



## Svjetski dan srca 2008. u Zaboku

## World Heart Day in 2008 in Zabok

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**K**ao i svake godine, zadnju nedjelju u mjesecu rujnu, proslavili smo Svjetski dan srca, ove godine s temom "Koliki je moj rizik". U petak 26. rujna 2008. godine u jutarnjim satima u našoj bolnici na odjelu poliklinike medicinske sestre i liječnici Internog odjela Opće bolnice Zabok mjerili su i određivali čimbenike rizika za kardiovaskularne bolesti svim zainteresiranima.

Ukupno je pregledano 110 osoba koje su posjetile naš prostor i željele imati uvid u svoje čimbenike rizika. Najviše je bilo izmjereno osoba s povišenom tjelesnom težinom, odnosno s višim indeksom tjelesne mase, zatim onih s povišenim vrijednostima arterijskog tlaka, dok su povišene vrijednosti glukoze u krvi izmjerene kod samo devet osoba. Posjetiteljima su sugerirani savjeti o zdravoj prehrani i zdravom načinu života, te dane upute kako izbjeći ili kontrolirati prisutne čimbenike rizika.

Bilo je to ugodno druženje (vidjeti sliku) u jutarnjoj smjeni naše bolnice.

Received: 6<sup>th</sup> Oct 2008

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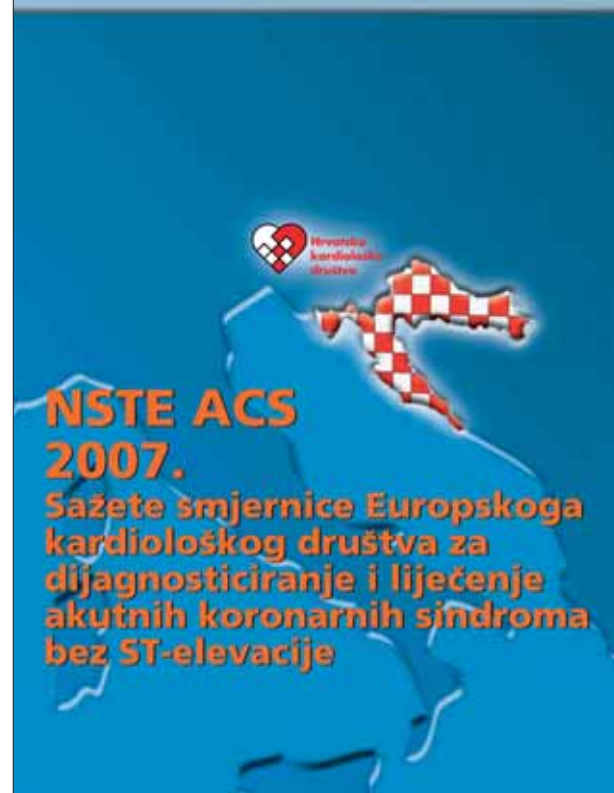


**J**ust as every year, we celebrated the World Heart Day on the last Sunday in September, however, this year with the topic "What is My Risk". On Friday, on 26<sup>th</sup> September 2008 during the morning hours, in our hospital, in the polyclinic department, nurses and physicians in the Internal Department of the Zabok General Hospital measured and determined risk factors of cardiovascular diseases to all people showing interest in it.

A total of 110 persons, who visited our hospital and wanted to have an insight into their risk factors, were examined. The greatest number of persons undergoing measuring was overweight, with a higher body mass index, then those with increased values of blood pressure, while increased values of blood glucose were measured with only 9 persons. The visitors were given advices about healthy food and a healthy way of life and were given instructions as to how to avoid or control present risk factors

It was to nice to socialize with all those people (see the picture) in the morning shift in our hospital.

**2007 Guidelines for the diagnosis and treatment of non-ST-segment elevation acute coronary syndromes — pocket guidelines, Croatian language.**



[http://www.kardio.hr/download/sazete\\_smjernice\\_NSTE\\_ACS\\_2007.pdf](http://www.kardio.hr/download/sazete_smjernice_NSTE_ACS_2007.pdf)