

Your Doctor thinks that your chest pain today does not appear to be related to your heart. However you could still go on to develop pain related to your heart.

What to do:

- ◆ Rest. Do not lift heavy objects or do strenuous exercise until the pain is settling.
- ◆ Stay in contact with your general practitioner.

When to call a doctor or return to the Emergency Department:

- ◆ No improvement within a few days or a change in the type of pain.
- ◆ Cough.
- ◆ Fever greater than 38.5°C.
- ◆ If you are concerned.

When to call an Ambulance (Dial 111) or Doctor urgently:

- ◆ Severe chest pain (especially if the pain spreads to your neck, shoulder, jaw, or arms and lasts more than 20 minutes).
- ◆ Heaviness, squeezing, pressure, aching, or tightness in the chest.
- ◆ Difficulty breathing.
- ◆ Rapid heartbeat, dizziness, weakness, or fainting.
- ◆ Indigestion, heartburn, sweating, nausea, or vomiting (especially if you also have other symptoms as listed above).

In the future:

- ◆ Stop smoking! Talk to your doctor for more information.
- ◆ Talk to your general practitioner about a healthy diet (low in fat, cholesterol and salt) and a regular exercise program.