

Jeste li bolesni? Are You Ill?

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U svojoj medicinskoj praksi svakodnevno susrećem ljude koji mi se obraćaju zbog zdravstvenih poteškoća. Budući da sam kardiolog, najčešće se tuže na simptome koje smatraju posljedicom srčanih poremećaja. Trebamo li vjerovati da su svi ti ljudi bolesni?

Svakodnevni život nije lagan; izloženi smo nizu stresnih zbivanja u obitelji, na radnom mjestu, vezano za financijske teškoće, odrastanje djece te mnoge druge.

Te okolnosti mogu potaknuti probleme koji nisu organski, nego funkcionalni poremećaji. Primjerice, ako ste neprestano pod nekom vrstom pritiska ili zlostavljanja koje je stalni izvor frustracije, prije ili kasnije osjetit ćete neugodu u prsima ili neki sličan simptom. Pacijenti koji pate od oscilirajućega visokoga arterijskoga tlaka, ako isključimo rijetke organske uzroke, klasičan su primjer neurotskih reakcija.

Kada pregledavamo pacijenta, važno je uspostaviti opušteno ozračje, gledati u oči, izbjegavati negativne izraze našeg lica te ga pažljivo saslušati. Nakon kliničkog pregleda i dijagnostičkih postupaka, možemo uspostaviti pravu dijagnozu. Pacijent će, zasigurno, biti sretan ako zaključimo da mu ne trebaju lijekovi te umjesto toga predložimo promjene životnog stila.

Ipak, osamdeset posto naših pacijenata doista je bolesno pa treba lijekove i daljnje medicinske postupke.

In my medical practice I meet people every day who seek help because of health problems. As I am a cardiologist, they usually complain about symptoms of what they believe are heart disorders. Should we believe that all of them are ill?

Everyday life is not easy, and we are exposed to a chain of stressful situations in our families, at the workplace, in relation to financial problems, in raising our children, and in many other situations.

These circumstances may generate problems that are not organic but instead functional disorders. For example, if you are permanently under some kind of pressure or bullying that is a constant source of frustration, you will sooner or later get chest discomfort or some similar symptom. The patients who suffer from oscillating high blood pressure, if we turn off the rare organic causes, are a classical example of neurotic reactions.

When examining patients, it is important to create a relaxing atmosphere, make eye contact, avoid negative facial expressions, and listen carefully to their problems. After physical examination and diagnostic procedures we can easily establish the correct diagnosis. The patient will surely be happy if we determine that they do not need medication and instead suggest changing their lifestyle.

However, eighty percent of our patients are truly ill and need medication and further medical procedures.

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