

Ischaemic heart disease (IHD) deaths ages 0 to 74 years (2015 to 2019, MLHD)

IHD is the leading
cause of death in
people
0 to 74 years

IHD deaths are
considered potentially
avoidable at ages less
than 75 years

There are on average
67 IHD deaths per year
52 MALES
15 FEMALES

Average age of IHD
death is 64 years in
both males and
females

77%
of IHD deaths 0-74 yrs
are in MALES

IHD is the leading
cause of death in
males and the 4th in
females

What is Ischaemic Heart Disease?

Ischaemic or ischemia heart disease is a condition in which the heart is starved of oxygen due to a reduced blood supply.

Most commonly, this is due to a build-up of plaque (fatty material plus cells) in the wall of one of the arteries supplying blood to the heart, known as the coronary arteries. As the plaque enlarges, it gradually obstructs the flow of blood, which deprives the heart of oxygen and nutrients.

The plaque can also rupture suddenly, that is it can tear away from the artery wall, which causes a clot to form very rapidly that completely obstruct the flow of blood. When that happens, the heart cells not getting any blood, stop functioning and die. This is a myocardial infarction (heart attack), which causes severe chest pain; an irregular heartbeat, which can be fatal; heart failure (an inability of the heart to pump sufficient blood to satisfy the body's needs), or even death.