Mayo Clinic Minute: When chest discomfort becomes something to worry about

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| Chest pain and discomfort has many possible causes — whether related to the heart, lungs, a panic attack or other reasons that can produce different sensations. | "For some people, it can also be felt in other areas, than the heart like the shoulder, the arm, // 1:05 also on the back and the base of the neck."

REGIS I. FERNANDES, M.D. CARDIOVASCULAR DISEASES Mayo Clinic | Acute chest pain starts suddenly and last several minutes — increasing in intensity. This can be a representation of a heart attack.

There’s also chronic chest discomfort caused by blocked arteries typically felt when people exert themselves. |

"When you increase the workload that the heart has to do, you increase the demand for blood flow. And because the blood flow is blocked, patients will feel like a discomfort."

When you experience new or unexplained chest pain, seek medical attention. |

"A health care professional will be able to get a good history, which is very important, on the details of your chest discomfort and a focused physical examination to be able to determine if your chest discomfort is more heart-related or not."

For the Mayo Clinic News Network, I'm Alex Osiadacz.