

# What is angina?

**Angina is chest pain or discomfort that feels like ...**



**Pressure**



**Tightness**



**Squeezing**



**Heartburn or  
indigestion**



**Chest discomfort spreads to your  
jaw, teeth, shoulder, arm or back**

**You may also have dizziness, weakness, gas, upset stomach, sweating, pale skin or a feeling of impending doom.**

# Self Help For Angina Angina

**Guillaume Favre**



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