DIFFERENT RISK FACTOR PROFILE IN YOUNG VERSUS OLDER PATIENTS WITH ACUTE CORONARY SYNDROME: A SWEDISH CORONARY ANGIOGRAPHY AND ANGIOPLASTY REGISTRY STUDY

Poster Contributions
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Background: The aim of this study was to describe the prevalence of common risk factors in young, ≤44 years old, first-time PCI patients with ACS in comparison with other age groups.

Methods: In SCAAR (Swedish Coronary Angiography and Angioplasty Registry), we studied prospectively enrolled ACS patients who underwent PCI (n=79317) between 2006 and 2013, and compared the prevalence of traditional risk factors by age (≤44 (n=2376), 45-64 (n=30841), 65-84 (n=41626), ≥85 (n=4474) years). Pearson’s Chi-2 tests were used to test for differences between age groups.

Results: In patients ≤44 years old the proportion of smokers was higher than in the other age groups (≤44 years: 48%, 45-64: 39%, 65-84: 15%, ≥85: 3%; p<0.001); but both hyperlipidemia and hypertension treatment were less common (p<0.001 for each) (Figure). The proportion of ACS patients with ST-elevation ACS as the indication for PCI was higher in the young and very elderly compared to those aged between 45 and 85 (≤44 years: 49%, 45-64: 42%, 65-84: 39%, ≥85: 52%).

Conclusion: The prevalence of traditional risk factors differs substantially between young and older ACS patients. Smoking was highly prevalent in younger ACS patients treated with PCI. The knowledge of differing risk factor profiles in different age groups implies a need for different secondary prevention strategies with rigorous follow up and treatment.