

## Incidence of Acute Myocardial Infarction in Young Population

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### INTRODUCTION

Acute myocardial infarction is when an obstruction of the coronary artery leads to oxygen deficiency in the myocardial supply, causing necrosis<sup>1</sup>. Infarctions in young people are more lethal due to the rapid evolution and their exuberant clinical condition. The objective was to analyze the panorama of the occurrence of AMI in young people.

### METHODS

A literature review and an observational, descriptive, and cross-sectional collection of data on the occurrence of AMI, available at DATASUS - SUS Hospital Information System - December 2004-2018.

### RESULTS

In the analyzed period, if 45,883 hospitalizations for acute myocardial infarction in people aged between 20 and 39 years, 2018 was the year with the highest number of hospitalizations (3,823), 2004 the lowest (2,351). As for sex, 33,462 affected males while 12,421 were females. The Southeast with 23,901 cases, the Northeast with 8,139, the South with 8,088, the Midwest with 3,295, and the North with 2,460. Among the federation units, São Paulo led with 13,377 hospitalizations. Of total hospitalizations, 33,289 were considered urgent (1,946 deaths and mortality rate of 5.85), the electives 2,373 (73 deaths and mortality rate of 3.08) and for other causes, 3 with 50 % mortality rate. Of the 1946 deaths in emergency care, 1,569 were in patients aged 30 to 39 years, corresponding to 80.6% of cases.

### CONCLUSIONS

It was possible to observe the percentage increase of 62% of the cases of AMI in individuals aged 20 to 39 years in 10 years, where 72.5% was attended to on an urgent basis, which obtained the highest mortality rate, mainly in the age range from 30 to 39 years. It is a disease prevalent in males, which accounts for 72.9% of cases. Where São Paulo has more than half of admissions across the Southeast.