



Vijest

News

## Svjetski dan srca 2010. u Zaboku

## 2010 World Heart Day in Zabok

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**K**ao i svake godine, za Svjetski dan srca djelatnici Odjela kardiologije Opće bolnice Zabok, radno obilježavaju taj dan. Ove godine ponovno se provela akcija preventivnih pregleda građana, koji su prethodno putem javnih medija bili obaviješteni o javnozdravstvenoj akciji prigodom Svjetskom dana srca i mogućnosti preventivnog pregleda i savjeta za "zdravo" srce u našoj bolnici.

Bilo je prisutno više od 80 posjetitelja i to više od 50% mlađe, zdravije populacije koji su tražili savjete o prehrani i vježbama uz preventivni pregled. Radilo se o skupini ljudi koji u obitelji imaju srčane bolesnike. Pozitivan je takav odnos mlađe populacije koja je svjesna da je preventiva isto tako značajna kao i samo liječenje.

**T**he same as every year, the employees of the Cardiology Department of the Zabok General Hospital celebrate the World Heart Day doing their jobs. This year, the action of preventive examinations of citizens has again been performed while the citizens were previously informed via media of the public health action organized on occasion of the World Heart Day and a possibility of preventive examination and giving advices for "healthy" heart in our hospital.

There were more than 80 visitors, among them 50% of younger, healthier population who were seeking advices on food and exercises when they came for preventive examination. It was the group of people who have some family members suffering from heart diseases. Such attitude of the younger population is positive because they are aware that the prevention is as important as the treatment itself.

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