

CONTEMPORARY REVIEW

Acute Myocardial Infarction: Etiologies and Mimickers in Young Patients

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ABSTRACT: Acute myocardial infarction is an important cause of death worldwide. While it often affects patients of older age, acute myocardial infarction is garnering more attention as a significant cause of morbidity and mortality among young patients (<45 years of age). More specifically, there is a focus on recognizing the unique etiologies for myocardial infarction in these younger patients as nonatherosclerotic etiologies occur more frequently in this population. As such, there is a potential for delayed and inaccurate diagnoses and treatments that can carry serious clinical implications. The understanding of acute myocardial infarction manifestations in young patients is evolving, but there remains a significant need for better strategies to rapidly diagnose, risk stratify, and manage such patients. This comprehensive review explores the various etiologies for acute myocardial infarction in young adults and outlines the approach to efficient diagnosis and management for these unique patient phenotypes.

Key Words: acute myocardial infarction ■ atheromatous ■ nonatheromatous ■ young

Acute myocardial infarction (AMI) remains a significant cause of death worldwide.¹ Although the risk of suffering an AMI increases with older age,² the incidence of AMI in younger patients (<45 years of age) has progressively increased over time. Previously, there had been little focus on the diagnosis, management, and prevention of AMI in young individuals given the low prevalence of this disease. However, AMI remains an important cause of morbidity and mortality among young individuals globally and studies have shown that the proportion of younger patients with AMI has steadily grown over the years. This has prompted investigations to understand the various etiologies for AMI in the young to optimize prevention and treatment strategies. The current literature notes that premature atherosclerosis with plaque rupture or plaque erosion is the most common etiology, accounting for almost 90% of AMI in young adults.³ The remaining 10% of cases are secondary to nonplaque etiologies that include spontaneous coronary artery dissection (SCAD), coronary vasospasm, hypercoagulability, coronary

embolic phenomena, autoimmune-mediated inflammation, and drug-induced occlusions. Across all these mechanisms for AMI, there are notable lifestyle and potential genetic risk factors that constitute a patient's overall risk profile for AMI. For instance, familial hypercholesterolemia or heavy cigarette smoking can both contribute substantially to premature atherosclerosis. The genetics and lifestyle factors for other more unique etiologies for AMI are not well understood and warrant further investigation. Importantly, given the higher potential for nonatherosclerotic etiologies of AMI in young individuals, there is a potential for delayed diagnosis and treatment that could carry serious clinical implications. Despite a growing understanding of the other nonatherosclerotic mechanisms for myocardial infarction, there is a significant gap in the literature on effective strategies to rapidly diagnose, risk stratify, and manage AMI in younger patients. This review explores the various etiologies for AMI in young adults and outlines the approach to efficient diagnosis and management for the different patient phenotypes.

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