

What is chest pain?

Chest pain is any pain that is felt in the chest.

It may come from many parts of the chest, including:

- The heart
- The lungs
- The oesophagus (food pipe)
- Muscles
- Bones – including your ribs and sternum (breastbone)
- The abdomen – the pain is referred to the chest due to a complex network of nerves
- The skin.

All chest pain is considered to be heart-related until proven otherwise.

What causes chest pain?

There are several common causes of chest pain.

Indigestion or reflux (stomach acid coming up the oesophagus) can feel like a burning pain in the chest. This common problem can be made worse by smoking, alcohol, coffee, fatty foods and some medications. It often goes away quickly with antacid medication or milk.

Muscle strains and inflammation in the spaces between the ribs, near the breastbone (costochondritis).

Shingles (herpes zoster) can cause chest pain before a skin rash develops.

Coughing such as with pleurisy (inflammation of the tissue lining the lungs), bronchitis and other types of chest infections.

Angina is caused by poor blood flow to the heart and usually occurs when the heart has to work harder than usual. Many people with coronary artery disease (blocked heart blood vessels) experience angina. This often happens with exercise, high emotion or distress, cold weather or after eating a large meal. The pain is short-lived and eases when you rest. Angina does not cause damage to the heart but, if untreated, may lead to a heart attack.

Chest pain can also be due to a sudden blockage in the coronary (heart) arteries, causing a heart attack. Many Australians die of a heart attack because they do not know the signs or wait too long to act.

Chest pain that lasts more than ten minutes at rest, needs to be promptly investigated by a doctor. New treatments for heart attack can save lives and prevent serious heart damage.

Home care

In the first few days at home, try to take it easy. Rest if you feel tired. Slowly increase your activity as you are able. If you feel well, there is no need to limit work or strenuous activity (including sex).

What to expect

It is not always easy to diagnose the cause of chest pain, however your doctor will have ruled out any serious causes. Your local doctor will need to see you for a follow-up check and further tests may be needed. Even if you are feeling well, make an appointment to follow-up with your doctor in the next day or two

Ways to reduce your risk of a heart attack

Your chance of having a heart attack is increased by smoking, lack of exercise, high blood pressure, obesity, high cholesterol, diabetes and a family history of heart disease.

The risk is higher in men and increases as you get older. It is important to remember that people without risk factors can also have heart disease.

There are several measures that can reduce your risk of heart attack.

- Stop smoking – call Quitline for help and support.
- Exercise – engage in moderate physical activity for 30 minutes or more, five days a week. A brisk walk is a good way to start.
- Eat a diet low in fat – including fish, cereals, grains, fruit and vegetables. Look for the Heart Foundation tick when choosing certain foods.
- Regular check-ups – with your local doctor. Maintain a healthy weight. Take all prescribed medications as directed. Do not stop your medication unless advised by your doctor.

What are the symptoms of a heart attack?

Symptoms vary from person to person and often last 10 – 15 minutes or more. Some people have few symptoms or none at all.

- A severe crushing pain in the centre of your chest or behind the breastbone.
- A squeezing, tightening, choking or heavy pressure in the chest.
- Pain that spreads to the shoulders and arms, hand, neck, throat and jaw.
- Sweating and being pale in colour.
- Feeling anxious, dizzy or unwell.
- A sick feeling in the stomach (nausea or vomiting).
- Being short of breath.

If you develop these symptoms, call an ambulance (dial 000), then:

- Stop and rest quietly by sitting or lying down.
- Have half an aspirin straight away (unless your doctor has told you to avoid them).
- Do not attempt to drive yourself to hospital.
- Wait for an ambulance - it has specialised staff and equipment that may save your life.

With a heart attack, every minute counts. Do not wait. The faster a person gets treatment, the better.

If you have any doubt about your chest pain, call an ambulance.

Disclaimer: This health information is for general education purposes only. Please consult with your doctor or other health professional to make sure this information is right for you.

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Seeking help

In a medical emergency go to the nearest hospital emergency department or call an ambulance (dial 000).

For other medical problems see your local Doctor or health-care professional.

13 HEALTH (13 43 25 84) provides health information, referral and teletriage services to the public in all parts of Queensland and is available 24 hours a day, 7 days a week, 365 days a year for the cost of a local call*.

*Calls from mobile phones may be charged at a higher rate. Please check with your telephone service provider



Want to know more?

- Ask your local doctor or health care professional
- Contact the National Heart Foundation
Phone 1300 36 27 87
www.heartfoundation.com.au
- Contact Quit for help to stop smoking
Call Quitline on 13 QUIT (13 78 48)
www.quit.org.au
- Visit HealthInsite
www.healthinsite.gov.au
- Visit the Better Health Channel
www.betterhealth.vic.gov.au

Notes:

Follow up with:

Date and Time-

Name-