



Microvascular Angina

(also known as Coronary Microvascular Dysfunction and Microvascular Dysfunction)

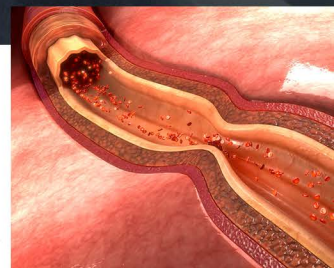
What is Microvascular Angina?

Microvascular Angina (MVA) is a type of angina caused when the small blood vessels of the heart (micro vessels) do not work properly. The micro vessels are important as they supply most of the blood to the whole of the heart muscle. In Microvascular angina, these microvessels either fail to dilate, stay relaxed or constrict in temporary spasms. This is also known as Coronary Microvascular Dysfunction (CMD/CMVD) or now more commonly, Microvascular Dysfunction (MVD).

In the past, before it was better understood, Microvascular Dysfunction was seen as ongoing chest pain without obstructed coronary arteries and was called Cardiac Syndrome X (CSX). This term is sometimes still used to describe chest pain of unknown

origin. It was thought that CSX was more of a problem associated with a person's perception of pain rather than due to angina, along with a belief that MVA was a harmless benign condition. In more recent times, there have been developments in the design of tests that can now more accurately diagnose MVA.

There is growing evidence that now shows that MVA does increase an individual's risk of experiencing heart and circulatory problems. This includes heart attacks, heart failure, arrhythmias, stroke and repeated hospital admissions as well as having a negative impact on the quality of life of those who live with MVA. Learn the symptoms, causes and triggers of microvascular angina, **it may help save a life.**



Get Informed!

Learn all about the symptoms, causes and triggers of microvascular angina.

Educate. Inform. Enlighten.



Recognizing the symptoms of the condition

- ★ Pain or discomfort which can be felt in the stomach, upper back between the shoulder blades, shoulders, jaw, face, arms, and hands;
- ★ A feeling of tightness and heaviness in the chest – some women liken it to their bra feeling too tight;
- ★ Feeling faint or nauseated. Some have reported vomiting;
- ★ A sense of unease which some describe as a “sense of doom”;
- ★ Cold sweat.

The symptoms of **Microvascular Angina (MVA)** are very similar to those experiencing Vasospastic Angina. However, there are a few symptoms that can be more prominent in MVA. These symptoms include:

- ★ Breathlessness;
- ★ Extreme fatigue;
- ★ Chest pain on exertion and sometimes at rest.



Usual causes and triggers of the condition

- ★ Cold weather or sudden drop in temperature;
- ★ Stress - both emotional and mental;
- ★ Autoimmune diseases, such as: Lupus, Rheumatoid arthritis, Antiphospholipid syndrome (Hughes Syndrome);
- ★ Chemotherapy;
- ★ Radiotherapy;
- ★ Inflammation of the inner lining of the blood vessels;
- ★ Diabetes;
- ★ Smoking;
- ★ Being overweight;
- ★ High blood pressure;
- ★ Higher levels of cholesterol;
- ★ Following a hysterectomy or around the time of menopause.