

Chest Pain



Chest pain refers to discomfort located between the neck and abdomen. It can manifest in various ways, such as a sharp or stabbing sensation. Moreover, chest pain may arise from different causes, and the accompanying symptoms will depend on the underlying condition. These may include fatigue, cold sweats, shortness of breath, difficulty swallowing, rapid heartbeat, nausea, and others.

Although chest pain is felt in the chest, it may be linked to various internal organs and body systems. Therefore, addressing the discomfort promptly is essential for proper diagnosis and treatment, helping to preserve your health.

Causes

- **Angina:** chest pain caused by reduced blood flow to the heart.
- **Heart attack:** occurs when blood flow to the heart muscle is blocked.
- **Aortic dissection:** a life-threatening condition affecting the main artery leading from the heart, the aorta.
- **Pericarditis:** inflammation of the membrane surrounding the heart, usually causing sharp pain that worsens with breathing.

Chest pain can also result from digestive issues such as gallbladder disease, lung-related problems like a collapsed lung, musculoskeletal conditions such as a rib injury, or other causes including panic attacks. Treatment will depend on the underlying cause of the pain.

If chest pain persists and you feel pressure or squeezing, or if you experience nausea, sweating, dizziness, or shortness of breath, call 911 or go to the emergency room immediately. These symptoms may be associated with a heart attack.

While you wait for medical attention, you will likely undergo some tests. These may include blood tests, an electrocardiogram (ECG), and a chest X-ray. Based on the

results, the doctor will determine whether you are having a heart attack or provide another explanation for your symptoms.

Treatments

Medications used to treat some of the common causes of chest pain includes:

Aspirin

Nitroglycerin

Blood pressure
lowering
medications

Anticoagulants

Social and Emotional Aspect

For recommendations, tools, and resources about how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or contact the following telephone lines:

Medical Advise Line 1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

References:

<https://www.mayoclinic.org/es/diseases-conditions/chest-pain/symptoms-causes/syc-20370838>.

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