



### 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%