



# New Providence Internal Medicine Associates

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## Chest Pain

Pain felt in the chest can come from several different sources; some very serious, but many are not.

Pain in the chest that is worse with exertion and better with rest may be from the heart. Pain that is very severe ("like an elephant sitting on my chest") may be a heart attack. If you have either of these symptoms, then you should call 911 to get to the nearest ER.

Burning felt in the chest could be from the heart. If it goes away immediately with an antacid (like Tums), it is probably from acid.

Pain over the chest that is worse to the touch is probably from muscle or joint strain of the chest wall.

*How can you tell if a symptom is important? Here are a few suggestions. Of course, not everyone experiences the same or typical symptoms for each problem, so individual judgment must be used.*

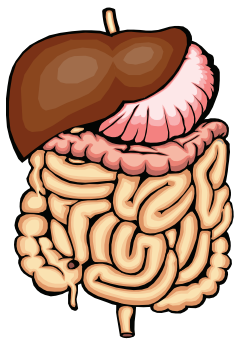


## HEADACHE

Most of us have headaches once in a while. If you have a headache which comes on very quickly and is very severe you should be taken to the nearest ER ASAP. A headache that recurs

periodically, lasts for 2 to 12 hours, and is the same each time is often a migraine. A headache that is over the front of the face and is associated with nasal congestion is often from the sinuses.

## ABDOMINAL PAIN



Pain in the right lower abdomen that is getting worse, especially if there is fever and nausea, may be appendicitis. This is

an emergency and you should go to the emergency room. Any abdominal pain which is severe should be evaluated in the ER. Pain that is less severe if it is persistent should be evaluated as an office visit.