

CHEST PAIN

Chest pain is discomfort or pain that you feel anywhere along the front of your body between your neck and upper abdomen. There are many possible causes for chest pain. Any organ or tissue in your chest can be the source of pain, including your heart, lungs, oesophagus, muscles, ribs, tendons, or nerves.

Instructions

1. It is very important for you to see a doctor if you develop any of the symptoms listed below. These are signs of serious diseases that need immediate medical care.

Call an ambulance immediately if you have severe chest pain, especially if the pain is crushing or pressure-like and spreads to the arms, back, neck, or jaw, OR if you also have sweating, nausea, giddiness or difficulty breathing. Do not drive to hospital.

Visit an Emergency Department if:

1. Your chest pain increases in severity, or if you have attacks of severe pain lasting more than 15 minutes at a time.
2. Your skin, fingers, or toes appear blue or gray.
3. You feel dizzy or you faint.
4. You develop tingling, numbness, or weakness in your arms or legs.
5. You are sweaty and pale.
6. You develop a temperature greater than 39°C.