

# Symptoms:

- Common triggers of angina episodes include physical exertion, emotional stress, exposure to cold temperatures, heavy meals, and smoking. These activities increase the heart's demand for oxygen, surpassing the limited supply available to the heart muscle. Angina can be stable or unstable, depending on the frequency, severity, and predictability of symptoms
- Chest pain or discomfort
- Shortness of breath
- Fatigue
- Nausea and dizziness