

心筋梗塞の傾向は若年者と高齢者とで異なる

FAST-MI:STEMIの死亡率は全体的に改善しているが新たなデータから若年者および女性のMIが増加する心配な傾向が示された

FAST-MI: Mortality rates from STEMI improving overall but new data shows worrying trend of increasing MIs in young people and women

2012年European Society of Cardiology学会で発表され同時にJAMAに掲載されたFAST-MI (4つのフランス国内レジストリ)の結果、この15年間でST上昇型心筋梗塞(STEMI)治療の成功率が上昇し、死亡率が68%低下(13.7%から4.4%)していることが示された。プライマリ経皮的冠動脈インターベンションや再灌流療法の使用で補正した後であっても早期死亡率は実質的に(>60%)低下しており、その患者背景、患者の行動および組織や治療提供などが大きく影響していた。再灌流療法を施行されなかった患者においても、STEMI死亡率は50%を超えて低下した。このスタディにより、若年患者(60歳未満)、特にMIを発症する女性の割合が実質的に増加している心配な結果が示された。60歳未満の女性の割合は2倍(12%から25%)に、50歳未満の女性の割合は3倍(3.7%から11.1%)に増加した。若年女性患者の中で急速に増加しているのは喫煙者(1995年には37%、2012年には73%)、およびまたは肥満者(18%から27%)の割合であった。急な胸痛を発症した患者の行動もまた変化しており、医療救助への連絡がより迅速(2000年には中央値が120分であったものが2010年には74分)になった。

Full Text

The FAST-MI study which evaluated data from four French nationwide registries of ST-elevation myocardial infarction (STEMI) patients initiated five years apart and covering more than 15 years show that mortality rate decreased by 68% over this period, from 13.7% to 4.4%. Around one quarter of this mortality reduction could be attributed to a change in patient characteristics.

Even after adjusting for the use of primary percutaneous coronary intervention (PCI) and reperfusion therapy, there still remained a substantial decrease in early mortality rate (>60%), underlining the importance of population characteristics, patient behavior and the general organization and provision of care. Even in patients not having reperfusion therapy, STEMI mortality rate decreased by more than 50%.

The results were presented here in Munich by Dr. Nicolas Danchin representing the French registries USIK 1995, USIC 2000, FAST-MI 2005 and FAST-MI 2010.

Explaining the purpose of the combined analysis, Dr. Danchin said: "Spectacular progress has been made in the treatment of ST-elevation myocardial infarction. Most of this progress is generally attributed to the more frequent administration of reperfusion therapy, particularly by primary PCI. Using data from these four STEMI registries, we sought to determine the extent of improvement in survival, and whether factors other than reperfusion therapy contributed to the decline in early mortality."

The analysis did indeed show a notable change in population characteristics: a progressive three-year average decrease in age, and a lower proportion of patients with associated conditions or previously known heart disease. This was mainly explained by a substantial increase in the proportion of younger patients (ie, below 60 years of age), especially women; the proportion of women under 60 years of age doubled (from 12% to 25%), and that of women under 50 years tripled (from 3.7% to 11.1%).

A fast growing proportion of young women were current smokers (37% in 1995, 73% in 2010) and/or obese (18% to 27%).

The behavior of patients confronted with acute chest pain also changed, with a more rapid call for medical help (from a median of 120 minutes in 2000 to 74 minutes in 2010). Similarly, more patients called the emergency medical system (SAMU in France) - 23% in 2000 and 49% in 2010.

More patients also received reperfusion therapy to reopen the blocked artery - 75% in 2010, compared with 49% in 1995, with a five-fold increase in use of primary PCI (from 12% to 60%).

Other changes were observed in the early management of STEMI patients, with more receiving antiplatelet agents or low molecular weight heparin to help dissolve the clot, as well as other recommended medications (particularly statins, whose use increased from 10% to 90%).

"Overall," said Dr. Danchin, "the major decline in early mortality for STEMI patients should not be attributed only to improved delivery of reperfusion treatment. The improvement also reflects a profound and preoccupying change in the type of patient having a heart attack, with a particular increase in the number of young women. This increase is concomitant with an increased prevalence of smoking and obesity."

"The successes achieved in older patients and the changes in patient profile suggest that, to reduce the rate of STEMI mortality even further, future efforts should be directed at making healthcare providers and the general public more aware of the growing proportion of younger females among STEMI patients. Future preventive measures might be specifically targeted towards this group."

Conference News

[News 01]

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[News 02]

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[News 03]

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[News 04]

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[News 05]

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[News 06]

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[News 07]

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[News 08]

心原性ショックにおいて大動脈内バルーンポンピングの生存率に関する有益性はない

[News 09]

FFRガイド下インターベンションは緊急血行再建術を減少させる

[News 10]

大規模レジストリにおいてもTAVI後の有害イベントは低かった

[News 11]

TAVIは重症大動脈弁狭窄症患者のQOLを改善する

[News 12]

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