



Svjetski dan srca 2011. u Osijeku

2011 World Heart Day in Osijek

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Ove godine, kao i prethodnih, prigodno je obilježen Svjetski dan srca. Akcija pod nazivom "Jedan svijet, jedan dom, jedno srce" imala je namjeru približiti građanima zdravstvene organizacije, udruge i djelatnike koji skrbe o njihovom zdravlju. Akcija je održana po ugodnom sunčanom vremenu 25. rujna 2011. godine na Trgu Ante Starčevića. Organizatori iste su bili Zavod za javno zdravstvo Osijek, Udruga kardiovaskularnih bolesnika Osijek te Odjel Kardiologije Klinike za Internu medicinu Kliničkog bolničkog centra Osijek.

Akciji je prisustvovalo brojno građanstvo, koje je imalo priliku provjeriti arterijski tlak, opseg struka i indeks tjelesne mase te se individualno posavjetovati s liječnicima. Ove godine je naglasak stavljen na preventivne mjere, posebice one koje su dostupne za svakog pojedinca u njihovom domu, kako bi se smanjio rizik od nastanka koronarne bolesti srca koja je vodeći uzrok smrtnosti, kako u svijetu tako i u čitavoj Hrvatskoj, a napose u slavonsko-baranjskoj regiji, široko poznatoj po svojem delikatesnom, ali dokazano zdravstveno škodljivom načinu prehrane. Dom kao mjesto gdje čovjek provede najveći dio svoga života je zasigurno prostor koji u mnogočemu određuje čovjekovo zdravlje i trebao bi biti osnova zdravog načina života i zdrave prehrane. Promjene u prehrani, usvajanjem raznovrsnijih dijetalno-prehrambenih navika, izbjegavanje štetnih navika kao što su pušenje i konzumacija alkoholnih pića u pretjeranim količinama te smanjenje tjelesne mase povećanjem kretanja i vježbanja osnovni su ciljevi ovogodišnje akcije. U nadi smo da će preporuke ovogodišnje akcije pronaći mjesto u obrascima ponašanja najrizičnijih skupina građana te tako rezultirati ukupnim smanjenjem broja kardiovaskularnih oboljenja.

Na kraju ali ne najmanje važno je naglasiti kako je sponzor ovogodišnjeg Svjetskog dana srca u Osijeku bila farmaceutska tvrtka "PharmaS".

The World Heart Day has been celebrated this year the same as during previous years. The action called "One World, One Home, One Heart" was intended to make the citizens more familiar with health organizations, associations and staff who care about their health. The action was held in the pleasant sunny weather on 25 September 2011 at the Ante Starčević Square. The organizers of this action were the Osijek Public Health Institute, Osijek Association of Cardiovascular Patients and the Department of Cardiology of the Clinic for Internal Medicine of the University Hospital Center in Osijek.

The action was attended by a great number of citizens, who had a chance to have blood pressure, waist circumference and body mass index examined and they could have individual consultation with doctors. This year, the emphasis was placed on preventive measures, especially those measures that are available for each individual in their home, in order to reduce the risk of coronary heart disease that is the leading cause of mortality, both worldwide and in entire Croatia, especially in the region of Slavonia and Baranja, widely known for its delicious, but as it has been proved, harmful health diet. Home as a place where a man spends most of his life is certainly the area that in many aspects determines human health and should be the basis of a healthy lifestyle and healthy diet. Changes in diet by adopting various dietary and food habits, avoiding harmful habits such as smoking and drinking alcohol in excessive quantities and reduction of the body weight by increased movements and exercises are the main goals of this year's action. We hope that the recommendations of this year's action will find a place in the behavior patterns of the high risk groups of citizens, thus resulting in overall reduction of a number of cardiovascular diseases.

Last but not least that is worth noting is that the sponsor of this year's World Heart Day in Osijek was the pharmaceutical company "PharmaS".

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