



Ostalo

Other

Mjerenje plućne funkcije prigodom Svjetskog dana srca 2009.

Measuring pulmonary function on occasion of the 2009 World Heart Day

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Dana 25. rujna 2009. godine Poliklinika za bolesti dišnog sustava pridružila se akciji za Svjetskog dana srca mjerenjem plućne funkcije zaposlenicima Gradskog poglavarstva grada Zagreba. Ukupno je obrađeno 120 zaposlenika gradskih ureda, od kojih je bilo oko 40% pušača. Nađeno je svega 12 graničnih spirometrijskih

On 25th September 2009 the Institute for Respiratory Diseases joined the action on occasion of the World Heart Day by measuring the pulmonary function for the employees working for the Municipal Authorities of City of Zagreb. A total number of 120 employees of the Municipal Authorities were examined, some 40%



nalaza koji su dobili preporuku da u ustanovi učine dopunsku obradu koja uključuje kompletnu obradu plućne funkcije i Rtg snimku pluća i srca. Kod tri djelatnice utvrđena je kronična opstruktivska plućna bolest (KOPB) I. stupnja, a ostalima je preporučena redovita kontrola plućne funkcije dva puta godišnje.

Dana 28. rujna 2009. godine mjerenje plućne funkcije učinjeno je kod 158 zaposlenika Prve policijske postaje grada Zagreba. Oko 80% pregledanih su bili pušači. Nađeno je nekoliko patoloških nalaza koji nisu bili povezani s pušenjem, dok je svim ispitanicima s graničnim nalazom spirometrije preporučena kompletna pulmološka obrada. Iz ove skupine kod jedne muške osobe nađena je aktivna upala porebrice zbog koje je upućen na bolničko liječenje. Svim pušačima starijima od 40 godina preporučan je preventivni pregled u Programu ranog otkrivanja raka pluća i KOPB.

Vrijednosti COHb (karboksihemoglobina) u perifernoj krvi u obje skupine kretale su se od 3%-11% ili 10-60 ppm ugljičnog monoksida u izdahnutom zraku. Ova vrijednost određuje kategoriju pušača prema sljedećim pokazateljima:

- 10-20 ppm pušač koji dnevno puši manji broj cigareta ili blagi pušač
- 21-40 ppm pušač sa smanjenom koncentracijom kisika i posljedično opterećenjem srčanog rada
- 41-70 ppm teški pušači sa koji trajno imaju visoku koncentraciju COHb.

Poliklinika za bolesti dišnog sustava provodi Program ranog otkrivanja raka pluća i KOPB kod pušača u dobi od 40 do 60 godina već drugu godinu za redom, što sufinancira Gradski ured za zdravstvo i branitelje. Ukupno je u proteklih 20 mjeseci pregledano oko 900 osoba. Kod 16% je dijagnosticiran KOPB, a kod 7% maligna bolest pluća ili porebrice.

Osobe koje puše nužno je u što većem broju obuhvatiti preventivnim pregledima, međutim još je važnija edukacija o štetnosti pušenja s namjerom da što više pušača prestane pušiti. Kao što je poznato, prestanak pušenja predstavlja najisplativiju metodu sprječavanja pušačkih bolesti od kojih obolijevaju prvenstveno pluća, srce i krvožilni sustav.

of them were smokers. There were only 12 borderline spirometric findings found that were suggested to have additional evaluation done including a complete evaluation of the pulmonary function and chest X-ray. The first stage chronic obstructive pulmonary disease (COPD) was found in three employees and the others were suggested to undergo a regular pulmonary function check-up twice a year.

On 28th September 2009, the measurement of the pulmonary function was done in 158 employees of the First Police Station of City of Zagreb. Some 80% of them were smokers. There were several pathologic findings not connected with smoking, while all other examinees with borderline spirometric results were suggested to have a complete pulmonary evaluation done. In this group an active pleurisy was found in one male person as a consequence of which he was referred to in-hospital treatment. All smokers over 40 years of age were recommended a preventive examination in the Early-Stage Lung Cancer and COPD Detection Program.

The values of COHb (carboxyhemoglobin) in peripheral blood in the both groups ranged from 3%-11% or 10-60 ppm of carbon monoxide in exhaled air. This value determines the category of smokers according to the following:

- 10-20 ppm smoker who daily smokes a smaller number of cigarettes or a non-serious smoker
- 21-40 ppm a smoker with reduced quantity of oxygen and consequential heart function load
- 41-70 ppm serious smokers having a permanent high concentration of COHb.

The Institute for Respiratory Diseases has conducted the Early-Stage Lung Cancer and COPD Detection Program with smokers aged from 40 to 60 for the second consecutive year co-financed by the City Office for Health and Defenders. Some 900 persons have been examined during the last 20 months. COPD has been diagnosed in some 16% of people and malign lung and pleura disease have been diagnosed in 7%.

The persons who smoke must necessarily be included in preventive examinations in as large number as possible, thereby placing an emphasis on an importance of the education about harmfulness of smoking with an intention to make as many smokers as possible give up smoking. As you know, giving up smoking is the most cost-effective method of preventing smokers' diseases that mainly affect lungs, heart and cardiovascular system.