

Gender gap in death from heart attack reduces particularly in younger women

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The gender gap in death from heart attack has reduced over the past two decades particularly in younger women, according to research presented today at ESC Congress. The study in over 50 000 patients found that overall in-hospital mortality for heart attack patients was halved during the 20 year period.

"Research in the 1990s showed that younger women with [acute myocardial infarction](#) had a higher mortality than men of similar age," said Dr Dragana Radovanovic, head of the AMIS Plus Data Centre, University of Zurich, Switzerland. "Little is known about whether this gender difference has persisted over the years."

This study assessed changes in the in-hospital mortality of men and women with acute myocardial infarction over a 20 year period. The researchers retrospectively analysed prospective data collected from January 1997 through December 2016 in the Swiss nationwide acute myocardial infarction registry AMIS Plus.

The study included 51 725 acute myocardial infarction patients from 83 Swiss hospitals. Among them, 30 398 (59%) presented with ST-segment elevation myocardial infarction (STEMI) and 21 327 (41%) with non-ST-segment elevation myocardial infarction (NSTEMI). The study population was 73% male (mean age 64 years) and 27% female (mean age 72 years). The mean age did not change for either sex during the observation period.

The researchers found a decrease in crude in-hospital mortality from 1997 to 2016. In STEMI patients, in-hospital mortality significantly dropped from 9.8% to 5.5% in men and from 18.3% to 6.9% in women (p

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