

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

Video	Audio
	<p>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.</p>
REGIS I. FERNANDES, M.D. CARDIOVASCULAR DISEASES Mayo Clinic	"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."
	<p>Acute chest pain starts suddenly and last several minutes — increasing in intensity. This can be a representation of a heart attack.</p> <p>There's also chronic chest discomfort caused by blocked arteries typically felt when people exert themselves.</p>
	"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.