



Povodom obilježavanja Svjetskog dana srca: "Koprivničke staze zdravlja"

On occasion of celebrating the World Heart Day: "The Koprivnica Health Paths"

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Kao i prijašnjih, i ove smo godine u Koprivnici obilježili Svjetski dan srca promovirajući zdraviji način života u svrhu prevencije kardiovaskularnih bolesti. U aktivnostima su sudjelovali liječnici i medicinske sestre Kardiologije, Internog odjela, Zavoda za javno zdravstvo, studenti medicine i učenici srednje medicinske škole. Pridružili su se članovi Udruge srčanih bolesnika "Srce", biciklističkog Old timer kluba "Biciklin" i planinari. Osim mjerenja arterijskog tlaka i opsega struka promovirana je zdrava prehrana, građani su mogli dobiti savjete vezane uz njihovu bolest te su imali priliku naučiti i vježbe opuštanja koje mogu primjenjivati na svom radnom mjestu u kratkim pauzama. Skupina građana (mahom onih koji su preboljeli infarkt i pješačenje im je "već u krvi") propješačili su oko 4 km dugu "Stazu srca". Unatoč kiši i tmurnom vremenu odaziv je bio velik. Mjerenje tlaka je prošlo glatko, no kod mjerenja struka bilo je izvjesnog "otpora" jer je većina imala viška centimetara i trebalo se suočiti s tom činjenicom. Prema rezultatima mnogi od njih nemaju dobro reguliran arterijski tlak. Možda ih ipak te činjenice i naši savjeti ponukaju da promijene svoj odnos prema vlastitom zdravlju. Osim savjeta, podijeljeni su i planove grada s ucrtanim "Stazama zdravlja" koje su prilagođene različitim kondicijskim sposobnostima. Naime, "Staza srca" osmišljena prije tri godine dobila je pojačanje, jer su promovirane još tri staze različite udaljenosti (Staza oko placu, Staza renesanse i Staza mladosti) koje su označene, osvijetljene, opskrbljene klupama za odmor i ponudom pitke vode. Uz svaku stazu nalaze se i označene zdravstvene ustanove i ljekarne u slučaju potrebe za pomoći. Svaka je staza druge boje i ucrtana je njezina dužina, a na poledini plana grada tiskan je propagandni letak pod naslovom "Krenite s nama stazom prema zdravlju".

We have celebrated the World Heart Day in Koprivnica this year, the same as during the previous years, thereby promoting healthier way of life for the purpose of preventing cardiovascular diseases. Physicians and nurses of the Cardiology, Internal Medicine Departments, Public Health Institute, medical students and students of medical secondary schools participated in the activities. They were joined by the Association of cardiac patients "Srce" of the bicycle Old timer club "Biciklin" and mountaineers. Besides measuring blood pressure and waist circumference, healthy food was promoted. The citizens could receive advices relating to their disease and had an opportunity to learn how to do relaxation exercises they may apply at their workplace during short breaks. A group of citizens (mainly those who suffered from myocardial infarction and those having walking habits) walked some 4 km long Heart Path. Despite rain and gloomy weather, there were many people present. Measuring blood pressure passed smoothly, but with regard to measuring waist circumference people showed some resistance because the most of them had excess centimeters and they had to face that fact. According to results, many of them do not have well regulated blood pressure. However, such facts and our advices may encourage them to change their relationship to their own health. Besides the advices, they received town plans with mapped "Health Paths" that were adapted to different fitness abilities. The idea "Health Path" created three years ago has been supplemented since three additional paths have been promoted (the path around the market place, the renaissance path and the youth path) that are marked, illuminated and equipped with resting benches and supplied with drinking water. Health institutions and pharmacies are located along every path in case of emergency.





Staze su dobile i službeni legitimitet u sklopu međunarodnog projekta *Active Access* (aktivno kretanje za aktivan život) koji se provodi u Koprivnici od proljeća ove godine. U sklopu tog projekta održano je nekoliko biciklijada, uz pješačke staze povećan je broj biciklističkih, a u projekt su uključene i planinarske aktivnosti i naravno Europski tjedan kretanja na koji se odmah nadovezuje naše obilježavanje Svjetskog dana srca. Zahvaljujući agilnosti gradske uprave u gradu su zaista stvoreni uvjeti za zdraviji život i nastoji se što više ljudi (od djece u dječjim vrtićima do ljudi starije životne dobi) uključiti u aktivnosti koje se nude.

Nažalost, još uvijek je kod velikog broja građana prisutna inercija i skloniji su samo pasivnom liječenju. Nadamo se da će naše svakodnevno angažiranje na radnom mjestu i izvan njega, a posebice primjeri onih koji aktivno sudjeluju u poboljšanju svojeg zdravlja, uz vidno pozitivne rezultate moći i njih potaknuti da se pokrenu.

Received: 28th Sep 2010

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Every path is differently colored and its length is mapped, while on the back of the town plan there is a printed promotional leaflet entitled "Come with us along the path heading for health."

The paths have become legally legitimate within the international project *Active Access* (active movement for active life) that has been conducted in Koprivnica since spring this year. Within this project, several bike marathons have been held and the number of bicycle tracks along the pedestrian paths has been increased. Besides, the project includes mountaineering activities and naturally the European week of movement that is directly accompanied by the commemoration of the World Heart Day. Owing to agility of the Town Administration in the Town, conditions for healthier life have been created and the intention is to include as greater number of people as possible (from children in kindergartens to elderly people) in the activities that are offered.

Unfortunately, still there are many citizens that are inert and they only tend to undergo passive medical treatment. We hope that our daily engagement at our workplace and outside of it, especially the examples of those who actively participate in the improvement of their health showing much improved results will stimulate even them to start doing physical activities.

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