

Chest Pain

Call the doctor:

- If your child is complaining of chest pain while doing strenuous physical activity.

Before you call the doctor, check to see if your child has any other symptoms. Tell the doctor if your child:

- Has a fever.
- Has shortness of breath, difficulty breathing, or if you notice a change in their breathing.
- Has vomiting, pain with swallowing, or heartburn.
- Feels dizzy or numb anywhere.
- Has palpitations (feeling like the heart is racing or skipping beats).
- Loses consciousness (passes out).
- Has recently done any unusual exercise or activities.
- May have swallowed an object or chemical.

Call

Common reasons that children can experience chest pain are:

- Muscle pain (often after exercise or heavy lifting).
- Long coughing spells.
- Asthma.
- Injury to the chest. (often from sports such as wrestling or football)
- Anxiety (stress and worrying).

The Facts:

Chest pain is a common occurrence in children, and is usually not related to the heart. Fortunately, most causes of chest pain in children are not serious. Still, chest pain can sometimes be a sign of a more serious problem. Chest pain that lasts more than a few minutes should be discussed with your child's doctor.

