Women with a silent heart attack appear to fare worse than men," Soliman said. "Our study also suggests that blacks may fare worse than whites, but the number of blacks may have been too small to say that with certainty.

Researchers accounted for many factors that could bias results, including smoking, body weight, diabetes, high blood pressure and cholesterol. They did not adjust for access to care but did adjust for income and education, which could impact access to care.

Symptoms of silent heart attacks appear so mild that they are barely noticed, if at all. They are detected later, usually when parents undergo an electrocardiogram, better known as an ECG or EKG, to check their heart’s electrical activity.

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“The modifiable risk factors are the same for both kinds of heart attacks,” he said. “Doctors need to help patients who have had a silent heart attack quit smoking, reduce their weight, control cholesterol and blood pressure and get more exercise.”

Source: American Heart Association News