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The Major Risk Factors for a First Acute Coronary Event According to Age Groups

Age (yrs)	<50 n=239 (%)	50-65 n=536 (%)	>65 n=486 (%)
Mean Age	44±5	56±4	76±7
Women	13	15	43
Hypertension	26	45	67
Diabetes	17	27	31
Dyslipidemia	44	56	52
BMI ≥28kg/m ²	43	43	36
Family History	43	29	13
Smoking	80	67	43

Comments

1. In the younger age group with a first acute coronary event, female sex, hypertension and diabetes are less frequent.
2. The most striking differences in risk factors among younger vs. older patients experiencing a first coronary event are a significantly higher rate of
 - Smoking
 - Family history
 - Obesity
3. Smoking is the major risk factor for heart attacks in people under 50 years of age.

**The Major Risk Factors for a First Acute Coronary Event
According to Gender**

Gender	Men n=944 (%)	Women n=317 (%)
Mean Age	59±12	69±13
Hypertension	44	67
Diabetes	24	35
Dyslipidemia	49	61
BMI ≥28kg/m ²	39	47
Family History	27	23
Smoking	70	32

Comments

1. Women are 10 years older than men when a first coronary event occurs.
2. All the traditional risk factors increasing with age are more frequent in women except for smoking and family history which are significantly higher among men than women experiencing a first myocardial infarction.