

Pattern of acute myocardial infarction in an African country

Abstract:

The objective of this study was to describe the pattern of acute myocardial infarction in an African country. These data are important for prevention strategies but are scarce from sub-Saharan African countries and altogether absent from Kenya. **METHODS AND RESULTS:** This was a retrospective study done at Kenyatta National Hospital, Kenya. Cases of acute myocardial infarction admitted to the hospital between January 2000 and December 2009 were examined for mode of diagnosis, age, gender, risk factors, and outcome. Only those with confirmed diagnosis were included. Results were analysed by SPSS version 13.0 for Windows, and are presented in tables and bar charts. One hundred twenty cases (80 men; 40 women) were analysed. Clinical diagnosis had been confirmed by electrocardiography and cardiac enzymes (87.5%), angiography (8.3%) and echocardiography (4.2%). Mean age was 56.8 years and male:female ratio 2:1. Common risk factors were hypertension (35%), diabetes mellitus (20.8%), smoking and infection 12.5% each and alcohol (10.8%). The majority (50.8%) of the patients recovered, 44.2% developed congestive cardiac failure and only 5% died. **CONCLUSION:** Acute myocardial infarction is not uncommon in Kenya. Over 30% of the patients are 50 years and younger and it carries a high morbidity from heart failure. Risk factors comprise a combination of non-communicable diseases, namely hypertension and diabetes mellitus, coexisting with infections. Control measures targeting both categories are recommended