

# COMMUNITY

## Health Hints

### Angina pain: Getting down to the heart of the matter

Angina pectoris — often referred to as angina (an-gi-na) — is a temporary pain or tightness in the chest that may be sharp, or a dull ache.

It may further be described as crushign, squeezing, burning, choking, pressing, suffocating, heavy, bursting or just an uncomfortable feeling.

The latin words angina pectoris literally mean "strangling in the chest." The pain usually radiates to the left shoulder and down the arm. It also may be felt in the throat, jaw, teeth and right arm.

What's this angina pain all about? According to Dr. Charles O. Boyette, a Belhaven family physician, angina pain is caused by a lack of oxygen getting to the heart.

Most often it is due to clogged coronary arteries, sometimes by spasm of an artery. He said oxygen-rich blood is a must for the heart to do its job. Clogged or constricted heart arteries just don't allow enough oxygen to get to the heart muscles to properly nourish them.

As a result, all kinds of

uncomfortable sensations develop.

Although episodes of chest pain may be scary, Dr. Boyette stressed that angina is only one of many possible causes. Indigestion, anxiety, muscle disorders, infection or structural abnormalities can also cause chest pain. This is why a number of tests are necessary before chest pain is diagnosed as angina.

Let's look at the heart, a magnificently engineered and efficient organ, and try to get some idea what it is and how it

operates.

First of all, the heart is a muscular pump the size of a large grapefruit — weighing about seven to 12 ounces. It lies in the center of the chest and is protected by the ribs and chestbone. It has four chambers and four valves.

One set of chambers (right side) receives oxygen-poor blood from the body and pumps it to the lungs. The other two chambers (left side) receive oxygen rich blood from the lungs and pumps it to the body.

The blood leaves through arteries and comes back through veins. The heart beats about 100,000 times per day — pumping around 2,000 gallons of blood through the body during the period. Blood circulates rapidly making over 1,000 round trips daily.

Angina occurs when the supply of blood doesn't meet the demand

of the heart.

Dr. Boyette explained that the most common form of angina is associated with coronary artery disease. He said blood vessels tend to harden with age, or they may become clogged with deposits of fatty material.

These processes may take years. But when the narrowing progresses to the stage where 75 percent or more of the artery is blocked, the result may be angina or a feeling of breathlessness. Usually the pain is brought on by exertion or emotional stress.

Angina may be aggravated by very cold weather and also by extremely hot, muggy weather. Walking into the wind, particularly a cold wind, may cause angina pain. Some patients experience angina if they exert themselves after a meal.

Dr. Boyette emphasized that there are different types of

angina, and distinguishing between them can be a factor in prescribing the most effective treatment. He said nitroglycerin, beta blockers and calcium channel blockers, are accepted medicines for angina pain.

Newer treatment procedures are artery by-pass surgery and angioplasty by balloon catheter. Treatment aside, he said in most instances, angina will pass with rest.

The family physician stated that angina pectoris is not necessarily a fatal condition nor is it unresponsive to proper treatment. It does, however, demand a thorough understanding of the patient and the extent of involvement of disease.

As a treatment, a change in lifestyle may be just as important as surgery or drugs. (A service of the North Carolina Academy of Family Physicians).

## Engagement announced

Mrs. William B. Jones of Winfall is proud to announce the engagement of her daughter, Cheryl Anita, to Nicholas Bryant Bullock, son of the Rev. and Mrs. Clifton Bullock of Durham, N. C.

The bride-elect is a graduate of East Carolina University and is currently employed as a Supervisor of Cancer Registry and Research at George Washington University Medical

Center in Washington, D. C.

The prospective bridegroom, also a graduate of East Carolina University, is employed by Penn Corp Financial Inc. in Silver

Spring, Maryland.

The wedding is planned for December 22, 1984 at Poplar Run A. M. E. Zion Church in Winfall, N. C.



CHERYL ANITA JONES

## Look who's new

### WARD

Mr. and Mrs. Stanley Ward of South Mills announce the birth of their first child, a daughter, Whitney Lauren Ward, born November 9, 1984 at Albemarle Hospital.

Maternal grandparents are Mr. and Mrs. Arthur K. Clow of South Mills.

Paternal grandparents are Mr. and Mrs. John Ward of Hertford.

Maternal great-grandparents are Mr. and Mrs. Frank Williams of South Mills.

Paternal great grandmother is Mrs. Ellie Ward of Hertford.

## THEN NOW!

The National Library of Medicine (NLM), founded in 1836 in a virtual cubbyhole in the Surgeon General's Washington office, is now in a most healthy state.

It is the world's largest health science library and runs on an annual budget of \$46 million. Its collection, unrivaled in the world, contains more than three million books, journals and related non-print materials.



The world's largest and finest medical library not only stores information but has been used to save lives.

Twenty years ago the library pioneered in harnessing computers in the service of medical bibliography. Today, modern communications technology has been introduced into all areas of the library's responsibility. The result is, thousands of users of NLM services have a vast amount of medical information available, literally at their fingertips. Computer terminals in 2200 medical institutions provide on-line access to the library's highly successful information service known as MEDLARS.

Last year more than two million searches were performed on MEDLARS databases. It is the most widely used information resource in bio-medicine and has even been credited with saving human lives by providing rapid access to published information needed to treat patients.



# Happy Thanksgiving

Our advertised prices in last week's edition of The Perquimans Weekly will remain in effect until Noon, Thursday, so we would like to take this opportunity to thank all our friends and customers for their support and patronage throughout the past eight years.

We like to think of ourselves and our business as a service to the members of this community, and your faith in us and our service and merchandise is uplifting.

Everday, we strive to provide our customers with superior quality merchandise at competitive prices. We work to give dependable and friendly service. As a home-owned and operated business we realize the importance of quality, both in our product and in our people.

To those of you who shop our store regularly, we add a special thank you. We feel certain that you have realized that we offer superior quality and competitive prices. To those of you who shop here occasionally, or not at all, we invite you to give us a try for a few weeks. We think you will be pleasantly surprised at the money you can save by shopping at home.

During this special time of thanksgiving, we offer special thanks for each one of you, who have placed your confidence in us. Your business and friendship is highly valued, and we appreciate the opportunity to serve you.

## Winfall Supermarket

