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World Heart Day, 30th September 2007

TOGETHER TO THE HEALTHY HEART!

DECLARATION OF WORLD HEART FEDERATION AND CROATIAN CARDIAC SOCIETY

Adjusted, updated and edited by Professor Davor Miličić, MD, PhD, President of the Croatian Cardiac Society

If you come together instead of being a loose, you have three times bigger possibilities to keep your ideal body weight and twice as bigger possibility to give up smoking. This is, among other things, one of the reasons why this year's World Heart Day, on Sunday the 30th was held under the slogan 'Together to the healthy heart'. This year the World Heart Day has a big support of all big international sport stars.

Heart diseases and stroke are number one killers in the world; they cause 17.5 millions of death a year – out of which 89% is among poor and undeveloped countries. The good news is that heart diseases can be, more or less, stopped, if the main causes are removed. These are high blood pressure, high cholesterol, high blood sugar, smoking, too little input of fruit and vegetables, overweight and obesity, and physical inactivity.

I will look back on the importance of celebrating World Heart Day. Steven Gerard, famous

football player and the captain of the English team Liverpool stated: 'Football is, more than a skill, a technique and an athletic ability, the matter of heart. That is why, by celebrating this World Heart Day, I would like to encourage everyone who wants to come together in order to keep the healthy heart – eat healthy, do exercises regularly and don't smoke!'

Temporarily, at least 60% of the world population doesn't accept the minimum of suggestions for keeping their health and the health of their heart, and that is 30 minutes long daily exercise, and for children at least 60 minutes. Adults and children have to adopt to balance their nutrition which includes a lot of fruit and vegetables, grains, meat, fish and vetch and food with low percentage of grease and salt.

This year the World Heart Day is being celebrated for the eighth time throughout the world, led by national cardiac associations – members of World Heart Federation, in more than hundred countries with thousands people who want to join this event. For example, in Ireland more than 400 organized groups of families and friends, gathered in residential quarters and working environments are celebrating World Heart Day by organizing mass walking. In Mozambique, the main celebration of World Heart Day will include aerobics for big groups in open space. On Barbados the spirits of taking care of healthy heart with the help of healthy family life. Other activities concerning World Heart Day in different parts of the world will include checking up your health, advice and conversation with doctors and other medical workers, organized walks and running, shows on the stage, public speeches, scientific gatherings, exhibitions, concerts, sport competition and carnivals.

'As the ambassador of healthy life of Australian government, my goal is to encourage young and old ones, to live actively and healthy', said Brett Lee, the most famous Australian sportsman, champion in cricket. 'Healthy way of living can help you in decreasing the risk of developing chronic diseases, specially heart diseases and stroke. So let us start exercising and eat healthier food, by letting go unhealthy food in order to live long and healthy!'

Everybody, young and old ones, is invited to overall support of healthy way of living in order to maintain the healthy heart, as within the family, as in the school on the working place or somewhere else in community. 'Children and young ones are assimilating the habits and the way of living from their family, teachers and social environment, and new researches have just shown that in that age nutritional habits are being created and it also shapes the attitude towards physical activity for the whole life' said professor Shahryawr Sheikh, President of the World Heart Federation. 'That is why it is necessary that primary prevention of the heart and blood vessels disease starts in youth, with the parental support and the support of social community, and to start acknowledging the fact that at that age we can lower the risks of mortality from these diseases.' Gerard Houllier, ex president of football team Liverpool and Lyon, stated the following 'Since I have personally suffered from heart disease, I have found out how important it is to lead healthy and balanced life style in order to lower the risk of heart disease and stroke in later life. By keeping normal weight, eating healthy and giving up smoking we will considerably lower the risk of getting heart disease. An individual feels much better if he is not alone in those doings, which is why I am really glad to greet and support World Heart Day with slogan 'Together to healthy heart!'

World Heart Day 2007 in Croatia will be celebrated under the aegis of Croatian Cardiac Society with the help of associated institutions and associations: Croatian Institute for Public Health and the Institute for Public Health of Primorsko-Goranska county, the Institute for Health, Work and Social Welfare and Defenders under the Administration of the City of Zagreb, the Institute for the Protection of Health of the City of Zagreb, the Administration of the City of Opatija, Clinical Hospital Centre Zagreb, Clinical Hospital Centre Rijeka, Thalassotherapy Opatija, Cardiac Polyclinic 'Srčana' Zagreb, Croatian Hypertension Society, Croatian Association of cardiac nurses, Croatian Association of patients with heart diseases, Clinic for cardiovascular diseases of Medical Faculty in Zagreb, all cardiac departments and institutes in Croatia etc.

The main celebration of Heart Day will be on Sunday the 30th in Opatija. From the 27th to 30th September, 19th Congress of Mediterranean congress for cardiology and cardio surgery will be held – an elite scientific gathering which will gather all famous names of world cardiovascular medicine. The main press conference is planned on the day of closing, on the 30th September at 10:30 in Camellia hall of the Ambassador Hotel. The main happening will be in the Opatija area of 'Slatina' from 11 till 15 hours. All population is invited to come in as big number as possible since program will be different and interesting. Apart having a discussion with cardiologists and doctors of similar practice, cardiac nurses, there will also be taking blood pressure and estimating cardiovascular risk, and some advertising material will also be given – some appropriate materials will be given from World Heart Federation and pamphlets about the importance of prevention in order to maintain healthy heart from

Croatian Institute for Public Health. Apart from 'scientific' content, gathering will have amusing character (music, dancing and dancers etc) the main sponsor of the World Heart Day is Dukat company, for which we warmly express our gratitude. The World Heart Day will be celebrated within big gathering in Zagreb on Cvjetno Square from 10 till 13 hours. Together with scientific, amusing program is also planned under the support of town municipality. The World Heart Day will be also covered by all media and public gathering in the bigger cities in Croatia. Croatian Cardiac Society strongly recommends all guidelines of World Cardiac Federation that are intended for all population throughout the world in order to keep their heart healthy and to prevent heart attack and stroke.

1. Everybody should have balanced meals, including meat (not fried but cooked, on grill or baked), fish, vegetables and vetch, fruit and groceries with low part of animal fat
2. Eat fruit five times a day
3. Drink water, skim milk or fresh, not sugared fruit juices, rather than sweet and fizzy drinks
4. Include fruit and vegetables in your meal and food of your child. Talk the parents of your friends that their children do the same. Ask for the teacher's support in order to promote healthy nutrition of children and including healthy meals in schools
5. Be sure that you are not exaggerating in over salting your meals, and specially in input of salt in so called 'industrial, finished and done' meals
6. Plan as much as possible to spend time outdoors with your family. Be physically active every day for at least 30 minutes and put your daily exercises in your daily curriculum. Climb the stairs and not elevators
7. Let your home be without smoking fume. Make sure that your children are not smoking and that they don't feel tobacco at all
8. Restrict sitting in front of display. Turn off TV or computer as much as possible and make sure that your children spend free time in physical activities. Why don't you take your children to school on foot or on bicycle
9. As a family member be an example in accepting healthy nutritional habits, regular exercises and not smoking
10. If you suspect that one of your family members has bigger risk for heart disease, ask for medical advice

www.world-heart-federation.org

World Heart Federation is nongovernmental organization with the headquarters in Switzerland. It aims at preventing and fighting heart diseases and stroke with the special attention towards poor and undeveloped countries. It consists of 195 members – national cardiac associations from more than 100 countries – from Asia, Europe, east Mediterranean, North and South America and Africa.

www.kardio.hr

Croatian Cardiac Society was founded as the first independent expert medical association in independent Croatia, in Zagreb 1992. It represents the biggest and the most important professional society of experts mostly cardiologists, but internists also, cardiac surgeons and other doctors who deal with heart disease and vessel disease. The Society is the temporary member of European Cardiac society and World Cardiac federation. The main aim of the society is the advancement of cardiovascular health of the nation, prevention and treatment and rehabilitation of heart disease and vessels, and promotion of cardiology and cardiovascular medicine in Croatia, which implies cooperation with world cardiac associations and international recognition of Croatian cardiology.

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ANNOUNCEMENT

Postgraduate study of permanent medical training Quick diagnostics, initial treatment and safe transport of the patients with acute myocardial infarction

On the 10th November 2007 in the Institute for cardiovascular diseases of Internal Clinic of Clinical Hospital 'Sestre milosrdnice' Zagreb, the postgraduate study of permanent medical training under the heading 'Quick diagnostics, initial treatment and safe transport of the patients with acute myocardial infarction' will be held.

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CELEBRATING THE WORLD HEART DAY 2007 IN KOPRIVNICA

Dragica Kramarić
General Hospital Koprivnica, Koprivnica

This year's the World Heart Day is celebrated in Koprivnica under the heading 'Let us walk together towards the path of health', under the organization of members of Croatian Cardiac Society, Croatian association of cardiac nurses, and Association of cardiac patients 'HEART' of Koprivnica-Križevci County. The members of Red Cross have also participated in this action, the Croatian Institute for Public Health, young doctors and nurses from General Hospital Koprivnica, medical students and pupils from Medical school.

The main event of this manifestation was on Zrinski Square where there was a questionnaire made on the most frequent risks and causes that influence heart disease and vessels. All interested citizens were taken blood pressure, weight and then they were given the maps with 'The healthy path' in it, which was 5 kilometers long. They could also choose shortcuts according to their abilities. Medical escort was also ensured enough quantities of water and Red Cross ambulance in case somebody needed help. On already arranged distance blood pressure was also measured again and pulse, and on the way back to the square they gave their questionnaires that were later processed.

The results of the questionnaires have show that higher arterial blood pressure, smoking and overweight and too little of exercising are always presented in higher percentage as the causes of risks for cardiovascular diseases. Some movement toward better state was evidently shown in accordance to last year. Accordingly less overweight people, less smokers and more of those who are walking daily. That motivates us to keep continuing programs that will activate our citizens to live healthier and that will, we hope, lower the percentage of deaths from cardiovascular diseases. We hope that together with municipality we will succeed in it.

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CELEBRATION OF THE WORLD HEART DAY 2007 IN ZABOK

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General Hospital Zabok, Zabok

As every year, on the last Sunday in September the World Heart Day is being celebrated.

This year members of Croatian Cardiac Society and Croatian association of cardiac nurses from our county did the action with the slogan 'Healthy life with regular check-ups of blood pressure'. On the 30th September 2007 in General Hospital Zabok the action of taking arterial blood pressure was organized and the presence of the causes for risks and measuring the body index was analyzed. According to given data people being questioned were given some advice on healthy living and on certain changes in living.

The action lasted one hour, the number of people was expected, but unfortunately we have concluded again, that the population, according to the results of the questionnaire, of Krapinsko-zagorska County does not live healthy. There was just a minor group of checked population, but more than half of the present people had one of the factors of risks - smoking, overweight, and known from before hyperlipidemia and hypertension. We hope that they will read given pamphlets about healthy living, listen to some advice and that the results will be better next year.

In working part of this action there were some volunteers: Ksenija Pešek, MD, Stjepan Rogan, MD and Mirjana Juranić, RN as organizers and, Gordana Majerić, RN, Katarina Mlakar, RN, Jasminka Bakran, RN, Sanjica Mak nurse, Ivanka Repovečki, nurse i Dijana Gorički, nurse.

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PREVENTION AND EARLY DIAGNOSIS OF CARDIAC DISEASES IN MEĐIMURJE

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During September, under the organization of the Institute for Public Health of Međimurje County and Cardiac division of the Department of Internal Medicine, County Hospital Čakovec, together with the support of the City of Čakovec and Međimurje County and many sponsors, many 'Discussions on Tuesday' were held in the city of Čakovec. Many cardiologists and internists from County Hospital Čakovec lectured about the most important subjects from cardiac area. First discussion was held on the 4th September 2007 with the topic 'Overweight and how to cure it or prevent it', and the lecturer was Andreja Marić, MD. The second discussion was dedicated to high blood pressure and discussion about 'High blood pressure - silent killer' was held by Branimir Vurušić, MD. On the third discussion Milica Gabor, MD held the lecture under the title 'Myocardial infarction (coronary heart disease)', while the last lecture was dedicated to 'Heart failure' and Branko Ostrički, MD was a lecturer.

An hour before every lecture, member of the Institute of Public Health of Međimurje county have taken blood pressure and analyzed the content of body mass with the machine for analyses of body mass (Avisplus 333) to all interested participants. The interest for the lectures and checking of blood pressure and parameters was extraordinary. 350 people visited lectures, and there were more and more people on each lecture (some visitors were on more than one lecture), and at least that number of people have checked up their blood pressure and analyzed the content of body mass.

In September in the premises of the Institute of Public Health of Međimurje County, counseling Office for the prevention of the redundant body mass and overweight was opened. It works every Thursday from 8 till 12. The Council is opened for the adults who can analyze their body mass content for free and other indexes of obesity on the machine that by analyzing bioelectrical resistance and personal data (height, age, sex, weight) gives parameters such as: part, amount and division of fat, amount of minerals and proteins, WHR relation, total amount of body water, metabolism, biological age of organism, the type of body and others. The machine was bought within the project 'By preventing and correcting obesity we prolong life', that is financed by Međimurje County within the program 'Healthy County'. By estimating the status of obesity citizens could also take blood pressure in the Council. After measuring it, visitors were being advised by doctors on possible elimination of risk factors and the importance of adopting healthy living habits. During September more than seventy persons have visited Council.

Together with all above mentioned activities, within public medical campaign 'Heart for life', the Institute for Public Health of Međimurje County has organized prize bidding 'On foot to

work', firstly with the wish to remind the citizens of the importance of daily walking for healthy heart and organism altogether. Walking to work is one of the most practical ways how to satisfy daily need for walking that should last 30 minutes a day. The bidding was aimed at adults who had to walk to work in two weeks (from 10th till 22nd September 2007.) at least twice, to work or from work. 32 persons applied for the bidding and they have crossed altogether 980.5 km, and the most successful was a teacher from primary school, who has crossed 80 kilometers within two weeks. The biggest number of applicants was from educational institutions for which we are very glad since this year we have invited parents and all workers in kindergartens and schools to be a positive example to their students in adopting healthy living habits. During September there were daily medical preventive messages on Radio Čakovec. These messages included topics about high blood pressure, smoking, obesity, physical activity and healthy nutrition. There were also some radio and TV shows where famous cardiologists and other specialists from County Hospital in Čakovec were guests. On the 29th September 2007 public – medical action was held in Čakovec which was visited by at least 400 persons. Blood glucose was measured among 270 persons, cholesterol and triglyceride among 100 people. There was a big interest for taking blood pressure and for analyzes of the risk factors of overweight. After controlling risk factors, many citizens have looked for the advice from cardiologists and other doctors asking about possibilities of treating heart and vessel diseases as well as about healthy way of living. Some have also tried exercising mouth to mouth respiration and heart massage on educational dolls which were demonstrated by workers of Emergency Medical Department Čakovec. During waiting in queue, all interested visitors could get involved in warming up exercises which were ran by manager of physical education from MSSR 'Sport for everything'. They could also try themselves in Nordic walking.

Agromedimurje Ltd Čakovec has ensured apples for all the participants. Pliva has ensured appropriate gifts and medical and educational books. On the World Heart Day, on the 30th September 2007, in the city of Prelog, for the third time consecutively, occasional manifestation together with health-preventive and sporting-recreational content was held. Program started at 3 p.m. on sporting fields in primary school Prelog while showing martial arts of karate club 'Mihovil' from Prelog. After that there was nomination of the most successful in the bidding 'On foot to work', joint exercising of all participants and recreational walk to excursion site 'Marina' near Otok where there was a competition in darts, hanging bowling and throwing of ring. There were altogether 200 people. For the first time this year family sport games were organized 'Together to health', response was less then expected – only 11 families responded, firstly because it was difficult to include fathers in it. As a special guest in Prelog was the best Croatian gymnast and Olympic Filip Ude who shared awards to the most successful in sport-recreational games. By celebrating World Heart Day one month medical public campaign 'Heart for life' was finished. It was enabled by many sponsors (Međimurje county, the city of Čakovec, and the city of Prelog) and others (Pliva – the member of Barr group, Međimurska bank, Folk Open academy Novak – Mala Subotica, Domet Prelog, Zrinski Čakovec, Brid Extra Čakovec, Sabočan interiors Čakovec, Public swimming pools Čakovec, Astrea_M Ivanovec, Tristar Ivanovec, Ball Palovec, Agromedimurje Čakovec, Agrico Trade Prelog, Oto shop Prelog etc). We thank them all.

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KARLOVAC HAS ALSO CELEBRATED THE WORLD HEART DAY

Davor Horvat

General Hospital Karlovac, Karlovac

This year the World heart day was celebrated in Karlovac on the 27th September 2007 on the square Josip Broz from 9 till 11 o'clock. The organizers were General Hospital Karlovac, Institute for Public Health of Karlovac County and Medical school Karlovac, and the main sponsor was the City of Karlovac. Students of secondary medical school have taken blood pressure and body mass index among 182 visitors of the invent, and two doctors, cardiologist and epidemiologist have given advice on factors of cardiovascular risks (body mass regulation, hyperlipidemia, hypertension, diabetes, stopping smoking and physical activity). A big amount of educational material was also given which was donated by

company GlaxoSmithKline. Thanks to the sponsorship of Croatian association of Nordic walking and IntAct company from Zagreb there was demonstration on Nordic walking. Dukat company from its program 'Healthy habit' has presented their dairy product for natural lowering of cholesterol in blood 'Dukatol'.

As a conclusion, celebrating the World heart day in 2007 in Karlovac was successful and well visited. Under this year's slogan 'Together to the healthy heart', keeping the healthy way of living was initiated and accepting healthy habits as a postulate for longer and healthier living. The whole event was covered in media which also contributed to the success of this action.

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TEN YEARS OF KRKA STATINS

5 YEARS OF ATORIS

KRKA STATINS

TRUSTWORTHY PARTNER TODAY AND TOMORROW

ATORIS, atorvastatin

Pills of 10mg, 20mg and 40 mg

Indications: primary hyperlipidemia of type IIa and IIb, including polygen hypercholesterolemia, heterozygous and homozygous familial hypercholesterolemia and mixed hyperlipidemia.

Dosage: Recommended daily dosage is 10mg. The ultimate dosage is 80mg.

Contraindications: Hypersensitivity to any drug ingredients. Active liver disease.

Inexplicable permanent elevation of serum transaminase level. Skeletal muscles disease.

Pregnancy and breast feeding.

Interactions: Taking Atoris and cyclosporine antibiotics (erythromycin, clarythromycin, kinupristine and dalfoprisitine), protease inhibitors, derivatives of fibric acid, niacin, azole antimicotic or nefazodone at the same time can cause the elevation of atorvastatin level in serum which can lead to myopathy with rhabdomyolysis and kidney insufficiency. There is a need for caution when atorvastatin is taken together with digoxin and warfarin

Side effects: Most patients can tolerate atorvastatin well. Side effects that can occur are: gastrointestinal disorder, headache, muscular pain and sleeping disorder. Significant, but rare group of side effects represent muscular disorder (myopathy) which is manifested as pain and muscular weakness and higher level of muscular fraction of creatine-kinase (CK).

Over dosage: Constant monitoring is needed as well as keeping work of vital functions and preventing further drug absorption.

Medicine distribution: only on medical prescription.

Package: 30 atorvastatin film-pills of 10mg, 20mg and 40mg.

Date of text preparation: July 2007.

VASILIP, simvastatin

Pills of 10mg, 20mg and 40 mg.

Indications: coronary heart disease, hyperlipidemia.

Dosage: recommended starting daily dosage is 10 or 20mg. The ultimate daily dosage is 80mg. For the organ transplanted patients who take cyclosporine recommended dosage is 10mg.

Contraindications: Active liver disease. Inexplicable constant elevation of serum transaminase level. Hypersensitivity to any drug ingredients. Porphyry. Pregnancy and breast feeding.

Interaction: Taking simvastatin and cyclosporine, derivatives of fibric acid, niacin, erythromycin, clarythromycin, ketokonazole, itraconazole, nefazodone and ritonavir at the same time can result in myopathy with rhabdomyolysis and kidney function cancellation.

Taking simvastatin and varfarine at the same time can intensify the impact of warfarin on coagulation and thus raise the risk of hemorrhage. Among patients who take simvastatin and digoxin at the same time the level of digoxin in serum can be raised; accordingly these patients should be thoroughly monitored.

Side effects: Most patients can tolerate simvastatin well. Its side effects are usually mild.

Nausea, constipation, flatulence, dyspepsia, stomach ache, diarrhea, vomiting, headache, sleeping disorders and decreased level of liver enzyme can appear. Dizziness, tiredness, muscular weakness, itching and excessive falling of hair are much rare side effects.

Important but very rare group of simvastatin side effects belong to muscular disorder (myopathy) which is manifested in muscular stiffness and pain and higher level of creatine-phosphokinaze (muscular fraction) in blood. Rhabdomyolysis can develop rarely and it can cause kidney function cancellation.

Package: 20 and 28 pills of 10 mg and 20mg; 28 pills of 40mg.

Date of the text preparation: July 2007.

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Atorvastin

Pills of 10mg, 20mg, 40mg

THE SAFE JOURNEY TO THE GOAL.

VASILIP

Simvastatin

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