



Svjetski dan srca u Zagrebu

2011 World Heart Day in Zagreb

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Obilježavanje Svjetskog dana srca 2011. u Zagrebu započelo je u utorak, 20. rujna 2011. godine predavanjem u Udruzi srčanih bolesnika "Srce" na temu "Srčani udar — kako prepoznati i što poduzeti?", kojeg je održala dr. Tatjana Pandak iz Zavoda za hitnu medicinu Grada Zagreba.

U petak, 23. rujna 2011. god. u Gradskoj upravi Grada Zagreba održana je konferencija za medije na kojoj je javnosti predstavljen program obilježavanja Svjetskog dana srca i na kojoj su prezentirani najnoviji epidemiološki podaci o kardiovaskularnim bolestima u Republici Hrvatskoj.

Središnji događaj obilježavanja Svjetskog dana srca održan je u subotu, 24. rujna 2011. na Trgu Petra Preradovića — Cvjetnom trgu.

Pod nazivom "Jedan svijet, jedan dom, jedno srce", u organizaciji Hrvatskog kardiološkog društva i Gradskog ureda za zdravstvo i branitelje održana je javnozdravstvena akcija za građane Grada Zagreba uz bogati prigodni program. U ovim aktivnostima sudjelovao je veliki broj volontera kojima i ovom prilikom zahvaljujemo na sudjelovanju i pomoći u promicanju kardiovaskularnog zdravlja.

Obilježavanje je započelo jutarnjom vježbom za zdravo srce u izvedbi Plesne skupine gospođe Vesne Mimica koja već tradicionalno sudjeluje na obilježavanju Svjetskog danu srca. Uslijedio je nastup Zagrebačkih mažoretkinja koje su uz oduševljenje prisutnih izvele dvije vrlo atraktivne koreografije.

Okupljenim građanima i sudionicima obilježavanja obratili su se potom gradonačelnik Grada Zagreba, gospodin Milan Bandić i predsjednik Hrvatskog kardiološkog društva prof. dr. Davor Miličić. Građani su pozvani na poduzimanje osnovnih koraka u vlastitom domu radi očuvanja i unaprjeđenja zdravlja srca. Obraćanje javnosti završilo je puštanjem u zrak balona u obliku srca s porukom: "Jedan svijet, jedan dom, jedno srce".

Javnozdravstvena akcija trajala je puna tri sata tijekom kojih je mjerenju arterijskog tlaka pristupilo više od pet stotina građana. Izračunu indeksa tjelesne mase i određivanju udjela masnog tkiva, mišićnog tkiva i vode u organizmu elektronskom vagom pristupilo je stotinu i četrdeset građana, a savjet liječnika kardiologa zatražilo ih je pedeset.

Osim što su imali priliku dobiti savjet kardiologa, građani su se mogli posavjetovati s nutricionistima, kineziolozima, fizioterapeutima i drugim stručnjacima koji rade na prevenciji i očuvanju zdravlja srca. Zavod za javno zdravstvo "Dr. Andrija Štampar" primao je predbilježbe za besplatne preventivne preglede u Centru za prevenciju bolesti. Nove edukativne materijale predstavili su Gradski ured

Celebration of the 2011 World Heart Day in Zagreb began on Tuesday, 20 September 2011 with the lecture by the Association of Cardiac Patients "Srce": "Heart attack — how should we recognize it and what should we do?", which was given by Dr. Tatjana Pandak from the Institute for Emergency Medicine of the City of Zagreb.

On Friday, 23 September 2011, a press conference was held in the City Administration of the City of Zagreb at which the public was introduced to the celebration program of the World Heart Day where the latest epidemiological data on cardiovascular diseases in the Republic of Croatia was presented.

The central event of the celebration of the World Heart Day was held on Saturday, on 24 September 2011 at the Petar Preradović Square — Cvjetni trg.

A public health action was held for the citizens of Zagreb with a rich and special program entitled "One world, one home, one heart", organized by the Croatian Cardiac Society and the City Office of Health and Veterans' Affairs. A great number of volunteers, who we on this occasion thank to for participation and help in promoting cardiovascular health, participated in these activities.

The celebration began with the morning exercise for a healthy heart performed by the dance group of Ms. Vesna Mimica, who traditionally takes part in the celebration of the World Heart Day. This was followed by the performance of the Zagreb majorettes that performed two very attractive choreographies which delighted those who were present.

Gathered citizens and participants in the celebration were addressed by Mr. Milan Bandić, Mayor of the City of Zagreb and Prof. Dr. Davor Miličić, President of the Croatian Cardiac Society. Citizens are invited to take basic steps in their own home to preserve and improve the heart health. Addressing the public ended by flying balloons in the air in the shape of heart with the message: "One world, one home, one heart".

The public health action lasted for full three hours during which more than five hundred citizens underwent the measurement of blood pressure. One hundred and forty persons underwent the calculation of the body mass index and determination of adipose tissue, muscle tissue and body water by using electronic scales, whereas the cardiologists' advice was sought by fifty of them.

Apart from having had the opportunity to obtain advice from cardiologists, the citizens were able to consult nutritionists, kinesiologists, physiotherapists and other professionals who work on prevention and maintaining the



za zdravstvo i branitelje, Hrvatski zavod za javno zdravstvo i Udruga srčanih bolesnika "Srce".

Građanima su potom prezentirane kardio vježbe u izvedbi fizioterapeuta Poliklinike za prevenciju kardiovaskularnih bolesti i rehabilitaciju "Srčana".

U organizaciji Golden-division tima građanima su predstavljene dvije vrste popularnog vježbanja, fitness zumba i fitness bhanga. Obje vrste fitnessa kombinacija su plesnih pokreta i vježbanja, a posebno su zanimljive i prihvaćene u mladoj populaciji. Na Cvjetnom trgu se puna dva sata vježbalo, plesalo i pjevalo. Po prvi put na obilježavanju Svjetskog dana srca sudjelovala su i djeca. Mnogo ih je uživalo u likovnoj i glazbenoj radionici koje su organizirane uz pomoć Udruge "Veliko srce malom srcu" i Udruge "Semera". U likovnoj radionici djeca su slikala temperama i pastelnim bojama na temu "Volim svoje srce!". Izabrani su najbolji radovi te su njihovi autori i prigodno nagrađeni.

Djelatnici Zavoda za hitnu medicinu Grada Zagreba više su puta izveli edukativnu prezentaciju rada s vanjskim automatskim defibrilatorom naglašavajući njihovu ulogu u spašavanju života kod iznenadne smrti uslijed srčanog zastoja.

U nedjelju 25. rujna 2011. s početkom u 11 sati u organizaciji Policijske uprave zagrebačke održana je atletska utrka "Četiri zagrebačka trga 2011". Prije i poslije utrke svim sudionicima omogućeno je mjerenje arterijskog tlaka u organizaciji Poliklinike "Srčana". U večernjim satima održan je humanitarni koncert u Koncertnoj dvorani "Vatroslav Lisinski" za pomoć Pedijatrijskoj klinici Kliničkog bolničkog centra Zagreb. Koncert je organizirala Udruga "Veliko srce malom srcu" koja se na taj način pridružila obilježavanju Svjetskog dana srca.

Obilježavanje Svjetskog dana srca 2011. u Zagrebu proteklo je u vrlo lijepom i veselom ozračju čemu je svakako doprinijelo izrazito lijepo, sunčano vrijeme, ali i zalaganje svakog pojedinog sudionika.

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health of heart. Institute for Public Health, "Dr. Andrija Štampar" has received subscriptions for free preventive check-ups at the Centre for disease prevention. New educational materials were presented by the City Office of Health and Veterans' Affairs, the Croatian Institute for Public Health and the Association of Cardiac Patients "Srce".

Citizens were then shown cardiac exercises performed by a physiotherapist working for the Institute for the prevention of cardiovascular diseases and rehabilitation "Srčana".

The citizens were introduced to two types of popular exercises, fitness and zumba and fitness bhanga organized by Golden-division team. The both types of fitness are the combination of dance movement and exercises, and they are particularly interesting and acceptable for the younger population. At Cvjetni trg people were doing exercises, dancing and singing for full two hours. For the first time, children participated in the celebration of the World Heart Day. Many of them enjoyed the fine arts and music workshops organized with the assistance of the Association "Veliko srce malom srcu" and the Association "Semera". In the fine art workshop, the children were painting with tempera and pastel colors on the topic "I love my heart!" The best pieces of work were selected and their authors were appropriately rewarded.

Employees of the Institute of Emergency Medicine of the City of Zagreb performed educational presentation with an automatic external defibrillator for several times, thereby emphasizing their role in saving the lives in the event of sudden death due to cardiac arrest.

The athletic race "Four Zagreb Squares 2011" was held on Sunday, 25 September 2011 at 11 am, organized by the Zagreb Police Authority. Prior to and following the race, all the participants were given an opportunity to have blood pressure measured organized by the Institute "Srčana". In the evening hours, a humanitarian concert was held in the Concert Hall "Vatroslav Lisinski" to help the Pediatric Clinic of the University Hospital Centre in Zagreb. The Concert was organized by the Association "Veliko srce malom srcu" that joined the celebration of the World Heart Day on that occasion.

The celebration of 2011 World Heart Day in Zagreb occurred in a very pleasant and cheerful atmosphere which was certainly influenced by a very nice, sunny weather and also the efforts made by every participant.

