

## Patient Information

# Angina in Women

### BACKGROUND INFORMATION

- Women have lower risks of coronary disease, especially prior to menopause.
- However, cardiovascular disease is still the leading cause of death in women.

### SYMPTOMS

- Angina is a term to describe the sensation felt when there isn't enough blood flow to the heart itself.
- Typically, we think of this as intense, center to left-sided pain that is triggered by activity and relieved with rest.
- Women have less typical symptoms. They more often complain of shortness of breath, fatigue, and generalized weakness.
- Less than 60% of women having heart attacks will have a main complaint of chest pain.

### DIAGNOSTIC TESTS

- The diagnostic testing is similar for men and women and includes an EKG or stress testing.

### TREATMENT

- Treatment depends on the severity.
- There are medications that control angina, however if symptoms are severe or are caused by a heart attack, an angiogram (picture of blood vessels) is often needed.
- If an artery is severely blocked (more than 70%), it can be fixed with an angioplasty, stent or bypass surgery.

**FOR MORE INFORMATION** or to make an appointment at URMC Cardiology at Highland Hospital, please call (585) 341-6780 or visit us online at [www.highlandheart.urmc.edu](http://www.highlandheart.urmc.edu)