



Chest pain in heart disease

Angina pectoris has many faces



A GTN spray for all types of angina pectoris

Pohl Boskamp

What is angina pectoris?

Angina pectoris refers to chest pain of varying intensity caused by heart disease.

As the heart muscle is supplied with blood and oxygen via the coronary arteries, deposits or spasms in these vessels can restrict blood flow.

The result is a lack of oxygen in the heart muscle, which leads to chest pain, but can also present with other symptoms.

Angina pectoris can manifest itself differently in men and women.

Common symptoms in women are:
In addition to chest pain, mainly shortness of breath, nausea, severe exhaustion

Common symptoms in men are:
Pressure, pain or tightness in the chest, radiating into the arm, jaw, back or upper abdomen





Treatment options

There are various options for treating underlying heart disease:

- Taking medication to prevent the disease from progressing
- Expanding the blockage with a stent or balloon (angioplasty)
- Use of a glyceryl trinitrate (GTN) spray to quickly relieve symptoms

Fast relief for angina pectoris



A vessel-widening GTN spray works within minutes and reliably relieves symptoms.

Relieves the heart:
Widens heart and blood vessels and improves blood circulation and oxygen supply. This relieves strain on the heart and alleviates symptoms.

Always at hand:
You can always carry your GTN spray with you for quick relief.

Important:
Never take a GTN spray together with medication for erectile dysfunction.

Follow the directions of use:
Show your relatives or trusted persons how the spray is used so that they can help you in an emergency.



Please speak to your doctor if:

- your need to use the spray increases noticeably,
- your symptoms increase overall,
- you need a higher dose than usual.

What could be causing my symptoms?

Angina pectoris caused by vascular deposits

Deposits build up and narrow the arteries (atherosclerosis) and adversely affect the blood supply to the heart muscle during exertion.

Whilst larger arteries can be treated effectively with stents, symptoms caused by deposits in small arteries (arterioles) may persist.

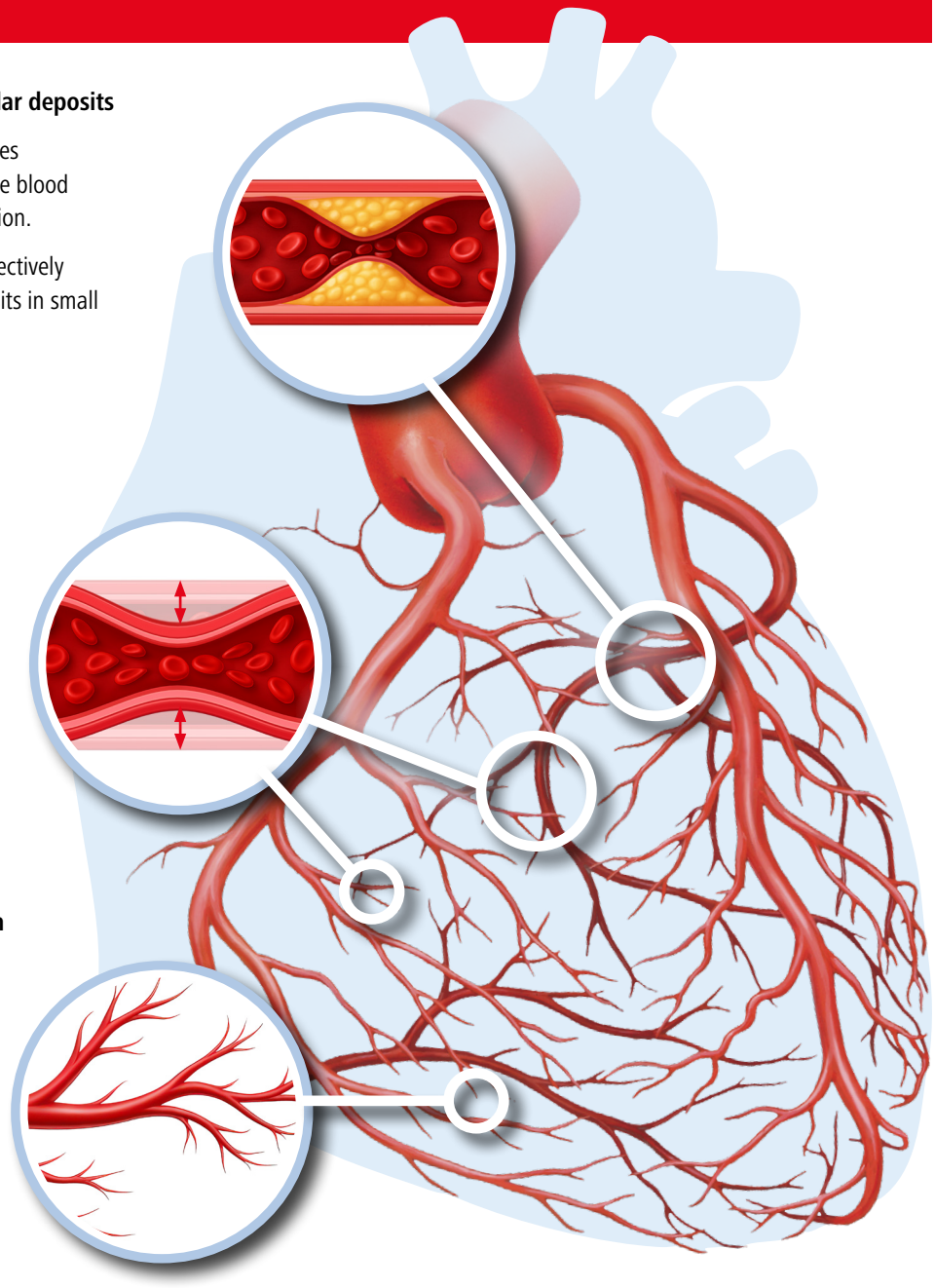
Vasospastic angina pectoris
caused by vascular spasms

This involves temporary spasms of the coronary arteries.

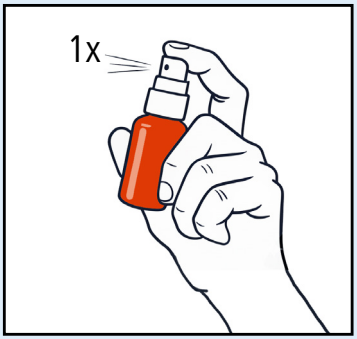
It can affect both larger and smaller arteries.

Microvascular angina pectoris
caused by impaired microcirculation

Abnormalities in the smallest arteries cause circulatory disturbances in the heart muscle that cannot be treated with stents.

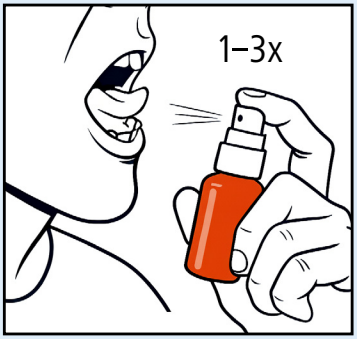


How to use a glyceryl trinitrate (GTN) spray?



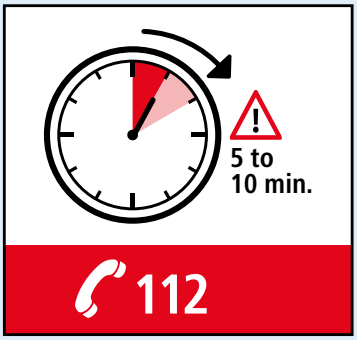
1. Sit down

- Remove the cap
- Do not shake the bottle
- Spray the first puff into the air (to fill the nozzle)



2. Administer

- Hold the bottle vertically with the spray head upwards
- Spray 1 to 3 times under the tongue (do not inhale)
- Pause for approx. 30 seconds between sprays



Important note:

GTN sprays take effect quickly. If the chest pain does not subside within a few minutes of taking the usual or maximum dose of medication – or if the pain gets worse – please call an ambulance on 112 immediately!

Frequently asked questions about GTN sprays

Is a GTN spray a painkiller?
A GTN spray is not a painkiller.
It eliminates the oxygen deficiency that causes the painful symptoms.

Is it possible to develop tolerance to it or become dependent on it?
No, there is no tolerance effect. The active ingredient only works for a short time and is quickly broken down. Even repeated daily use is safe.

What are the possible side effects?
Headaches are possible at the beginning. Skin redness or dizziness often occur. Therefore, it is recommended to use the spray when sitting down.

I have had a stent fitted. Do I still need a GTN spray?
Stents effectively relieve heart problems. However, many people continue to experience symptoms. It is therefore advisable to keep a spray on hand for emergencies.

Can I take my GTN spray before exercising?
Yes, the use of a GTN spray before physical exertion is recommended in medical guidelines.[1]

Not only in emergencies:
You can use a GTN spray even before any exertion that you know may trigger symptoms (e.g. climbing stairs). Please speak to your doctor regarding the best time to take the spray.

Do you have questions about angina pectoris or the use of a GTN spray?

Find out more on our website: www.nitrolingual.de

1. Patient Guideline of the National Care Guideline (Patientenleitlinie zur Nationalen VersorgungsLeitlinie) – in German
https://register.awmf.org/assets/guidelines/nvl-004p1_S3_Chronische-KHK_2025-03.pdf

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