



Vijest

News

## Poslijediplomski tečaj stalnog medicinskog usavršavanja I. kategorije “Kako i zašto prestati pušiti”

## Postgraduate Course of Continuing Medical Education “How and Why Should We Quit Smoking”

**Goran Krstačić**

*Poliklinika za prevenciju kardiovaskularnih bolesti i rehabilitaciju, Zagreb, Hrvatska  
Institute for Cardiovascular Diseases Prevention and Rehabilitation, Zagreb, Croatia*

**P**ušenje cigareta i ostalih duhanskih proizvoda u pandemijskim je razmjerima donijelo brojne zdravstvene probleme. Štetni učinci dima cigareta očituju se na gotovo svim organima, poglavito dišnom, srčanožilnom, gastrointestinalnom, urogenitalnom i krvnom, uzrokujući i neke od najčešćih pobola današnjice poput srčanog i moždanog udara, karcinoma pluća, kronične opstruktivne bolesti pluća itd.

Interdisciplinarna suradnja aktivnih čimbenika u procesu odvikavanja ovisnosti o pušenju otvorila je dinamično interdisciplinarno područje suradnje u cilju prevencije i zbrinjavanja pogubnih učinaka pušenja. Pokazano je da prestanak pušenja predstavlja najisplativiju intervenciju u raznim kroničnim bolestima. Prestanak pušenja zaustavlja

**S**moking cigarettes and other tobacco products has resulted in a great number of health problems in pandemic dimensions. Harmful effects of the cigarette smoke are reflected on almost all organs, especially respiratory, cardiovascular, gastrointestinal, urogenital and hematopoietic system even causing some of the most frequent modern diseases, such as myocardial infarction and stroke, lung cancer, chronic obstructive pulmonary diseases etc.

The interdisciplinary cooperation of active factors in the process of giving up addiction to smoking has opened up a dynamic interdisciplinary area of cooperation aimed at prevention and management of fatal smoking effects. It has been shown that quitting smoking is the most cost-effective intervention in various chronic diseases. Quitting



napredovanje bolesti i donosi bolju terapijsku učinkovitost, smanjenje smrtnosti i svekoliki boljitak kvalitete življenja. Da bismo pronašli najbolji medicinski pristup prestanku pušenja za bolesnike, potrebno je savladati vještine savjetovanja i iskoristiti suvremene farmakološke mogućnosti.

U Zagrebu će se 6. studenoga 2009. godine, na Klinici za plućne bolesti Jordanovac održati poslijediplomski tečaj stalnog medicinskog usavršavanja I. kategorije pod nazivom "Kako i zašto prestati pušiti".

Voditelji tečaja su doc. dr. sc. Sanja Popović Grle iz Klinike za plućne bolesti Jordanovac, prim. dr. sc. Goran Krstacić iz Poliklinike za prevenciju kardiovaskularnih bolesti i rehabilitaciju i prof. dr. sc. Fadila Pavičić iz Klinike za plućne bolesti Jordanovac.

Cilj ovog tečaja je unaprijediti prepoznavanje zdravstvenih problema u svezi s pušenjem te usmjeriti zainteresirane doktore medicine kako učinkovito izgraditi individualnu strategiju prestanka pušenja u dogovoru sa svojim bolesnikom pomoću zornih preporuka primjenljivih u svakodnevnom radu.

Tečaj će se održati pod pokroviteljstvom Ministarstva zdravstva i socijalne skrbi Republike Hrvatske i predavači će biti eminentni stručnjaci iz područja prevencije i liječenja štetnih učinaka pušenja.

E-mail: [goran.krstacic@zg.t-com.hr](mailto:goran.krstacic@zg.t-com.hr)

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smoking will stop progression of diseases, resulting in a better therapeutic efficiency, reduction of mortality and an overall better quality of life. In order to find a best medical approach to quitting smoking in patients, it is necessary to acquire some advisory skills and make use of up-to-date pharmacological agents.

Postgraduate course of continuing medical education entitled "How and Why Should We Quit Smoking" will be held at the Clinic of Pulmonary Diseases Jordanovac in Zagreb, on 6<sup>th</sup> November 2009.

The course instructors are Assist. Prof. Sanja Popović Grle, Ph.D., from the Clinic of Pulmonary Diseases Jordanovac, Goran Krstacić, Head Doctor, Ph.D. from the Institute for Cardiovascular Diseases Prevention and Rehabilitation and Prof. Fadila Pavičić, Ph.D. from the Clinic of Pulmonary Diseases Jordanovac.

The goal of this course is to advance recognition of health-related problems concerning smoking and instruct interested physicians how to build up an individual strategy for quitting smoking in agreement with their patients by giving them clear recommendations applicable in daily work.

The course will be held under the auspices of the Ministry of Health and Social Care of the Republic of Croatia and lecturers will be eminent professionals in the area of prevention and treatment of harmful smoking effects.

#### **Više informacija / More info:**

**Phone: +385-1-2385 158 (Ms. Dunja Lukačević Ziba)**

**Fax: +385-1-232 55 06**

**E-mail: [kb-jordanovac-spirometrija@g.t-com.hr](mailto:kb-jordanovac-spirometrija@g.t-com.hr) ili / or [goran.krstacic@zg.t-com.hr](mailto:goran.krstacic@zg.t-com.hr)**