

What is MINOCA?



MINOCA happens when the heart muscle is damaged due to an insufficient blood supply, thus causing symptoms like chest pain.

MINOCA can happen when you are resting and doing nothing and can come from nowhere.

What it feels like to have MINOCA

There are lots of symptoms you might have with MINOCA. Below are just a few of these. Sometimes other symptoms can happen too.



Sudden really bad chest pain, pressure, squeezing or tightness



Short of breath when you've not been exercising or even just sitting still



Feeling suddenly dizzy, sick and becoming sweaty

It is very important to let someone know or get medical help if you have these symptoms. Sometimes symptoms like these can happen and it is not a problem with your heart.



- If you have chest pain that is really bad, or worrying, or that does not go away after around 15 minutes (including after using GTN spray if available), you should always get medical advice as quickly as you can.

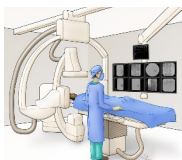


- This may mean calling for an ambulance or getting someone who is with you to call an ambulance for you.

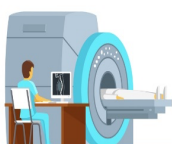
Tests you might have



- At hospital you may be given an ECG (Electrocardiogram) and blood tests. These are needed to see if your heart is working ok. A heart doctor (cardiologist) might want you to go for some tests to see if you have Coronary Artery Spasm. This might include a blood test. It can sometimes be quite hard to test for Coronary Artery Spasm.



- Coronary Angiogram
This test is usually done to find out if you have any blockages in the blood vessels. A special dye is used so that the doctor can see what is going on in your heart.



- Cardiac MRI (Magnetic Resonance Imaging) scan
This test can visualise the damaged heart muscle as well as exclude other causes that mimic MINOCA.

How is MINOCA Treated?



Doctors are trying to find the best treatment for patients with MINOCA. It is always best to try and find out why MINOCA has happened so that the right treatments can be given to try and help .

It is not always easy to find out what made MINOCA happen. Spasm of the arteries that take the blood to the heart muscle can be one of the reasons why MINOCA happens. A spasm is when the artery gets tight and then relaxes. Tablets called Calcium Channel Blockers can sometimes help to stop the spasms from happening.



Things that can help to try and stop MINOCA attacks from happening and can help to keep blood vessels and arteries healthy are medicines that the doctor might prescribe for you. Changes in lifestyle can also sometimes be helpful too.



- Smoking can damage the inside of blood vessels and may cause spasm of the arteries supplying the heart muscle, so stopping smoking is an important thing you can do.



- Staying at a healthy weight might also help.



- Having a healthy diet, cutting back on spicy food and swapping to decaffeinated drinks may help.



- Not having as much or stopping drinking alcohol.



- Doing regular exercise.



- Having good sleep and keeping stress levels low can also help.



Making healthy choices and things that help keep stress levels low by doing things like yoga, meditation or Tai Chi, can help as well as help you feel healthier and well too.

PLEASE NOTE: Nothing in these summary sheets should be taken in any way as advice or recommendation. All information contained in these sheets is an opinion only and is shared here only in the hope that is it of interest to other patients and medical professionals. Always talk with your own doctor before trying any new medications or therapies and before changing any of your current routines.