

Chest Pain Overview

Link: <https://www.ch1er.com/symptom/chest-pain>

Chest pain is one of the most common reasons for emergency room visits. So, it is a symptom you should not ignore. You may experience a sharp, aching, burning, or crushing sensation anywhere between your neck and abdomen. In more severe cases, chest pain can be an early warning sign of an impending heart attack. Often, chest pain may signal a variety of conditions—many of which aren't even related to the heart.

Almost all heart attacks involve some discomfort in the center of the chest. The pain can last for a couple of minutes, return, and the cycle continues. In some cases, you may experience silent symptoms. Such symptoms include breathlessness, heartburn, nausea, or fatigue.

Chest Pain Symptoms

- Shortness of breath
- Fainting, sudden nausea or vomiting
- Lightheadedness or dizziness
- Extreme fatigue
- Breaking out in a cold sweat
- Flushing
- Numbness, pain, or prickling sensations. Can occur along the back, one (or both) arms, jaw, neck, or stomach
- Uncomfortable pain in the center of the chest such. Described as a squeezing, tightening, or burning, sensation.
- Sudden aching in one or both arms

Chest Pain Causes

Your chest pain could point to one of the following **heart-related diseases**:

- **Stable Angina:** A chest pain or discomfort as a result of reduced blood flow to the heart muscle. This type of pain usually occurs with activity, excitement, or emotional stress and is relieved with rest. It will begin at a low level, then gradually increases within the next few minutes.
- **Unstable Angina:** Occurs when your heart doesn't get enough blood flow and oxygen. The severity and duration of angina may vary. If you notice a sudden change in chest pain, you may be experiencing unstable angina. **Remember:** Unstable angina symptoms may signal an impending heart attack. Because of this—when these symptoms arise—call your local ER as quickly as possible.

- **Pulmonary Embolism:** This occurs when a clot (typically from your leg or pelvic veins) lodges in a pulmonary artery of your lung. Since the clot cuts off blood flow to your lungs, a pulmonary embolism is potentially life-threatening.
- **Heart Valve Disease:** The heart has four valves; each opens and closes to keep blood flowing in the right direction. This also ensures proper circulation. If a valve malfunctions, you may develop a heart valve disease. If you were previously diagnosed with heart valve disease and experience these symptoms, call 911 immediately.

When to Seek Help

Remember: You must move fast during life-threatening situations. **Call your doctor ASAP** if you experience:

- Persistent chest pain during the past two months that is now more severe.
- Chest pain that occurs three or more times a day.
- A sudden increase in chest pain that is more severe or long in duration.
- Chest pain at rest despite no apparent exertion or stress.

Call 911 or other emergency services if you have coronary artery disease diagnosed by a doctor in the past. Or if you experience chest pain that persists after taking your home treatment plan for angina.