

Myocardial infarction: symptoms and causes

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INTRODUCTION

The term “heart attack” refers to a Myocardial Infarction (MI). Reduced or complete cessation of blood flow to a part of the myocardium causes MI. The most common underlying cause of Myocardial Infarction is Coronary Artery Disease (CAD). CAD is the leading cause of death in the United States. MI can be a silent event that goes unnoticed, or it can be a life-threatening event that results in hemodynamic worsening and untimely death. The deprivation of oxygen in the myocardial muscle occurs when a coronary artery is occluded. Long-term loss of oxygen delivery to the myocardium can result in cardiac tissue cell death and necrosis. As a result, patients may feel chest discomfort or pressure, which can spread to the neck, jaw, shoulder, and arm areas. . Apart from the patient’s past history and medical examination, myocardial ischemia may be associated with elevated levels of biochemical markers such as cardiac troponins and also Electrocardiography (ECG) changes.

SYMPTOMS

The signs and symptoms of a myocardial infarction can be fairly variable, with chest discomfort and shortness of breath being the most prevalent. Symptoms include chest pressure or tightness, discomfort in the chest, back, jaw, and other upper body areas that lasts more than a few minutes or goes away and comes back, shortness of breath, perspiration, nausea, vomiting, anxiety, dizziness, a fast heart rate, and a sensation of impending doom. Women are more likely than men to experience chest pain, which is the most commonly reported symptom.

ETIOLOGY OF MYOCARDIAL INFARCTION (MI)

MI is closely associated with coronary Artery Disease (CAD). Hypertension, diabetes, and abdominal obesity (waist/hip ratio) are all conditions that can lead to death (greater than 0.90 for males and greater than 0.85 for females), Depression, loss of locus of control, global stress, financial stress, and life events such as divorce, job loss, and family problems are all psychosocial

variables. Alcohol intake, lack of daily fruit or vegetable eating, and lack of physical activity (weaker association, protective), Smoking, and abnormal lipid profile/blood Apo lipoprotein. Above all are some of the etiological factors involved in myocardial infarction.

PEOPLE AT RISK

High blood pressure: High blood pressure damages arteries and accelerates plaque build-up, increasing the risk of myocardial infarction.

Having high blood sugar levels can damage blood vessels and contribute to coronary heart disease. MI and CAD are strongly linked.

Smoking raises the chance of a heart attack and can lead to other cardiovascular problems.

Age is the common factor for developing of risk of having a heart attack. Men and women are at higher risk of heart attacks beyond the ages of 45 and 55, respectively.

Not only do men have a significantly higher risk of having a heart attack than women, but they also often have heart attacks earlier in life.

People with a history of heart disease are more likely to have heart disease in their present generation.

Reduced persistent anxiety or stress can help lessen the chance of a heart attack and other heart problems in the long run.

Physical inactivity/sedentary lifestyle: Regular exercise can help keep your heart healthy by allowing you to maintain a healthy weight and lowering your blood pressure, blood sugar, and cholesterol levels.

Certain substances, such as cocaine and amphetamines, can cause blood arteries to narrow, increasing the risk of a heart attack.

Women having a history of high blood pressure during pregnancy are more likely to suffer cardiac problems later in life.

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