



What is a heart attack?

Heart attack occurs when blood flow to the heart is restricted due to narrowing of arteries. Complications from heart attack include other heart diseases and death.



Key Statistics

	2020	2010
Heart attack cases	11631	7344
Heart attack cases per 100,000 population*	207	195
Median age at heart attack	70 years old	69 years old
Heart attack patients aged 60 years or older	75%	68%
Died of heart attack within 30 days from onset	9%	14%

* After adjusting for the change in Singapore's demographics over the years

What to look out for a heart attack?

Heart attack symptoms vary

Not everyone with heart attack will experience chest pain. A person may have just one or multiple symptoms. Symptoms can be severe, mild, persistent, transient or intermittent for different people.



Call
995
for an ambulance
Immediately if
a heart attack
is suspected



Common symptoms experienced by heart attack patients



	2020	2010
Chest pain	53%	60%
Breathlessness	49%	55%
Breaking out in cold sweat	23%	34%
Epigastric, back, shoulder or jaw pain	less than 6%	less than 6%
Temporary fainting spell	less than 6%	less than 6%

How to prevent a heart attack?

A heart attack can be prevented by leading a healthy lifestyle



Eat healthily and in moderation



Keep blood pressure, cholesterol and glucose under control



Lead an active lifestyle and maintain a healthy weight



Go for regular health screening and follow up



Practise a smoke-free lifestyle



Common risk factors among heart attack patients

	2020	2010
High blood pressure	75%	72%
High cholesterol	73%	68%
Overweight	60%	57%
Diabetes	52%	49%
Smoking	43%	48%