

Chest Pain



Chest pain is one of the ways that the body reacts when there is a minor or life-threatening health problem. Chest pain can be appearing in a variety of forms, from like an intense from a sharp stab to a dull ache, similar to a sensation of pressure or burning, that is difficult to describe its intensity and location. Sometimes the pain can spread to other areas such as the neck, jaw, back, and arms. If you experience any of the above, it is important to pay attention to the pain and seek medical attention.

Although the pain is reflected in the chest, it could be related with other organs and internal systems, so treating the discomfort timely will be the key factor to the proper diagnosis and treatment to preserve your health.

Possible causes of chest pain

- Cardiovascular System:** heart attack, angina pectoris, aortic dissection, pericarditis, among others.
- Digestive System:** heartburn, problems in the esophagus (the tube that connects the throat with the stomach), the gallbladder or the pancreas, among others.
- Musculoskeletal System:** muscle pain, fibromyalgia, rib injuries, among others.
- Pulmonary System:** pneumonia, pulmonary embolism (blood clots), inflammation of the membranes that cover the lungs, pulmonary collapse, pulmonary hypertension, among others.

Other causes such as panic attacks or having shingles could cause chest pain. Treatment will depend on what is causing the pain.

If your chest pain does not go away and you feel pressure, squeezing, sweating, dizziness, short of breath or nausea, call 9-1-1 or go to the emergency room right away. The symptoms are associated with a heart attack.

While waiting for medical attention, you can chew an aspirin (if do not have blood clotting problems or if you are not allergic to aspirin). If you or someone else may be having a heart attack, you can perform cardiorespiratory resuscitation (CPR) with your hands.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can manage emotional and physical concerns that may occur during and after your treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

(2021)<https://www.mayoclinic.org/es-es/diseases-conditions/chest-pain/symptoms-causes/syc-20370838>

(2021)<https://medlineplus.gov/spanish/chestpain.html>

(2022)<https://www.merckmanuals.com/en-pr/home/gastrointestinal-disorders/s%C3%ADn-thomas-of-digestive-disorders/pain-in-the-chest-or-in-the-back>

(2022)<https://www.mayoclinic.org/first-aid/first-aid-heart-attack/basics/art-20056679>

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