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**Original article  
Study on acute myocardial infarction in young adults in a tertiary care hospital, Guntur**

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**Abstract**:

**Background**: Myocardial infarction (MI) is the lethal manifestation of CHD. The disease carries a significant morbidity, psychological effects, and financial constraints for the person and the family when it occurs at a young age.

**Material & Methods**: The present study was carried out at the Government General Hospital, Guntur during the period from January 2014 to December 2014. It was a cross sectional study which enrolled the study subjects (below 40 years of age) who meet the inclusion criteria during the study period of one year. Fasting blood glucose, fasting lipid profile, serial ECGs and the cardiac enzymes (CPK- MB) were evaluated. The risk factors which were studied were hypertension, diabetes mellitus, smoking habits, overweight, waist to hip ratio, hyperlipidemia and family history.

**Results**: Among the 46 patients, majority (60.8%) were in the 36-40 years age group and 87% of them were males. Smoking was the common risk factor for myocardial for myocardial infarction (72%) in the young adults. Anterior wall MI on ECG and single vessel involvement on angiography was found in almost half proportion of the study population. Health intervention measures like quitting smoking would play a key role in preventing MI in young adults.

**Keywords**: myocardial infarction, young adults, risk factors, smoking