

The Epidemiology of Acute Myocardial Infarction

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According to Mechanic and Grossman (2020), there are over three million people in the world each year that are dying from a very serious disease of Acute Myocardial Infarction (Acute MI) also commonly known as a Heart Attack, in which more than over one million of that number of deaths are in the United States. An Acute Myocardial Infarction is a blockage or clot that is preventing blood to flow to the heart which will cause tissue damage to the coronary arteries. Your coronary arteries are vessels that circulate oxygenated blood to your heart and by having blocked arteries could lead to multiple heart attacks and or even death. There are many risks factors that lead to an Acute MI, like stress, overweight/obesity, high blood pressure, family history of heart attacks, and or tobacco use (there are many more risk factors, these are just the more common causes). Most Acute MI's are developed in elder aged individuals and most deaths are commonly seen in women than in men, but the signs in both genders vary in symptoms. In men, you will see that they feel the pain more in their chest (tightness) and in women, it is more common that they develop nausea along with the sensation of heartburn or indigestion. Depending on the severity and how quick the response is to someone who is experiencing Acute Myocardial Infarction could possibly save one's life.

Etiology and Risk Factors of Acute MI

When it comes to the conditions of what causes an Acute Myocardial Infarction there are many risk factors, the most common one's are individuals that have high blood pressure, high levels of stress, family history of heart attacks, overweight/obese, and or consistent amounts of tobacco use. A lot of the risk factors have common contributions like atherosclerosis. For example, high blood pressure, family history of heart attacks, and or obesity all consist of having high cholesterol, which is build-ups of fatty deposits that can