up to 3 times.**
- If the pain persists, **call 995** for an ambulance to send you to a nearby hospital.

Thank you.

