



Svjetski dan srca u Osijeku 2008.

World Heart Day in Osijek in 2008

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Tradicionalno obilježavanje Svjetskog dana srca održano je u Osijeku na Trgu slobode u nedjelju 28. rujna 2008. Manifestacija se odvijala u organizaciji liječnika i sestara Kardiološkog odjela Kliničke bolnice Osijek, Udruge kardiovaskularnih bolesnika Osječko-baranjske županije, Zavoda za javno zdravstvo Osječko-baranjske županije, profesora i učenica srednje medicinske škole, grada Osijeka, farmaceutskih tvrtki Merck, Krka i Pliva i Udruge 60+.

Okupljenim građanima pružena je mogućnost procjene osobnog desetogodišnjeg rizika nastanka manifestne kardiovaskularne bolesti. **Stana Koščak**, VMS i tajnica Udruge kardiovaskularnih bolesnika **Ana Kovačić** su koordinirale događanjima, mjerenjem tlaka i GUK-a. Dr. **Tibor Santo** je upoznao prisutne s epidemiološkim aspektima bolesti kako kod nas tako i u svijetu, a liječnici Kardiološkog odjela s rizičnim čimbenicima i kliničkim pojavnostima bolesti uz neizbježne savjete.



Članovi Udruge 60+ su vrlo uspješno i zanimljivo demonstrirali nordijsko hodanje kao za ove krajeve novi vid tjelovježbe. Kao primjer zdrave prehrane prisutnima su ponuđene jabuke i izvorska voda (nije bilo kulena) uz pojedinačne razgovore i obilje tiskanog materijala. Sve u svemu udgodno druženje lijepog nedjeljnog prijepodneva.

Received: 27th Oct 2008

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Traditional celebration of the World Heart Day took place in Osijek at the Liberty Square on Sunday, on 28th September 2008. The manifestation was organized by physicians and nurses of the Cardiac Department of the Osijek Clinical Hospital, Association of cardiovascular patients of the County of Osijek and Baranja, Public Health Institute of the County of Osijek and Baranja, secondary medical school teachers and students, town of Osijek, pharmaceutical companies of Merck, Krka and Pliva and Association 60+.

The citizens who came to this manifestation were given a possibility to evaluate their personal 10-year risk of occurrence of manifest cardiovascular disease. **Stana Koščak**, RN and **Ana Kovačić**, secretary of the Association of cardiovascular patients coordinated the events by measuring pressure and sugar in blood. **Tibor Santo**, MD made the attendees familiar with epidemiological aspects of the disease on a local and international level, and the physicians of the cardiac department made them familiar with risk factors and clinical incidences of the disease supported by required advices.



The members of the Association 60+ did very efficiently and in a very interesting way demonstrate Nordic wall technique for this region as a new way of physical activity. Showing an example of healthy nutrition, the attendees were offered apples and spring water (there was no kulen spicy sausage) thereby conducting talks and they were given plentiful of printed material. All in all, people socialized during a nice Sunday morning.

Nakladnik i izdavač / Editing and publishing company: **Hrvatsko kardiološko društvo / Croatian Cardiac Society** • Adresa / Address: **Kišpatićeva 12, 10000 Zagreb, Croatia** • Telefon /Phone: +385-1-2388-888 • Za nakladnika / For publisher: **Davor Miličić** • Glavni urednik / Editor-in-Chief: **Mario Ivanuš** • E-mail: kardio-list@kardio.hr • URL: <http://www.kardio.hr> • Priprema i tisak / Editing prepared by: **ČVOR** d.o.o., Matice hrvatske 24, Bjelovar, Croatia, Phone: +385-43-244-050, www.cvor.hr • Prijevod / Translated by **Studium** d.o.o. Phone: +385-1-3475-720 or +385-1-400-20-60 www.studium-jezici.hr or www.sudski-tumaci.com • Naklada / Print run: 1100 copies • ISSN: **1846-0836** (tiskano izdanje / printed edition) • ISSN: **1846-3231** (mrežno izdanje / online edition) • UDK .

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