Sekundarna prevencija koronarne bolesti srca kod dijabetičara

Secondary prevention of coronary heart disease in diabetic patients

Kristina Pavlović,
Kate Šutalo,
Anita Miljas*

Opća bolnica Dubrovnik,
Dubrovnik, Hrvatska

Dubrovnik General Hospital,
Dubrovnik, Croatia

KLJUČNE RIJEČI: diabetes, čimbenici rizika, stil života.

KEYWORDS: diabetes, risk factors, lifestyle.

CITATION: Cardiol Croat. 2014;9(9-10):495.

***ADDRESS FOR CORRESPONDENCE:** Opća bolnica Dubrovnik, Dr. Roka Mišetića 2, HR-20000 Dubrovnik, Croatia.

Phone: +385-20-431-777 / E-mail: anitam@bolnica-du.hr

UVOD: Osnovni ciljevi prevencije kardiovaskularnih bolesti prema smjernicama Europskog kardiološkog društva jest smanjiti pobol i smrtnost, poboljšati kvalitetu življenja te produžiti kvalitetno preživljenje. Razvoj koronarne bolesti srca u velikoj mjeri je povezan sa stilom života, odnosno prisutnošću čimbenika rizika. U razvijenim zemljama svijeta utjecajem na čimbenike rizika i promjenom stila života značajno se smanjio pobol i smrtnost od kardiovaskularnih bolesti. U Općoj bolnici Dubrovnik u edukaciji bolesnika jednaku pažnju posvećujemo svim čimbenicima rizika, a osobito onima na koje možemo utjecati. Poznato nam je da je diabetes bolest sama za sebe, ali i vrlo značajan čimbenik rizika za kardiovaskularne bolesti. Stoga smo proveli istraživanje o diabetesu kod bolesnika. Cilj: Utvrditi prisutnost ostalih čimbenika rizika kod dijabetičara i utjecaj stila življenja na kvalitetu života.

PACIJENTI I METODE: Istraživanjem su obuhvaćeni bolesnici, njih ukupno 20 koji su bili hospitalizirani zbog recidiva koronarne bolesti srca u Koronarnoj jedinici, Opće bolnice Dubrovnik. Za istraživanje je korišten upitnik s pitanjima i ponuđenim odgovorima.

ZAKLJUČAK: Rezultati ispitivanja pokazuju da je način života bolesnika i njihov odnos prema svojoj primarnoj bolesti neadekvatan. Ukupno 9 od 20 bolesnika nije redovito kontroliralo razinu glukoze u krvi, smanjili su fizičku aktivnost, a dijete se uopće ne pridržavaju.

INTRODUCTION: The main objectives of the prevention of cardiovascular diseases, according to the guidelines of the European Society of Cardiology are to reduce morbidity and mortality, improve quality of life and prolong quality survival. The development of coronary heart disease is largely associated with lifestyle or prevalence of risk factors. In developed countries, the influence on risk factors and a change in lifestyle have significantly reduced morbidity and mortality from cardiovascular diseases. In Dubrovnik General Hospital, while educating the patients we pay the same attention to all risk factors, especially those that we cannot influence. We know that diabetes is the disease in itself, but it is also a very significant cardiovascular disease risk factor. Therefore, we conducted a trial of diabetes in our patients. Objective: To determine the presence of other risk factors in diabetic patients and the impact of lifestyle on the quality of life.

PATIENTS AND METHODS: The study included patients, a total of 20 of them who were hospitalized for recurrent coronary artery disease in the Coronary Care Unit of the Dubrovnik General Hospital. A questionnaire with questions and multiple choice answers were used.

CONCLUSION: The results of the questionnaire show that the way of life of patients and their relationship to their primary disease was inadequate. A total 9 of 20 patients did not undergo the control of the blood glucose level on a regular basis, they decreased physical activity, and did not comply with dietary recommendations at all.

RECEIVED:
September 13, 2014