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Why Younger People are Suffering from Heart Attack....???

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INTRODUCTION

All heart activity abruptly and abruptly ends in sudden cardiac death. Blood flow and breathing halt instantly. The individual passes away and becomes unconscious in a matter of seconds. Sudden cardiac arrest (SCA) and sudden cardiac death are not the same. SCA is the abrupt cessation of heartbeat because of an unbalanced heartbeat. With prompt, effective medical treatment, survival is feasible. Among young, apparently healthy adults under 35, sudden cardiac death is uncommon. Males experience it more often than females do. Undiagnosed cardiac disorders, such as a hereditary heart disease, are often to blame for sudden death in teenagers and young adults. A young person with an undiagnosed cardiac condition may quite abruptly while engaging in physical activity, such as playing competitive sports. Yet, abrupt cardiac death may sometimes happen without effort.

Older persons, especially those with heart disease, account for the majority of sudden cardiac fatalities. Yet, the most common cause of mortality among young sportsmen is abrupt cardiac arrest. Several estimates have been made, however some publications indicate that between 1 in 50,000 and 1 in 80,000 young athletes experience sudden cardiac mortality annually. Electrical signaling problems in the heart can lead to sudden cardiac death. The lower heart chambers

(ventricles), which normally pump blood, begin to uselessly twitch when the pulse is too rapid. Ventricular fibrillation is the medical term for this abnormal heart rhythm. Risk factors for sudden death include any illness that stresses the heart or harms its tissue. This hereditary disorder that causes the heart muscle to become excessively thick is the most frequent cause of sudden cardiac death in young individuals. The thickening may lead to rapid heartbeats and make it difficult for the heart to pump blood. Young persons may have the following conditions that might cause sudden cardiac death:

- Thickened heart muscle (hypertrophic cardiomyopathy)
- Heart rhythm disorders
- Blunt chest injury
- Heart structure problem present at birth (congenital heart defect)

Unexpected abrupt cardiac death happens often. Sometimes warning indicators go unnoticed while they are there. Someone who has: Take note and inquire whether a health examination is required:

- Unexplained fainting
- Shortness of breath or chest pain
- Family history of sudden cardiac death