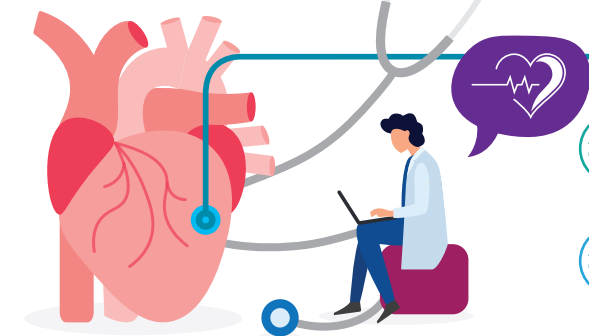


Singapore Myocardial Infarction Registry

Report 2019



2010 **7,344** heart attack cases **14%** died within 30 days of heart attack




2019 **12,533** heart attack cases **8%** died within 30 days of heart attack

Figures in 2019	Overall	Male	Female	Chinese	Malay	Indian
Number of heart attacks per 100,000 population*	229	335	131	180	459	443
Proportion who died of heart attack within 30 days	8%	7%	11%	9%	7%	8%
Median age at heart attack	70 years old	67 years old	78 years old	73 years old	65 years old	64 years old

- Incidence rate of heart attack is higher for males, but fatality rate due to heart attack is higher for females as females tend to be older when heart attack occurs.
- Incidence rate of heart attack is higher for Malays and Indians, but fatality rate due to heart attack is not significantly different across the ethnic groups.

*Among Singapore residents (aged 15 years and above); accounting for population growth and ageing.

Symptoms of AMI

Top three symptoms in 2019	Overall	Male	Female	Chinese	Malay	Indian
Proportion with chest pain 	52%	59%	40%	50%	55%	61%
Proportion with shortness of breath 	49%	50%	47%	48%	53%	52%
Proportion breaking out in cold sweat 	24%	28%	15%	22%	25%	29%

Call **995** for an ambulance immediately if a heart attack is suspected








A heart attack can be prevented by leading a healthy lifestyle

- Eat healthily and in moderation
- Keep blood pressure, cholesterol and glucose under control
- Exercise and maintain a healthy weight
- Go for regular health screenings and follow-ups
- Do not smoke



Common risk factors among AMI patients in 2019

	Overall	Male	Female	Chinese	Malay	Indian
Proportion with high blood pressure 	75%	71%	83%	77%	73%	73%
Proportion with high cholesterol 	73%	72%	76%	72%	74%	80%
Proportion overweight 	60%	62%	54%	54%	69%	69%
Proportion with diabetes 	52%	48%	57%	47%	59%	65%
Proportion who were current or ex-smokers 	43%	61%	8%	40%	49%	46%

Risk factors