

Editorial Note on Angina Pectoris

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Editorial

Angina is chest torment or distress you feel when there isn't sufficient blood stream to your heart muscle. Your heart muscle needs the oxygen that the blood conveys. Angina may feel like pressing factor or a crushing agony in your chest. It might feel like heartburn. You may likewise feel torment in your shoulders, arms, neck, jaw, or back.

Angina is a manifestation of coronary course illness (CAD), the most widely recognized coronary illness. Computer aided design happens when a tacky substance called plaque develops in the veins that supply blood to the heart, decreasing blood stream. Angina is chest pain or discomfort caused when your heart muscle doesn't get enough oxygen-rich blood. It may feel like pressure or squeezing in your chest. The discomfort also can occur in your shoulders, arms, neck, jaw, or back.

How is angina pectoris diagnosed?

- Electrocardiogram (ECG): Records the electrical activity of the heart, shows abnormal rhythms (arrhythmias), and detects heart muscle damage.
- Stress test: (usually with ECG; also called treadmill or exercise ECG).
- Cardiac catheterization.
- Cardiac MRI.
- Coronary CT scan.

There are three sorts of angina:

- Stable angina is the most widely recognized sort. It happens when the heart is working more enthusiastically than expected. Stable angina has an ordinary example. Rest and drugs typically help.
- Temperamental angina is the most hazardous. It doesn't follow an example and can occur without actual effort. It doesn't disappear with rest or medication. It is an indication that you could have a respiratory failure soon.
- Variation angina is uncommon. It happens when you are resting. Medications can help.

Not all chest torment or distress is angina. On the off chance that you have chest torment, you should see your medical services supplier.

Avoid foods that contain saturated fat and partially hydrogenated or hydrogenated fats. These are unhealthy fats that are often found in fried foods, processed foods, and baked goods. Eat fewer foods that contain cheese, cream, or eggs. Lifestyle changes are sometimes enough to make angina go away, though most people need one or more medications to ease or prevent angina. Some people need a procedure to open or bypass blocked coronary arteries.

Regular exercise improves your body's ability to take in and use oxygen, which means you can do daily activities more easily and feel less tired. It can also help reduce your angina symptoms (like chest pain and shortness of breath) by encouraging your body to use a network of tiny blood vessels that supply your heart.

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