

CHEST PAIN

Written by U.S Immigration News
Tuesday, 05 April 2011 23:34 -



Chest pain can be caused by discomfort from all the structures that are found in the chest. From deeper structures that cannot be seen on the outside such as the heart, lungs, big blood vessels to superficial parts such as the muscles, bones, and skin. The way the pain is perceived may overlap, making it more challenging at times to immediately locate the cause of the pain. This is why the cause of chest pain is interpreted with consideration of the location of pain, the character (what the pain feels like), presence of any additional symptoms/feeling, and the baseline health and health risk of the person. Chest pain is one of the symptoms that should never be taken lightly, because it can lead to death quickly if the heart or another major organ in the body is involved. Always have chest pain evaluated by your doctor. In the event of a chest pain that you are not sure of, call 911 instead of waiting for a family member. Time is very precious if the heart is involved.

Ques: My husband is in his forties and has been having chest pain on and off for about three months. He has been 'healthy' and not on any medications. The pain comes at different times, more so when he is doing something. He thinks there is nothing to worry about, should I be concerned?

Ans: Men tend to under report pain and seek medical care less frequently than women. Immigrants who come from countries where emphasis is not placed on prevention always think they are 'healthy' even if they have not seen a doctor in several years. The greatest concern in people with chest pain is heart attack. Being a male is a risk factor for heart attack. Chest pain that occurs on and off, and is associated with activity can be an indication of decreased blood supply to the heart (angina). If complete blockage occurs in that vessel, it may lead to a heart attack. Your husband should go and have the chest pain checked out.

CHEST PAIN

Written by U.S Immigration News
Tuesday, 05 April 2011 23:34 -

Ques: What are some of the things to consider that can prompt you to seek medical attention quickly in the event of chest pain?

Ans: The location of the pain—left-sided chest pain should be quickly investigated, especially if it radiates to the shoulder and down to the hand. The presence of underlying medical conditions such as diabetes, hypertension, high cholesterol, being overweight or obese, or having a history of smoking makes it imperative to exclude the heart as the source of the pain. If you have not had a check-up with a doctor in many years, you may not even know if you have any of these conditions.

Ques: What kinds of chest pain can be a pointer to the heart as a cause?

Ans: Pressure-like (feels like something is pressing on the chest); pain lasting several minutes, gets relieved and recurs; pain that comes with activity and resolves with rest; presence of accompanying symptoms like sweating, feeling faint, uneasy feelings, change in heart beat; chest pain in someone with a family history of heart attack or sudden death. Sometimes chest pain may be associated with symptoms that can be related to the stomach like nausea and vomiting and it may still be a heart attack.

Ques: What can be done if you think chest pain is from the heart?

Ans: Seek medical attention before it is too late. If it is an emergency, call 911 and take an Aspirin. Do not delay seeking medical attention because of the cost or your immigration status. It is better to be alive and then worry about the bills later.

It is always best to have a baseline test of the heart. An electrocardiogram (EKG, ECG) is tracing of the heart that can be done in your regular doctor's office. It is good to have one done if you are above forty or if you have any of the conditions mentioned above irrespective of your age. In event of chest pain that relates to the heart, the doctor would have a baseline EKG to compare with to see if there is any change. More often than not, EKG changes can occur in some people with heart attack. You should keep a copy of your EKG as part of your health records.

CHEST PAIN

Written by U.S Immigration News
Tuesday, 05 April 2011 23:34 -

Take Home Message

Do not take any form of chest pain lightly; seek medical advice. Chest pain associated with difficulty breathing is a big threat to life. Heart disease is the leading cause of death in the United States.

Know your numbers: Your blood pressure, your sugar, and your cholesterol levels. These three things impact your health greatly and should be on your finger tips. Take action on what you can control. Quit smoking, exercise regularly, and eat healthy.

Dr. Oluwatoyosi Dairo can be contacted at **Amazing Medical Services PC. 110-16 Sutphin Blvd, Jamaica, NY 11435 or by phone at 718 526 7600.**

Disclaimer

This article is for informational purposes. It is not meant to replace the advice of your doctor.