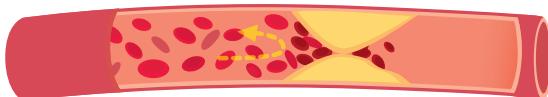


Myocardial Infarctions in Singapore 2021

What is a myocardial infarction (MI)?

Commonly known as a heart attack, an MI occurs when blood flow to the heart is restricted due to fatty, cholesterol-containing deposits called plaques. There are 2 main types of MI: STEMI (ST-elevated myocardial infarction) & NSTEMI (Non-ST-elevated myocardial infarction).

STEMI



Usually indicates a total blockage of the involved coronary artery & results in extensive heart damage

2,766

Number of cases
NSTEMI was more common than STEMI

63

Median age at onset
NSTEMI patients were 10 years older than STEMI patients on average

282

Number of deaths

9,121

73

10%

MI deaths within 30 days of onset

367

4%

Even though STEMI patients were more likely to die within 30 days of MI onset, NSTEMI patients contributed to more MI deaths overall

COMMON RISK FACTORS

Among NSTEMI patients, high blood pressure, high cholesterol & diabetes were more common, while high BMI & smoking were more common among STEMI patients

STEMI



NSTEMI

59%

High blood pressure

79%

68%

High cholesterol

77%

69%

Overweight

57%

41%

Diabetes

56%

54%

Smoking

39%

COMMON SYMPTOMS

The 2 most commonly experienced symptoms amongst both STEMI & NSTEMI patients were chest pain & breathlessness

STEMI



NSTEMI

81%

Chest pain

45%

52%

Breathlessness

48%

47%

Abnormal sweating

14%

An MI is a medical emergency; every second counts in improving chances of survival. Seek immediate assistance if an MI is suspected.

Lower your risk of an MI with these lifestyle modifications:



Scan here



Maintain a healthy & balanced diet



Do not smoke



Engage in regular physical activity



Keep blood pressure, cholesterol & glucose levels under control



Maintain a healthy weight



Attend regular health screenings & follow-up*

* Recommendations vary by age & gender

Scan the QR code for more information on heart disease screening & prevention