

Managing and treatment of unstable angina



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Heart disease (also known as unstable agina) is a medical condition where the blood does not flow correctly to the heart and therefore the blood lacks oxygen. It can potentially lead to a heart attack or death. Older men and women are more likely to experience unstable angina.

Your doctor will go over all treatment plans as well as how to manage heart disease. This diagnosis implies risk of heart attack. It is causes buildup along the walls of the arteries. When the blood flow becomes restricted you may feel chest pains. There are other symptoms other than chest pains.

Experiencing these symptoms of the neck and arm or even shoulder pain should be an indicator of a heart attack. Be aware of any chest pain even while resting. See your physician if you experience any of these symptoms.

Diagnosis

Several tests are done to see if you have any signs of heart disease. Some tests will ask to done such as a blood test to see if there is anything seeping into the blood which would indicate a leak in the heart muscle. The electrocardiogram indicates certain patterns in the heartbeats. A stress test may be done to see if your heart is working harder. This may also be a sign of heart disease. These are the most common tests done for diagnosis.

Causes

The cause of unstable angina is not enough blood flow to the heart muscle due to narrowing of the coronary arteries.

Treatment

The treatment depends on the severity of the condition. Your doctor may recommend blood thinners to help the blood flow much easier. The doctor may recommend a more complicated procedure such as angioplasty depending on the severity of the condition. Angioplasty is the procedure to repair or unblock the blood vessel. If you are over weigh and or smoke or even use tobacco you may want to consider exercising regularly and quitting tobacco products. These would be long term conditions to follow by your physician. By following your doctors instructions and by taking all medication you may reduce your risk. The doctor may use medication to reduce risk as well. Some risk factors may be different depending on the person and their families health history. A family history of heart disease may be one of the great factors that may cause a greater risk to the patient. The condition may worsen over time. It is always wise to get checked regularly for any heart disease. Conditions may also appear in obesity or high and low cholesterol. Be the right exercise and eating right you may reduce your chances of angina as well as provide a healthier way of life to yourself as well as your family.

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