

Angina

Chest pain due to reduced blood flow to the heart is known as angina or angina pectoris. Hardening of the coronary arteries (atherosclerosis) that supply the heart with blood is usually a contributing factor to this health issue

Three types of Angina exist, they are as follows:

- **STABLE ANGINA.** This type of chest pain (Angina) occurs during exercise and is usually quite predictable. This kind of Angina is usually associated with atherosclerosis.
- **VARIANT ANGINA.** This kind of chest pain (Angina) may occur during rest or exercise. The primary cause of this is mainly because of a sudden coronary artery spasm.
- **UNSTABLE ANGINA.** This is the most serious of the three types of Angina. This type generally occurs with little to no predictability and can rapidly move towards a heart attack.

Possible Causes and Contributing Factors:

- Atherosclerosis
- Coronary insufficiency
- Oxygen deficiency (lung disease)
- Hypothyroidism
- Hypoglycemia

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