

Are you listening to your heart?

Angina is underrecognised and undertreated, yet it's often the first sign of coronary artery disease, the most frequent cause of death worldwide today.¹

What is angina?

If you experience chest pain or discomfort during physical exertion, like climbing stairs or walking up a hill, this may be a sign of angina. It's your heart's way of telling you that it is suffering.

Angina occurs when the heart muscle is not getting enough blood. It often has a squeezing or pressure-like feel. Angina pain usually lasts for no more than 2 to 10 minutes, and is relieved by rest or nitroglycerin.

Symptoms include:

- Shortness of breath
- Excessive sweating
- Extreme fatigue
- Pain at a site other than the chest
- Sensation of indigestion or discomfort in the abdomen

What causes angina?

The main cause of angina is atherosclerosis – the arteries become clogged with fatty substances called plaques, or atheroma. These cause the arteries to harden and narrow, restricting the blood flow and oxygen supply to the heart.

Angina normally occurs in people over 50, and is more common in men. Risk factors include diabetes, dyslipidaemia (high blood lipid levels), smoking, high blood pressure, obesity and heredity.

It has a negative impact on quality of life and leads to a 3-fold higher risk of disability,² a 1.5-fold higher risk of job loss,² and 4-fold higher risk of depression.³

Can angina be controlled?

Yes! Treating angina allows you to lead a normal, symptom-free, healthy life, and to stop your heart disease from getting worse.



We are the scientific leaders in South Africa in cardiovascular healthcare delivery research and education. Our mission is to champion equitable sustainable healthcare, to lead and innovate in cardiovascular sciences, to educate professionals, our members as well as the community, and to influence cardiovascular healthcare policy. Our vision is to advance cardiovascular healthcare for all living in South Africa.

www.saheart.org

Make healthy lifestyle choices

- Lose weight if you're overweight
- Eat a healthy diet
- Be active and exercise regularly
- Quit smoking
- Drink alcohol in moderation

Making lifestyle changes and using antianginal drugs that can help treat heart disease, is the best long-term strategy.

Ignoring angina is not a solution.

Listen to your heart. Speak to your doctor about how angina can be controlled.

References:

1. Mozaffarian D *et al.* *Circulation*. 2016; 33(4): e38-e360.
2. Padala SK *et al.* *J Cardiovasc Pharmacol Ther*. 1074248417698224 2017 Jan 01.
3. Jespersen L *et al.* *Clin Res Cardiol*. 2013; 102:571-58.

ANGINA AWARENESS INITIATIVE



**DO NOT
IGNORE THE
HEART'S
MESSAGES**



Hey! Can't play soccer with your son?
Is angina limiting you again?



Why don't you tell your doctor about it?



Ignoring me is not a solution, you know!



Let's get angina under control

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