



Newsletter From Your Parish Nurse



Greetings!

I'm still having computer problems. I wish I hadn't tossed my old one out. Today I am visiting you with some advice and information about symptoms you should never ignore. All of these are cardiovascular and are important to know.

When patients begin to experience symptoms such as chest pain or breathing problems or light headedness, it would be prudent to seek medical help. "The earlier the detection, the prompter the therapy". This from Dr. Majalany, director of the Adult & Congenital Heart Disease Center at Cleveland Clinic.

Dr. Majalany outlines four cardiovascular symptoms: chest pain, leg pain, shortness of breath, and light headedness.

1. Chest pain—tightness or pressure in your chest is a common sign of heart attack. Chest pain related to blockage in the coronary arteries is called angina. If the symptoms go away rather quickly, it is probably stable angina but if they don't respond rather rapidly it could be unstable angina. This can be a serious medical problem.

2. Leg pain—this can be caused by muscle strain or joint problems, but could be a serious circulation problem called Peripheral Artery Disease (PAD). This refers to blockage in the blood vessels outside the heart and brain. If symptoms don't improve, surgery may be necessary.

3. Shortness of breath—this may be heart and lung disease, sleep apnea or just being in poor physical condition. Shortness of breath is a common symptom of heart attack, as well as heart failure.

4. Light headedness—feeling lightheaded or dizzy may also be a sign of heart attack or heart failure. It can also signify low blood pressure. For years we've been talking about the difference between male & female patients with heart attacks and I was surprised that Dr. Majalany did not address this issue.

I found his information interesting. I hope you did too.

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