

# HEART ATTACKS IN SINGAPORE

Fewer lives lost, even as the number of new cases remains stable.

## Heart Attacks – Acute Myocardial Infarction (AMI): What is it?

A heart attack happens when blood can't flow properly to the heart because an artery is blocked by fatty deposits, cutting off oxygen. Without oxygen-rich blood, part of the heart muscle becomes damaged or dies.

## Heart Attack Statistics in Singapore: 2013 vs 2023

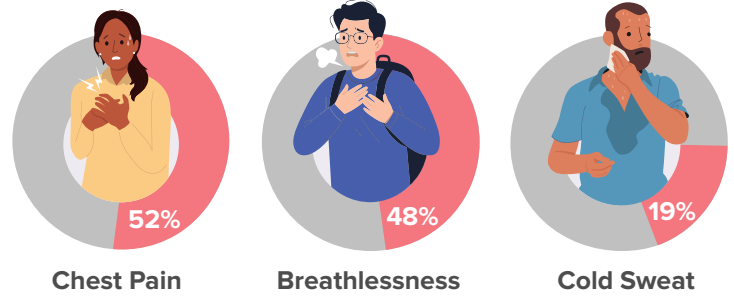
Heart attack incidence\* has remained stable, but mortality rates\* have fallen by 21% in Singapore.

| Incidence:                               | 2013                      | 2023                      |
|------------------------------------------|---------------------------|---------------------------|
| No. of new AMI cases* per 100,000 people | 223                       | 213                       |
| Median age at AMI onset (years)          | 69<br>71% aged ≥ 60 years | 72<br>80% aged ≥ 60 years |
| Sex distribution of AMI cases            | 64% Men   36% Women       | 66% Men   34% Women       |
| Mortality:                               | 2013                      | 2023                      |
| No. of AMI deaths* per 100,000 people    | 18                        | 14                        |
| 30-day case fatality:                    | 2013                      | 2023                      |
| Deaths within 30 days of AMI onset       | 9%                        | 8%                        |

\*Age-standardised rates. Rates and percentages are rounded to the nearest whole number.

## Common Symptoms of a Heart Attack in 2023

About 1 in 2 heart attack patients had chest pain or breathlessness as their main symptom.



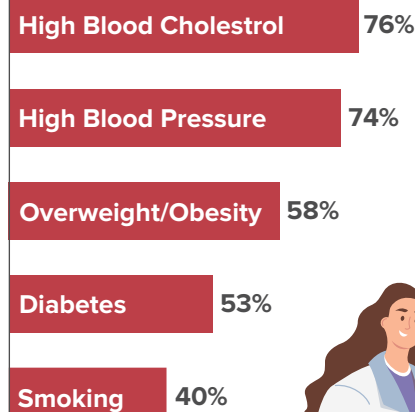
### Other possible warning signs:

Pain in the stomach area (epigastric region), back, shoulder, or jaw, and fainting (syncope) can also be symptoms of a heart attack.



## Look Out for These 5 Modifiable Risk Factors

Most heart attacks are linked to these preventable risk factors. How common were these risk factors among heart attack patients in 2023?



Take charge of your heart health with Healthier SG enrolment. Early detection and better management of cholesterol, blood pressure, and diabetes can help prevent heart attacks and other cardiovascular diseases.



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## Live Healthier, Lower Your Risk of Heart Attack

Simple lifestyle choices can make a big difference to your heart health.

A heart attack is a medical emergency – call 995 for help immediately. Every second matters for survival.



Maintain a healthy & balanced diet



Lead a smoke-free lifestyle



Engage in regular physical activity



Avoid excessive alcohol consumption



Maintain a healthy weight



Attend regular health screenings & follow-ups\*

\*Recommendations vary by age & gender