



Svjetski dan srca 2010. u Osijeku

World Heart Day 2010 in Osijek

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O bilježavanje Svjetskog dana srca, pod nazivom "Radim za srce", održano je kao i dosadašnjih godina, u Osijeku dana 26. rujna 2010. godine na Trgu Ante Strčevića od 10-13 sati u organizaciji Zavoda za javno zdravstvo Osijek, Udruge kardiovaskularnih bolesnika Osijek te Odjela kardiologije Kliničkog bolničkog centra Osijek. Glavni sponzor bila je farmaceutska tvrtka Krka.

Naši su građani toga dana imali priliku mjeriti arterijski tlak, glukozu u krvi, određivati indeks tjelesne mase te postavljati pitanja glede prepoznavanja čimbenika rizika za razvoj kardiovaskularnih bolesti. Akciji se odazvalo oko 500 ljudi, koji su mogli uzeti i prigodni promotivni materijal. Cijeli je događaj bio i primjereno medijski popraćen, tako su izjavu za medije dali prof. dr. sc. Tibor Santo, liječnik Zavoda za javno zdravstvo Osijek te liječnici Odjela za kardiovaskularne bolesti KBC Osijek, Miroslav Šram i Krešimir Jelić koji su naglasili važnost pravovremenog prepoznavanja već dobro utvrđenih čimbenika rizika u nastanku neželjenih kardiovaskularnih događaja. Pritom su istaknuli što sam pacijent može učiniti za svoje srce, u promjenama loših životnih navika u smislu reduciranja prekomjerne tjelesne težine, provođenja dnevne tjelesne aktivnosti, prestanka pušenja, smanjenja stresa na poslu, promjene vrste prehrane s naglaskom na namirnice sa što manje zasićenih životinjskih masti, što učestalije konzumiranje ribe bogate omega-3 masnim kiselinama te voća i povrća. Istaknuto je i da su koronarna bolest i moždani udar vodeći uzrok smrti u većini zemalja, pa tako i kod nas. Zbog toga je bitno živjeti zdravo, čime se može prevenirati značajan broj srčanih i moždanih udara.

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The celebration of the World Heart Day, named "I Work with Heart", was held as during the previous years in Osijek on the 26th of September 2010 at the Ante Starčević Square from 10:00 to 13:00 o'clock, in the organization of the Public Health Institute of Osijek, Osijek Association of Cardiovascular Patients and the Cardiology Department of the Clinical Hospital Center Osijek. The main sponsor was the pharmaceutical company Krka.

On that day our citizens had an opportunity to measure blood pressure, blood glucose, to determine their body mass index and to ask questions about the recognition of risk factors for the development of the cardiovascular diseases. Some 500 people appeared and they were presented and given appropriate promotional material. The entire event was appropriately covered in the media, and statements for the media were issued by Professor Dr. Tibor Santo, Ph.D., the physician from the Public Health Institute of Osijek, as well as physicians from the Department for Cardiovascular Diseases of the Clinical Hospital Center Osijek, Miroslav Šram and Krešimir Jelić who emphasized the importance of timely detection of well defined risk factors for the development of the adverse cardiovascular events. In doing so, they emphasized what a patient can do for his own heart, by changing bad habits reducing excessive body weight, daily physical activity, giving up smoking, reducing work-related stress, changing his diet with emphasis on the food with less saturated animal fat, more frequent consumption of fish rich in omega-3 fatty acids, fruit and vegetables. It was emphasized that the coronary disease and stroke are the leading cause of death in most countries, including Croatia. Therefore it is important to live healthy, which can prevent a significant number of heart attacks and strokes.

