

♥ HEALTHY HEARTS ♥

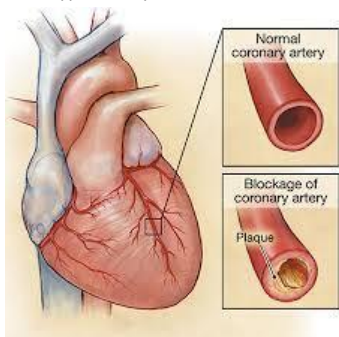
Issue No. 6 June 1, 2020

Question of the week!

What is angina?

Angina is the medical name for heart pain. It is caused when the heart muscle cannot get a good enough supply of richly oxygenated blood.

The common reason why the blood cannot reach the heart muscle is because cholesterol plaque has built up. This happens on the inner lining of the artery making it narrower. The blood has to squeeze through so the flow is slower to reach the muscle.



Types of Angina:

- ♥ **Stable angina** typically happens with activity or stress.
- ♥ **Variant/Prinzmetal angina** due to a spasm of one of the large coronary arteries.
- ♥ **Unstable angina** when the pattern of symptoms changes to become more severe pain, more frequent, or with less exertion or during rest. Usually means a sudden narrowing of a coronary artery. The risk of a heart attack is high.
- ♥ **Microvascular angina** due to the small blood vessels becoming narrowed. Common in women.

Check out this website for more information:

<https://www.heartandstroke.ca/heart/conditions/angina>

What does Angina feel like?

Angina is very individual but has common characteristics:

- ♥ Chest feels tight or heavy
- ♥ Hard to breathe
- ♥ Pressure, squeezing, burning, stabbing, numbness
- ♥ Spreads down one or both arms, neck, lower jaw, back

When can you get Angina?

- Climbing stairs or going up hill
- Carrying or lifting heavy bags or items
- Feeling angry, upset, emotional stress
- Exercising
- Having sex
- Working in very hot or cold weather
- Sitting doing nothing

How do you treat Angina?

- ✓ Stop what you were doing
- ✓ Sit down (if standing)
- ✓ Use **Nitroglycerin** spray if prescribed:-

1. Spray 1-2 times under your tongue
2. Wait for pain to go away
3. If still there after 3-5 mins repeat #1
4. Wait for pain to go away
5. If still there after 3-5 mins repeat #1 and call 9-1-1

Tell your Family Doctor or Cardiologist if there is a change in your angina pattern.



Do you know YOUR angina?

Take the quiz!

<https://www.surveymonkey.com/r/7VYNFKJ>

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CARDIOLOGIST CORNER

Nitrates prevent and relieve Angina (chest pain).

- ✓ **During** angina attacks to relieve angina
- ✓ **Before** performing activities that can cause angina (to increase exercise tolerance)

Nitrates open up (dilate) the arteries to the heart, increase blood flow, relieve angina and reduce the heart's workload.

Nitro spray can lower your blood pressure for short periods (minutes). It is recommended to sit down before you use Nitro spray because of this drop in blood pressure and the risk of dizziness.

Side effects of Nitrates:

- Dizziness or light-headedness.
- Headache.
- Flushing or feeling warm in the face and neck.
- Nausea.
- Hives.
- Blurred vision.
- Severe headache
- Skin rash.

You shouldn't take nitrates if you:

- Had severe allergic reactions to medicines with nitroglycerin or isosorbide.
- Take erectile dysfunction drugs such as Cialis (tadalafil), Levitra (vardenafil), or Viagra (sildenafil)
- Have narrow-angle glaucoma.

Do you have questions or specific needs from your Cardiac Rehab team?

Please email or call your Case Manager

phccardiocrehab@providencehealth.bc.ca /604 806 6810

FITNESS FOR LIFE!

We know that exercise and physical activity is a key health behaviour and can bring many benefits in addition to purely being good for your heart.

"The best exercise...is the one you'll do - every day"

Covert Bailey

Did you check out our handout?
Your Exercise Physiology team

Nutrition Tidbits



Microbiota "gut bacteria"

What is our microbiota?	<p>A community of bacteria "microbes" that live inside our gut</p> <p>A healthier "more diverse" community helps protect us against disease</p>
What foods keep our microbiota healthy?	<ul style="list-style-type: none"> • Enjoy a variety and plenty of vegetables (think 1/2 your plate) • (leafy greens, red cabbage, celery, asparagus, onions, broccoli) • Fruit - berries, apples, bananas, citrus fruit, red grapes • Choose whole grains - brown rice, barley, oats, rye bread • Plant based proteins - kidney beans, chick peas, lentils, soy beans, nuts (1/3 cup per day), seeds (2 Tbsp per day))
What foods are linked to an <u>unhealthy</u> microbiota?	<ul style="list-style-type: none"> • Commercially baked goods - muffins, cookies, crackers, cakes • Sugar-sweetened beverages – pop, juice, and energy drinks • Red and processed meat/Alcohol in excess
What foods can boost the microbiota?	<p>Fermented foods that contain probiotic cultures "live bacteria"</p> <ul style="list-style-type: none"> • Kefir- use in place of milk to make overnight steel-cut oats • Kimchi/unpasteurized sauerkraut - go well with brown rice bowls or added to sandwiches (limit to 2-4 Tbsp per day as these foods are high in sodium) • Yogurt - use plain low fat and add to your cereal and fruit or eat as a snack