

Abstract No. **1**

Category: **Acute Coronary Syndromes**

Title: **Characteristics of Young Adults Hospitalized With Acute Coronary Syndromes Undergoing Coronary Angiography in Northeastern Colombia**

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**Abstract:**

**Background:** The increasing frequency of acute coronary syndromes in young adults raises doubts regarding the characteristics of this population and its therapeutic implications. We aimed to describe the characteristics of young adults with acute coronary syndromes undergoing coronary angiography.

**Methods:** Descriptive retrospective study of patients between 18 and 50 years old undergoing coronary angiography in a tertiary care center of northeastern Colombia. A consecutive, non-probabilistic sampling was used, with univariate descriptive statistical analysis and exploratory bivariate analysis.

**Results:** 128 eligible cases were identified, with a median age of 45 years old and predominance of males (80,47%). The most common symptom was characteristic chest pain (89.8%), with a median time to medical consultation of seven hours. The most common risk factor was overweight/obesity observed in 71.3% of the cases. Most of the cases had ST segment elevation (44% of the cases). In 60.9% of the cases coronary artery disease was identified (55.1% of them with multivessel disease). Most patients underwent percutaneous coronary intervention, with implantation of bare metal stents (60.2% of the cases). Patients without coronary artery disease were significantly younger (median age 43 years old), with a lower prevalence of risk factors (particularly arterial hypertension and diabetes mellitus) and a shorter median hospital stay (2 versus 4 days). In-hospital mortality for the whole population was 2.34%.

**Conclusions:** To the best of our knowledge, this is the first description of this type of patients from our region. In our population disorders of weight were identified as the main risk factor, raising the importance of population interventions for controlling its prevalence. Its outstanding the high frequency of obstructive atherosclerotic coronary artery disease, including multivessel coronary artery disease since this indicates a higher risk of complications. The findings of our study underscore the importance of clinical suspicion in the emergency room, guideline-based clinical care including early reperfusion and assuring accomplishment of secondary prevention treatment goals.