



Chest Pain

What is chest pain?

Chest pain is a common symptom that can be caused by various medical conditions. It can range from mild discomfort to severe, crushing pain. While not all chest pain is life-threatening, it's essential to seek prompt medical attention to rule out serious causes.

Preventing Chest Pain

To reduce your risk of chest pain in the future, consider making the following lifestyle changes:

- Quit smoking if you smoke.
- Maintain a healthy diet and exercise regularly.
- Manage stress through relaxation techniques.
- Control chronic conditions such as high blood pressure, diabetes, and high cholesterol.
- Follow your healthcare provider's recommendations for medications and preventive care.

Chest pain is a symptom that should not be ignored, as it can indicate a serious underlying condition. Your visit to the Emergency Room is a vital step in identifying the cause of your chest pain and receiving appropriate treatment. Our skilled healthcare team is here to provide you with the care and support you need.

Common Causes of Chest Pain

1. Cardiac (Heart) Causes

- Angina (stable or unstable)
- Myocardial infarction (heart attack)
- Pericarditis (inflammation of the lining around the heart)

2. Respiratory Causes

- Pneumonia
- Pleuritis (inflammation of the lung lining)
- Pulmonary embolism (blood clot in the lung)

3. Gastrointestinal Causes

- Gastroesophageal reflux disease (GERD)
- Esophagitis (inflammation of the esophagus)
- Gallbladder disease

When to seek emergency care

Chest pain can be a sign of a life-threatening condition. Seek immediate medical attention if you experience any of the following symptoms:

- Severe, crushing, or pressure-like pain in your chest
- Pain radiating to your arm, neck, jaw, or back
- Shortness of breath
- Nausea or vomiting
- Sweating
- Lightheadedness or fainting

What to expect in the ER

When you arrive at the Emergency Room with chest pain, the medical team will:

- Conduct a physical examination
- Take an electrocardiogram (ECG or EKG) to check your heart's electrical activity
- Perform blood tests to assess cardiac enzymes
- Order imaging tests such as X-rays or a CT scan if necessary
- Ask about your medical history and risk factors

Treatment and Management

The treatment will depend on the cause of your chest pain. It may include medications, oxygen therapy, lifestyle modifications, or surgery if needed.

Please remember that this document provides general information and should not replace professional medical advice. Consult with your healthcare provider for personalized guidance. We wish you a speedy recovery.



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