

POSSIBLE ANGINA

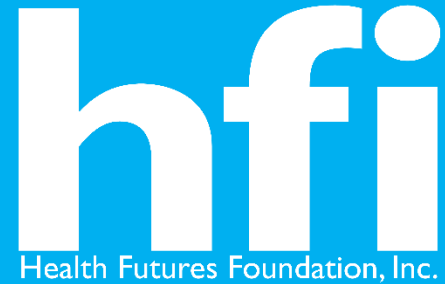
Supportive Management

Immediate

- Rest in a comfortable position. If lying down, sit up in bed.
- Perform deep-breathing exercises to help with anxiety.
 - Sit upright in bed or chair, and find a comfortable position.
 - Place one or both hands over the abdomen, just below the ribs.
 - Deeply breathe in through the nose, while keeping mouth closed. Breathe in for a count of four.
 - Feel the abdomen rise with each inhalation, and as far as possible.
 - Through a pursed-lip, breathe out. Breathe out for a count of seven.
 - Feel the abdomen sink with each exhalation.
 - Perform deep-breathing exercises for 5-10 minutes at a time, and as many times each day.
- If chest pain goes away completely within 15 minutes after resting, person affected may go back to what he/she was doing, if it's not too strenuous.

Long-term

- Lifestyle changes:
 - Quit smoking.
 - Eat plenty of fruits, vegetables, nuts, and whole grains (see below).
 - For dessert, avoid sweets containing refined or concentrated sugars. Have fresh fruit as dessert item instead.
 - Avoid consumption of eggs.
 - Avoid eating red meats (or take infrequently and in small amounts).
 - Avoid eating shells and crustaceans (e.g. mussels, shrimp, crab).
 - Limit salt/sodium intake to no more than 1,500 mg ($\frac{3}{4}$ teaspoon of salt) daily.
 - Read food labels and choose food and beverages with less sodium. Choose food stuff labeled with “low sodium”, “no salt added”, or “sodium-free”.
 - Avoid eating processed food (e.g. canned goods, bacon, tocino, longganisa, microwaveable meals, and other packaged or instant food)
 - Avoid eating fast food meals.
 - Avoid using salt in giving flavor to home-cooked meals. Alternatively, use vinegar, calamansi, and other herbs and spices to give flavor to food.
 - Choose the low-fat varieties of dairy products.



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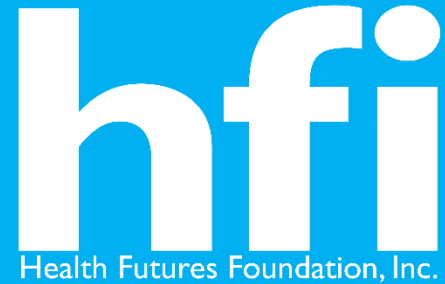
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- Exercise regularly.
 - Consult physician for a personally-tailored exercise program.
 - Perform low-impact activities such as walking, water exercises, or cycling. Start with shorter sessions (10 – 15 minutes), and gradually increase to 20 – 60 minutes, three or more days a week.
 - Stop exercising upon experiencing chest pain and rest. Contact physician if: experiencing chest pain longer than 15 minutes, difficulty of breathing (inability to carry on with a conversation), extreme weakness, and nausea or vomiting
- Maintain a healthy weight. Calculate body mass index (BMI) and see if it's within normal range (18.5 to 24.99). If BMI is greater than 24.99, take steps to reduce weight. Lose weight gradually, around 0.5 – 1 kg per week. (Note: BMI can be calculated using the formula: kg/meter^2)
- Manage stress levels.
 - Have plenty of rest. Sleep for 7-8 hours every night in a dark room, as melatonin – a powerful anti-oxidant that promotes healing through boosting the immune function – are found to be produced in higher amounts when sleeping in darkness. If sleeping in a dark room is not possible, wear an eye patch instead.
 - Take breaks from stressful situations.
 - Learn to say no. Acknowledge own limits.
 - Take breaks. Have rest periods from stressful situations.
 - Schedule time for hobbies and other enjoyable recreational activities.
 - Spend time with loved ones.
 - Let go of grudges. Learn to forgive.
 - Express gratitude.
 - Perform relaxation exercises (e.g. deep breathing, music therapy, meditation).
 - Perform **deep-breathing exercises**.
 - Find a quiet and comfortable place where you can be alone with yourself.
 - Sit upright in bed or chair, and find a comfortable position.
 - Place one or both hands over the abdomen, just below the ribs.
 - Deeply breathe in through the nose, while keeping mouth closed. Breathe in for a count of four.
 - Feel the abdomen rise with each inhalation, and as far as possible.
 - Through a pursed-lip, breathe out. Breathe out for a count of seven.
 - Feel the abdomen sink with each exhalation.
 - Perform deep-breathing exercises for 5-10 minutes at a time, and as many times each day.



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- **Engage in music therapy.**
 - Choose a soothing, therapeutic song. Research findings indicate that music with slower tempo (60 beats/minute) induces a calming, relaxing effect. Sounds of nature (drops of rain, flowing waterfalls) are also relaxing. But the best relaxation music ultimately depends on each person's preference – whichever music one finds relaxing (albeit upbeat or moderately loud) – may be used for music therapy.
 - Relax before and during the music therapy by performing deep breathing exercises (see instructions above).
 - Listen actively to the music. Feel the music. Focus your mind on the music, get lost in it – listen to every beat and every silence in between. Let the music's mood influence yours.

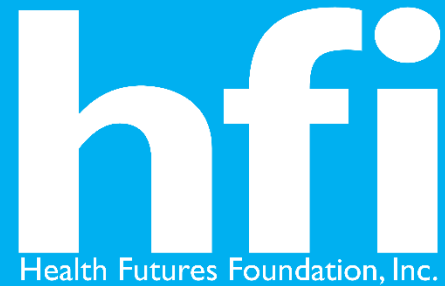
- **Engage in meditation.**
 - Meditation is a calming activity which restores inner peace. It brings the body into a deep state of relaxation and produces a peaceful mind. It enables one to redirect the mind away from thoughts that bring stress, anxiety, or tension.
 - Walking meditation – https://www.youtube.com/watch?v=7t70V_bnds
 - Qi Gong – <https://www.youtube.com/watch?v=Ac08kMK-dyl>
 - Yoga – <https://www.youtube.com/watch?v=v7AYKMP6rOE>
 - Guided Imagery – https://www.youtube.com/watch?v=gU_ABFUAVAs

Herbal Medicine

- **Sambong**
 - For chest pain
 - Crush sambong leaves and mix with coconut oil or cooking oil. Apply on chest.

- **Guyabano Leaves**
 - For chest pain
 - Pound the leaves and apply the extract on chest.

- **Coconut Oil**
 - For lowering bad cholesterol in the blood
 - Take 3 ½ tablespoons of coconut daily, taken in divided doses.



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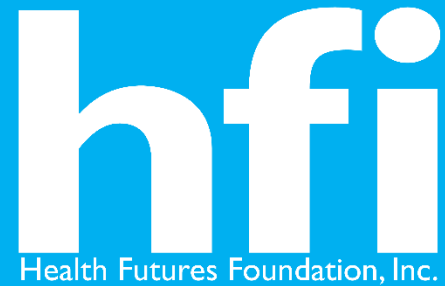
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Herbal Medicine

- **Diet Filled with Fresh Fruits, Vegetables, Nuts, and Whole Grains**
 - To prevent further hardening and narrowing of arteries
 - Include high-fiber food in the diet. Fruits rich in fiber include avocados, guavas, kiwi, bananas, apples, berries, oranges, papaya, mangoes, pineapples, and grapes. For vegetables, choose especially the dark, leafy ones. Whole grains include oats, brown rice, and whole wheat bread.
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Consult doctor for confirmation of the diagnosis, assessment of the severity of coronary heart disease, and proper treatment or management.



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