



Iz rada Udruge srčanih bolesnika  
Koprivničko-križevačke županije "Srce"

Extract from the work of the "Srce" Association of the  
patients suffering from heart diseases of the County of  
Koprivnica and Križevci

## Srčani bolesnici sve više vode brigu o svom zdravlju

## Patients suffering from heart diseases take care of their health

**Dragica Kramarić**

*Koprivnica General Hospital*

Obzirom na velik poboljšanje i visoku smrtnost od srčano-žilnih bolesti 14. lipnja 2007. godine osnovana je Udruga srčanih bolesnika Koprivničko-križevačke županije "Srce". Uz srčane bolesnike i zdravstvene radnike učlanjuju se i svi oni koji nastoje promjenom načina života spriječiti pojavu bolesti srca i krvnih žila.

Udruga "Srce" promovira svoj rad putem medija, organiziranjem ili sudjelovanjem u akcijama koje potiču zdrav način života (Europski tjedan kretanja, Svjetski dan srca, obilježavanje staze zdravlja u gradu itd.), a svake prve srijede u mjesecu u 19 sati u prostorijama Crvenog križa održava sastanke na kojima se obrađuju teme vezane uz bolesti srca, faktore rizika i rehabilitaciju srčanih bolesnika. Na sastanku 5. prosinca 2007. godine dr. Željka Bakliža održala je predavanje na temu "Kako sačuvati srce (ili kako doživjeti stotu?)" što je pobudilo veliko zanimanje prisutnih i brojna pitanja.

Uz srčane bolesnike sve je više zainteresiranih zdravih ljudi za rad Udruge što nam daje nadu da ćemo u budućnosti učinkovitije utjecati na smanjenje kardiovaskularnih incidenata. Iskustvo nam pokazuje da samo dobro educirani bolesnici koji se aktivno uključuju u svoje liječenje uz pomoć medicinskog osoblja mogu bitno doprinijeti poboljšanju svog zdravlja i kvalitete života i time vrlo povoljno utjecati na zajednicu u kojoj žive. Nadamo se da ćemo svojim aktivnostima smanjiti poboljšanje od srčano-žilnih bolesti u našoj županiji i doprinijeti zdravijem i kvalitetnijem životu naših žitelja.

Obzirom da smo (po stažu) vrlo mlada udruga, a cilj nam je u svoj rad uključiti što više zainteresiranih, bila bi nam dragocjena svaka nova ideja, pomoć ili iskustvo svih onih koji imaju slične interese. Stoga ovim putem pozivamo sve one udruge, ali i pojedince koji promoviraju zdrav način života, da nam se jave radi moguće suradnje. Zainteresirani građani mogu se učlaniti u Udrugu "Srce" u prostorijama Crvenog križa, Ul. braće Radić 7, Koprivnica, radnim danom od 7 do 14 sati ili na sastancima srijedom.



Srce, the Association of patients suffering from heart diseases of the County of Koprivnica and Križevci was set up as a result of a great rate of people suffering from cardiovascular diseases on 14<sup>th</sup> June 2007. Besides the patients suffering from heart diseases and medical staff, even those who attempt to prevent cardio-vascular diseases by making changes to their style of life, have joined the Association.

The "Srce" Association promotes its work through media, by organizing and participating in any activities promoting a healthy way of life (European week of walking, World Heart Day, marking the health paths in the towns etc.) and every first Wednesday in the respective month at 19 o'clock they convene meetings at which they discuss the topics relating to heart diseases, risk factors and rehabilitation of patients suffering from heart diseases in the red cross premises. Željka Bakliža, M.D. held a lecture on "How to keep our heart healthy (or how to live up to one hundred years?)" which stirred up a great interest with all present people and stimulated them to ask a great number of questions at the meeting held on 5<sup>th</sup> December 2007.

Besides people suffering from heart diseases, there is an increasing number of healthy people being interested in the work of the Association giving us thus hope of being able to more efficiently affect the decreasing rate of cardiovascular incidents in the future. The experience shows us that only well educated and trained patients who actively get involved in their treatment accompanied by the aid provided by medical staff may significantly contribute to the improvement of their health and a better life quality, positively influencing the community where they live. We hope to decrease the number of people suffering from cardiovascular diseases in our County and make a contribution to a healthier and better life quality of our citizens by undertaking our activities.

Considering the number of years we have been working which makes us be a young association, our goal is to include as many people as possible who are interested in our work. We shall welcome and find precious any new idea, help or experience of all those who share similar interests with us. Therefore, we are using this opportunity to address not only the associations, but also the individuals who promote a healthy way of life to address us as to establish cooperation with us. The citizens interested in it may become members in the "Srce" Association in the red-cross premises, Ul. braće Radić 7, Koprivnica, on workdays from 7-14 o'clock or at meetings on Wednesdays.

E-mail: dragica.kramaric@kc.t-com.hr

Received: 9<sup>th</sup> December 2007