Newsletter Peel Park Surgery January

2020

Angina

**Angina is chest pain caused by reduced blood flow to the heart muscles. It's not usually life threatening, but it's a warning sign that you could be at risk of a heart attack or stroke.** With treatment and healthy lifestyle changes, it's possible to control angina and reduce the risk of these more serious problems.

**Symptoms of angina:** chest pain., feels tight, dull or heavy – it may spread to your left arm, neck, jaw or back, is triggered by physical exertion or stress, stops within a few minutes of resting. Sometimes there might be other symptoms, like feeling sick or breathless. **When to get medical help** If you have not been diagnosed with angina, get an urgent GP appointment if you have an attack of chest pain that stops within a few minutes of resting.

Call 999 for an ambulance if you have chest pain that does not stop after a few minutes. This could be a [heart attack](https://www.nhs.uk/conditions/heart-attack/).

Ankle Pain

**There are lots of causes of ankle pain. You can usually ease the pain yourself. But see a GP if the pain does not improve. How you can ease ankle pain yourself.** if you see a GP, they'll usually suggest you try these things:

**Do**

* rest and raise your ankle when you can, put an ice pack (or bag of frozen peas) in a towel on your ankle for up to 20 minutes every 2 to 3 hours
* wear wide comfortable shoes with a low heel and soft sole, use soft insoles or heel pads in your shoes
* wrap a bandage around your ankle to support it, try regular [gentle stretching exercises](https://www.csp.org.uk/public-patient/rehabilitation-exercises/foot-pain)
* take paracetamol

**Don't**

* do not take ibuprofen for the first 48 hours after an injury
* do not walk or stand for long periods
* do not wear high heels or tight pointy shoes