

FICHE-CONSEILS

Préparation à une investigation - Clinique AOC

CA-1 Angina, Atypical Retrosternal Pain with Risk Factors

Subject

Angina is a heart condition characterized by chest pain or discomfort. This pain occurs when the heart is improperly oxygenated due to a narrowing of a coronary artery responsible for bringing oxygenated blood to the heart. The onset of angina can be related to stress or physical exertion. But in more rare cases, it can also occur at rest. Typical symptoms of angina include chest tightness, described as if the chest is caught in a vice, and feelings of chest pressure, choking or indigestion. This kind of pain, which may be accompanied by palpitations or difficulty breathing, usually fades within a few minutes, when people experiencing it lay down and rest. The pain is primarily a warning: the heart is signalling that it is improperly oxygenated and that it is suffering. However, in the presence of angina, the risk of a possible heart attack (myocardial infarction) is higher.



Description

Following your medical consultation, you were referred to the Clinique AOC (Accueil et Orientation Clinique) for a quick cardiology examination in accordance with the predetermined medical protocol. The examination includes blood tests and an electrocardiogram. The clinical nurse will conduct a health assessment, an analysis of your test results and an assessment of your risk of developing cardiovascular disease. You will then be referred to a cardiologist, on the same day of your appointment if there are abnormal results or you will be given a later appointment within a set timeframe.

Instructions for users

The Clinique AOC nurse will contact you within the time prescribed by your doctor for initial care: **A** (1-4 business days) or **B** (4-14 business days). Your exams will be scheduled at the hospital centre in your region – Hull, Gatineau, Buckingham, Maniwaki or Shawville where the exams are available. The nurse will inform you of the steps you need to take, the date of your appointment and the preparation required for your exams. Make sure you are available within the quick timeframe prescribed by your doctor. You can contact the Clinique AOC at 819-966-6127 Monday to Friday from 7:30 a.m. to 3:30 p.m. during business days.

Additional information

If your chest pain intensifies or is not relieved by your medication or if you experience increased difficulty breathing, seek help at an emergency department.