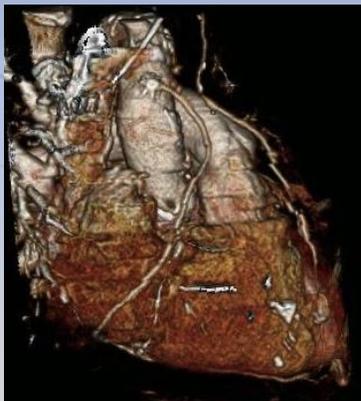


All that Glitters...

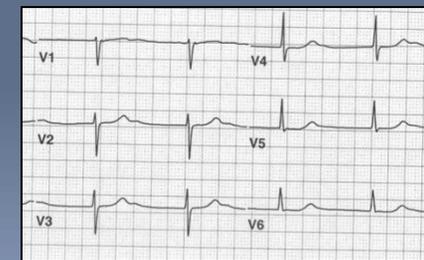
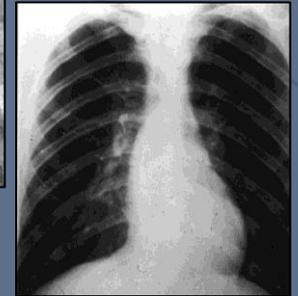
No one knows who said it first but the phrase is very useful in the consideration of chest discomfort. For the individual experiencing discomfort, heart disease and serious threat to life and lifestyle immediately come to mind. However, many problems, not all serious or harmful, may cause disagreeable sensations in the chest. In fact, the majority of people experiencing symptoms, who voice concerns, do not have a life threatening illness. Defining the source of discomfort and ensuring that its source is addressed quickly, safely and without excessive intrusion is our goal.



The Heart in 3D



It is not quite as complicated as it may seem at first. A few simple steps and we should be able to arrive at an answer. However, no matter what is found, we will also examine your risk of developing or suffering complications of cardiovascular disease in the future.



CHEST DISCOMFORT

James M. Wilson, M.D. FACC

6624 Fannin #2190 Houston, TX 77030

www.HoustonMDs.org

Sources

Evaluation and management accurately and efficiently

Your Background

Not surprisingly, your age, activity, past and parents heavily influence any pursuit of the source of possible illness. Specifically, we need to know,

Did your **parents** get heart disease at a young age (<60)?

Do you have problems that may cause heart disease? High **blood pressure**, **Cholesterol** or blood **sugar**.

The Symptoms

What does it feel like? Sharp, **dull**, burning, boring, knifelike.

Does it hurt when you **breathe** or make you breathless?

What brings it on and how long does it last?

Do you **sweat** or get **nausea** when the discomfort is present?

Does the sensation go anywhere like your back neck **arms** or **jaw**?

These are the big 5. Your answers, physical exam and the ECG lead to the next step.

Combine Diagnosis and Risk

I know it's your heart. Most of the time, treatment is based upon lifestyle and medication. Testing will determine if anything else is necessary.

I know it's not your heart. We'll discuss next steps if any testing or intervention is necessary.

I don't know. We will discuss the alternatives and how to get an answer.

Risk is determined by specific criteria such as your age, findings on physical exam and preliminary testing (CXR, blood, ECG)

Diagnosis

Heart

Not Sure

Not Heart

Risk

