

# BY THE NUMBERS: HEART ATTACKS IN SINGAPORE

Singapore Myocardial Infarction Annual Report 2022

## Acute Myocardial Infarction (AMI): what is it?

- Commonly known as a heart attack, an AMI occurs when blood flow to the heart is reduced or blocked as a result of buildup of fatty deposits.
- After taking into account population ageing, AMI incidence remained relatively unchanged from 2012 to 2022. On the other hand, AMI mortality decreased significantly in this time period.

### Incidence

The number of AMI episodes have been mainly influenced by population ageing.

	2012	2022
Number of episodes	9124	13,137
Age-standardised incidence rate (per 100,000 population)	223.3	217.9
Median age at onset	68.5	71.4
Proportion aged 60 and above at onset	70.4%	78.8%

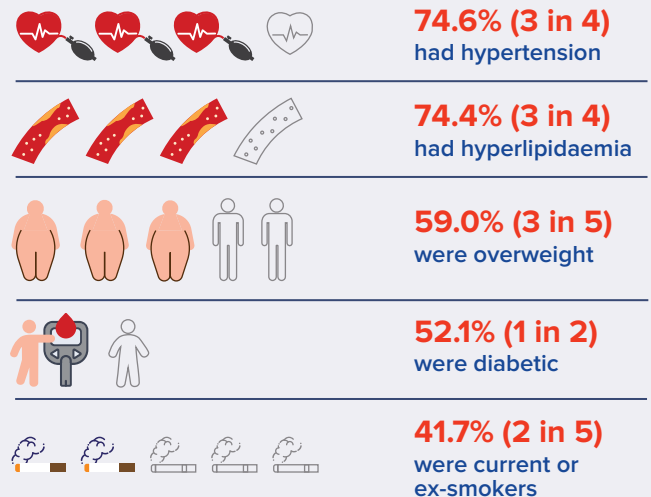
### Who is at a greater risk of a heart attack?

You are at greater risk if you have one or more of the following conditions:

- High blood pressure (hypertension)
- High blood cholesterol (hyperlipidaemia)
- Diabetes
- BMI of 23kg/m<sup>2</sup> and above
- Current or ex-smoker



Among the 13,137 AMI episodes in 2022,



### Mortality

Mortality due to AMI has improved.

	2012	2022
Number of deaths	853	1073
Age-standardised mortality rate (per 100,000 population)	20.0	15.5
Proportion aged 60 and above at death	83.5%	91.5%



## Lower your risk of an AMI with these lifestyle modifications:



Maintain a healthy & balanced diet



Engage in regular physical activity



Maintain a healthy weight



Do not smoke



Keep blood pressure, cholesterol & glucose levels under control



Attend recommended regular health screenings & follow-up\*

\*Recommendations vary by age & gender

A heart attack is a medical emergency. Seek immediate medical attention if a heart attack is suspected.



Scan here

Scan the QR code for more information on heart attacks.