Abstract: P219

Acute myocardial infarction with ST-segment elevation, would the influence of cardiovascular risk factors vary with age?

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Topic(s):
ST-Elevation Myocardial Infarction (STEMI)

Citation:

Background:
Several recent studies have explored the epidemiological characteristics of Acute myocardial infarction with ST-segment elevation (STEMI) in different selected population groups. Young adults may have some characteristics that are different from those of older population.

Purpose:
Our aim was to analyze if the incidence of STEMI at an early age incorporates a worse long-term prognosis and if its clinical management should guarantee an approach that is different from that used in older patients.

Methods:
Prospective and multicenter study of risk factors of patients with ST-Elevation Myocardial Infarction (STEMI) included in the Ariam Andalucia registry from January 1, 2012 to December 31, 2016. A comparative study of them was performed in elderly patients and those under 45 years old. For the comparison of the percentages, ? 2 was used, establishing the level of significance in 95%.

Results:
A total of 11,575 patients were included, of which 10.1% were under 45 years old. Risk factors are shown in the table 1.

In the analysis of risk factors by sex, men younger than 45 years old admitted with STEMI were more smokers (72 versus 39%, p <0.001), less hypertensive (27 versus 54.3%, p > 0.0001) and fewer diabetics (7.8 versus 29.1%, p> 0.001). In the case of women <45 years of age, they were also more smokers (62.5% vs 12.6%, p> 0.0001) and less dyslipidemic (23.2% vs 46.5%, p <0.0001).

Conclusions:
Smoking seems to be the risk factor that is most related to the incidence of acute myocardial infarction with ST-segment elevation (STEMI) in young patients under 45 years of age.

<table>
<thead>
<tr>
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<th>&lt; 45 years old</th>
<th>&gt; 45 yeras old</th>
<th>p</th>
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</thead>
<tbody>
<tr>
<td>Hypertension</td>
<td>294 (25%)</td>
<td>5.454 (52,4%)</td>
<td>&lt; 0,0001</td>
</tr>
<tr>
<td>Mellitus Diabetes</td>
<td>84 (7,1%)</td>
<td>2.838 (27,3%)</td>
<td>&lt; 0,0001</td>
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<tr>
<td>Dyslipidemia</td>
<td>421 (35,8%)</td>
<td>4.294 (41,3%)</td>
<td>&lt; 0,0001</td>
</tr>
<tr>
<td>Smoker</td>
<td>896 (76,2%)</td>
<td>4.073 (39,2%)</td>
<td>&lt; 0,0001</td>
</tr>
<tr>
<td>Obesity</td>
<td>250 (21,3%)</td>
<td>1.895 (18,2%)</td>
<td>0,012</td>
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