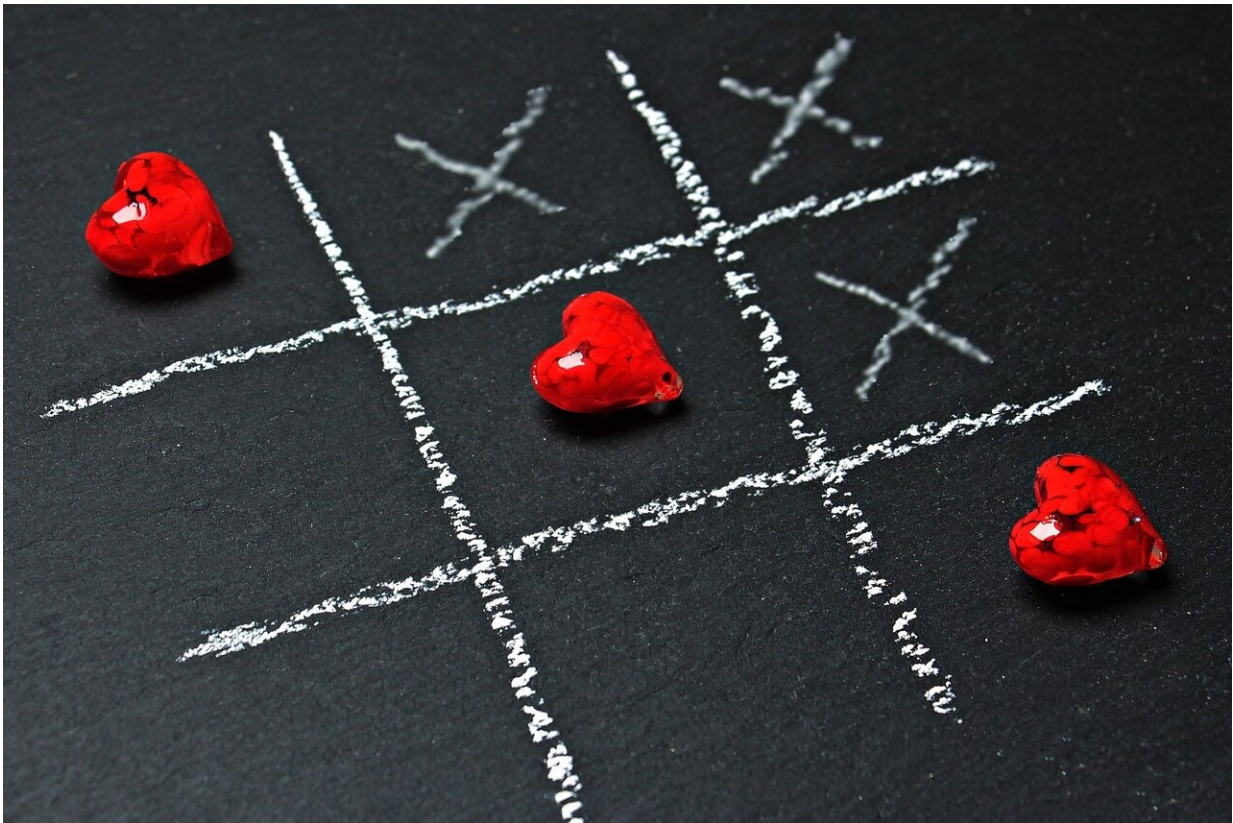


Heart attacks in young adults are related to unhealthy lifestyles, not just family history

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Young heart attack victims are more likely to be smokers, obese, and have high blood pressure or diabetes compared to their peers, according to research presented at ESC Congress 2021. The study shows that while

parental history of a premature heart attack is linked with heart events at a young age, it is not the only contributing factor.

"The findings underline the importance of preventing smoking and overweight in children and adolescents in order to reduce the likelihood of [heart](#) disease later in life," said study author Professor Harm Wienbergen of the Bremen Institute for Heart and Circulation Research, Germany.

"Understanding the reasons for heart attacks in [young adults](#) is important from a societal perspective due to their employment and family responsibilities," he continued. "However, there are limited data on the predictors of heart events in this group."

The case-control study compared the clinical characteristics of consecutive patients admitted to hospital with acute myocardial infarction at 45 years of age or younger with randomly selected individuals from the general population in the same geographic region in Germany. Cases and controls were matched according to age and gender.

A total of 522 patients were enrolled from the Bremen STEMI registry and 1,191 matched controls were identified from the German National Cohort (NAKO).

The proportion of active smokers was more than three-fold higher in the young [heart attack](#) group compared to the general population (82.4% vs. 24.1%; p

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