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Perspective

Prevalence of Acute Myocardial Infraction between Men and Women

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DESCRIPTION

Cardiovascular Diseases (CVDs) are the leading cause of morbidity and mortality in the majority of the population. Acute Myocardial Infarction (AMI) is the leading cause of death in both developed and developing countries, responsible for more than 70% of deaths, making it an essential indicator of public quality standards in collective health because it is such a fatal condition. The Electrocardiogram (ECG) allows for the identification of AMI, categorizing it as both supra-ST segment elevation and non-ST-segment elevation myocardial infarction. These tests are simple and clear interpretation can reveal these diagnostic procedures. This test, which is described by protocols and recommendations such as the EKG-port time, should be performed within ten minutes of the patient's arrival at the hospital, is considered the quickest and easiest to diagnose whether or not the patient has AMI.

The AMI was the third leading cause of hospitalization in the Unified Health System in 2009. This accounted for 10.2% of all hospitalizations; the number has risen to 25% when the population over the age of 50 is evaluated. Acute coronary syndrome is expected to cause 635 thousand hospitalizations in the United States per year. In terms of STEMI-related hospital mortality, there was a considerable decline from 11.5% in 1990 to 8.0% in 2006. This decrease is due to advancements in therapeutic pharmacology and reperfusion methods such primary Percutaneous Coronary Intervention (PCI), as well as changes in patient demographics. Ischemic heart disease claimed the lives of 84,945 Brazilians in 2005, according to data from the Unified Health System and the Ministry of Health. Each year, approximately 1.5 million people in the United States develop AMI, with 40% to 50% of these patients experiencing an elevation in the ST segment. Between 25% and 30% of non-fatal AMIs are detected by normal ECG or post-mortem assessment and are not recognized by the patient. The ECG, when combined with a thorough clinical history and physical examination, is a valuable resource for diagnosing patients with chest discomfort since it allows for quick and low-cost procurement.

Despite the decrease in the in-hospital phase, the death rates due to hospital and pre-hospital AMI are still significant, and the disease's occurrence, particularly in Brazilian metropolises, represents a huge expense for the country. When it comes to the most common risk factor for AMI, Systemic Arterial Hypertension (SAH) stands out, despite the fact that it is associated with a high probability of hospital mortality in patients with a confirmed diagnosis. In terms of the most afflicted gender, research show that, when compared to the female gender, the male gender still represents the most impacted gender in an expressive way. As a result, the goal of this research was to look into the differences in the number of incidences of breast cancer between men and women. Because CVDs are responsible for a significant death rate around the world each year, describing these facts may serve as a warning to representing health institutions to strengthen attempts to resist, control, and prevent them. Male patients had a greater prevalence of CVD/ACS/AMI in the current study. The number of cases of heart disease recorded in the literature in female patients, on the other hand, has drawn the attention of health experts and authorities. The findings also point to the necessity of managing and preventing CVD risk factors such as hypertension, smoking, diabetes, obesity, and dyslipidemia, among others.

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