

Emergency Services

## Chest Pain (Non-Cardiac)

### What is your chest pain from?

Pain in your chest can be scary but it does not always mean you are having a heart attack. We have done some tests and determined your chest pain is not coming from your heart.

There are many different causes of chest pain:

- inflamed or injured joints in the chest (the joints between the ribs and the spine or breast bone)
- sore muscles
- cracked or broken ribs
- pinched nerves
- digestive problems such as heartburn, gallbladder problems, an ulcer, etc.
- panic attacks, anxiety, or depression
- breathing problems such as an infection (pneumonia), a blood clot, inflamed lining around the lung, etc.
- heart problems such as angina

Some of these causes can be serious or become serious. Other causes are not a danger to your health.

Based on the cause of your pain, arrange to see your family doctor in \_\_\_\_ days.

### When to get help

Call your family doctor if:

- You have chills and a fever over 38.5°C (101.3°F).
- You are coughing up yellow-green mucous.
- Your chest pain comes and goes.
- You have a burning feeling in your throat when you swallow.
- Your pain either is worse after eating or goes away with eating.
- You have numbness or tingling in any part of a hand or arm.

### Call 9-1-1 right away if:

- You have sudden crushing, squeezing, tightening, or pressure feeling in your chest.
- Your chest pain spreads to your back, neck, jaw, upper part of your abdomen (belly), or down one or both shoulders or arms.
- You have sudden, sharp pain in your chest with difficulty catching your breath.
- You have indigestion-like pain that gets worse with any activity.
- You can not catch your breath.
- You feel sick to your stomach, feel dizzy, are sweating, or feel your heart racing.
- You feel your heart skipping beats or your heart beat is very fast or very slow.

## **Chest Pain (Non-Cardiac) - *continued***

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### **To learn more, it's good to ask:**

- Your family doctor
- Your pharmacist
- Fraser Health Virtual Care  
1-800-314-0999 or live chat online at  
[fraserhealth.ca/virtualcare](http://fraserhealth.ca/virtualcare)  
10:00 a.m. to 10:00 p.m., daily
- HealthLinkBC - call 8-1-1 (7-1-1 for deaf  
and hard of hearing) or go online at  
[HealthLinkBC.ca](http://HealthLinkBC.ca)