



## Izvjješće o obilježavanju Svjetskog dana srca 2008. u Karlovcu

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U Karlovcu je ovogodišnji Svjetski dan srca obilježen 29. rujna 2008. na Trgu Josipa Broza 2 (gradska tržnica) od 9 do 12 sati. Organizatori su bili Opća bolnica Karlovac, Zavod za javno zdravstvo Karlovačke županije i Medicinska škola Karlovac. Pokrovitelj akcije je bila Karlovačka županija, a sponzori Grad Karlovac, Organizacija Crvenog križa Karlovac i tvrtka Roche.

Zainteresiranim građanima mjerio se arterijski tlak, indeks tjelesne mase, glukoza i kolesterol u krvi, a davali su se i liječnički savjeti. S obzirom da se ovogodišnji Dan srca odvijao pod motom "Spoznajte svoj rizik", glavni cilj ovogodišnje akcije je bio pomoći ljudima da spoznaju koliki je njihov osobni rizik za obolijevanje od kardiovaskularnih bolesti kako bi aktivno pristupili kontroli svojega rizika. Poseban pristup je bio za građane od 40 do 65 godina kojima se prema SCORE tablicama procjenjivao desetgodišnji rizik za kardiovaskularnu smrt.

Samu akciju je posjetio i karlovački župan **Ivica Horvat**, dipl. oec. Naglašeno je kako su u Karlovačkoj županiji kao i drugdje u svijetu kardiovaskularne bolesti na prvom mjestu uzroka smrtnosti i bolničkog liječenja. U Karlovačkoj županiji navedene bolesti odgovorne su za više od 50% smrti, te je u 2007. godini od bolesti srca i krvnih žila umrlo 1.166 osoba (56,46% od svih umrlih). Ono što posebno zabrinjava jest činjenica da kardiovaskularne bolesti pogađaju i ljude u radnoj životnoj dobi.

Obilježavanje Svjetskog dana srca 2008. godine u Karlovcu je bilo vrlo uspješno i dobro posjećeno (oko 250 pregleda), a cijeli je događaj bio i kvalitetno medijski popraćen što je dodatno uveličalo ovu akciju.

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## Report of celebrating the World Heart Day in 2008 in Karlovac

This year, the World Heart Day was celebrated on 29<sup>th</sup> September 2008 at the square of Josip Broz 2 (town market place) from 9 to 12 o'clock. The organizers were Karlovac General Hospital, Karlovac County Public Health Institute and Karlovac Secondary School of Medicine. This action sponsor was the Karlovac county and sponsors were Town of Karlovac, Karlovac Red Cross Organization and company Roche.

Blood pressure was measured to citizens interested in it, their weight was checked, glucose and blood cholesterol were checked as well and besides they were provided medical advices. Since the World Heart Day was this year organized under the motto "Know Your Risk", the main goal of this action was to help people to recognize their own risk of cardiovascular diseases as to be able to actively start controlling their risk. A special approach was taken for citizens between 40 and 65 years of age for whom according to SCORE tables 10 years' risk of cardiovascular death was estimated.



The event itself was visited by **Ivica Horvat** (B.Sc. Econ.), County Prefect. It was emphasized that cardiovascular diseases were the major cause of death and hospital treatment in the Karlovac County and in other countries worldwide. The above diseases accounted for 50% of deaths in the Karlovac County, and in 2007 some 1166 persons died of heart diseases and blood vessel diseases (56.46% of all death). The thing that especially causes concern is the fact that even people of working age start suffering from cardiovascular diseases.

The celebration the World Heart Day in 2008 in Karlovac was very successful and well visited (around 250 check-ups), and the whole event was broadcasted, which additionally attached importance to this event.

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