

Introducing ending the fear of dying for people with angina....

Seven little known and surprising facts about angina

This is what people who have attended the Angina Management Programme say in their own words that they were surprised to learn these SEVEN little known facts:-

1. If you have angina, you are actually a lot less likely to suffer damage to your heart as a result of a heart attack.

You have 75% less chance of having heart damage from a heart attack if you experience angina

2. The heart can grow new blood vessels.

When the heart muscle cells use up oxygen faster than the blood supply can replace it, the heart is able to grow new blood vessels. This is called 'collateral circulation' which compensates for narrowed blood vessels over time.

Read more about it in this publication *Heart* 2003;89:1352-1357 doi:10.1136/heart.89.11.1352

3. Angina is not just pain around the heart.

The assumption is that angina must be related to pain around the heart area, but this is not true. Angina is felt due to a mix up in the pain and internal organs' nerve messaging systems. It can be felt in the chest, back, shoulders, arms and up to the throat and jaw.

4. Aspirin does not actually thin the blood.

People believe that aspirin dilutes the blood. In fact aspirin interferes with particular enzymes in the body making the platelets less sticky and so the blood does not clot as readily.

Read more on this link <http://www.nhs.uk/Conditions/Anti-inflammatory-non-steroidal/Pages/Introduction.aspx>

5. Angina pains are actually simply like a muscle cramp.

Since the heart is a muscle, angina is actually just like a cramp, but the symptoms feel similar to heart attack symptoms. And these pains can actually be more severe than heart attack pains, even though your heart is actually better off through the process.

6. Angina is NOT a disease on its own.

It is a symptom of a number of heart conditions that result in the heart muscle cells using up oxygen faster than it is replaced.

7. Pain is not all bad.

A little pain is good for you as it comes about through the heart growing new blood vessels.

To find out more on how the Angina Management Programme has helped hundreds of people overcome the fear of dying and do fun things like get back to dancing or book holidays, go to <http://AnginaHub.com>

ANGINA MANAGEMENT PROGRAMME



© Angina Management Programme 2011 and beyond.