What is Angina?

Angina (an-JI-nuh or AN-juh-nuh) is chest pain or discomfort that occurs if an area of your heart muscle doesn’t get enough oxygen-rich blood. Angina may feel like pressure or squeezing in your chest. The pain also can occur in your shoulders, arms, neck, jaw, or back. Angina pain may even feel like indigestion. Angina isn’t a disease; it’s a symptom of an underlying heart problem. Angina usually is a symptom of coronary heart disease (CHD).

CHD is the most common type of heart disease in adults. It occurs if a waxy substance called plaque (plak) builds up on the inner walls of your coronary arteries. These arteries carry oxygen-rich blood to your heart.

Types of Angina

Stable Angina

Stable angina is the most common type of angina. It occurs when the heart is working harder than usual. Stable angina has a regular pattern. (“Pattern” refers to how often the angina occurs, how severe it is, and what factors trigger it.)

If you have stable angina, you can learn its pattern and predict when the pain will occur. The pain usually goes away a few minutes after you rest or take your angina medicine.

Stable angina isn’t a heart attack, but it suggests that a heart attack is more likely to happen in the future.

Unstable Angina

Unstable angina doesn’t follow a pattern. It may occur more often and be more severe than stable angina. Unstable angina also can occur with or without physical exertion, and rest or medicine may not relieve the pain. Unstable angina is very dangerous and requires emergency treatment. This type of angina is a sign that a heart attack may happen soon.
Regular exercise has multiple benefits. Exercise, especially aerobic exercise, can:

- Strengthen your heart and cardiovascular system
- Reduce your heart disease risk factors, such as high blood pressure and being overweight
- Improve your circulation and help the body use oxygen better
- Help reduce stress, tension, anxiety, and depression
- Improve sleep
- Make you look fit and feel healthy

**Effects of Exercise-Based Cardiac Rehabilitation on Mortality Rates**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Exercise-trained</th>
<th>Usual-care control</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Death from all causes</td>
<td>22%</td>
<td>26%</td>
<td>0.035</td>
</tr>
<tr>
<td>Cardiac-related death</td>
<td>23%</td>
<td>31%</td>
<td>0.002</td>
</tr>
</tbody>
</table>

In a study of patients who had previously experienced a cardiac event (n=53), Nitrolingual Pumpspray 0.4mg:

- Increased time-to-onset of angina versus placebo spray
- Increased maximum exercise duration versus placebo spray

**Indications and Usage:**

Nitrolingual Pumpspray may be used to relieve the symptoms of angina pectoris.*

**Important Safety Information:**

Nitrolingual Pumpspray should not be used if you are allergic to nitroglycerin or if you are using medications for erectile dysfunction such as sildenafil (Viagra), vardenafil (Levitra), and tadalafil (Cialis). Using Nitrolingual Pumpspray with these products may cause low blood pressure, known as hypotension.

You should use Nitrolingual with caution in the early days after a heart attack and it may aggravate the angina caused by a condition known as hypertrophic cardiomyopathy. Increased hypotension, mainly when standing upright, may occur even with small doses of nitroglycerin and may result in slow heart beat and increased angina. It should be used with caution if you are dehydrated due to drug therapy or if you have low blood pressure.

You might develop a tolerance to this drug or to other nitrates and nitrites. Headache is the most reported side-effect and may be severe and persistent. Other side effects that may have been reported are headaches, dizziness, or numbness and tingling of the skin.

Please see full Prescribing Information enclosed.

**Examples of Aerobic and Muscle-Strengthening Physical Activities for Older Adults**

- Aerobic: Walking, Dancing, Swimming, Water aerobics, Bicycle riding, Tennis, Golf
- Muscle-Strengthening: Exercises using exercise bands, weight machines, hand-held weights, Calistenic exercises, Dipping, lifting, and carrying as part of gardening, Carrying groceries

**Consider the Following Questions When Choosing a Physical Activity**

- What physical activities do I enjoy?
- Do I prefer group or individual activities?
- What programs best fit my schedule?
- Do I have physical conditions that limit my choice of exercise?
- What goals do I have in mind (losing weight, strengthening muscles or improving flexibility, for example)

Consult with your physician before engaging in a physical activity to ensure it is safe and appropriate for your condition based upon a risk assessment.

1 Afraid to Get Started? You Are Not Alone.

- 74% of patients are afraid to exercise after experiencing a cardiac event.
- 85% of patients would exercise if they knew their angina medication could be used as a preventive measure before exercise.

2 Percentage of difference between exercise-trained and usual-care control group is based on a meta-analysis of 48 randomized trials with a total of 8,940 patients.

3 Some Physical Activity Is Better Than None.

- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.

4 Consult with your physician before engaging in a physical activity to ensure it is safe and appropriate for your condition based upon a risk assessment.

5 Nitrolingual Pumpspray improves patients’ exercise tolerance, while addressing the acute symptoms of angina pectoris.

6 Important Safety Information: Nitrolingual Pumpspray should not be used if you are allergic to nitroglycerin or if you are using medications for erectile dysfunction such as sildenafil (Viagra), vardenafil (Levitra), and tadalafil (Cialis). Using Nitrolingual Pumpspray with these products may cause low blood pressure, known as hypotension, due to widening of blood vessels.

7 Death Rates

- Death from all causes: 22% vs. 26%, P=0.035
- Cardiac-related death: 23% vs. 31%, P=0.002

8 Important Safety Information: Nitrolingual Pumpspray should not be used if you are allergic to nitroglycerin or if you are using medications for erectile dysfunction such as sildenafil (Viagra), vardenafil (Levitra), and tadalafil (Cialis). Using Nitrolingual Pumpspray with these products may cause low blood pressure, known as hypotension, due to widening of blood vessels.

9 Nitrolingual is indicated for acute relief of an attack or prophylaxis of angina pectoris due to coronary artery disease.

10 Consult with your physician before engaging in a physical activity to ensure it is safe and appropriate for your condition based upon a risk assessment.