

Abstract

The primary aim of this thesis is to determine whether the hypolipidemic diet has an influence on blood lipid levels in patients with dyslipidemia. The secondary aim is to find out the eating habits of patients with dyslipidemia and to determine whether their eating habits are in line with the basics of a hypolipidemic diet.

To achieve these targets a questionnaire, biochemical examination of blood and education of dyslipidemic patients on the appropriate diet were used. My research contained check-in and check-out laboratory blood examinations. After check-in examination each patient filled in the questionnaire with questions targeted at eating habits and then the patient was educated about the appropriate diet. After three months' time the patients proceeded to check-out laboratory blood examination. The necessary data were acquired by comparing the results of the check-in and check-out blood examinations and by the questionnaires evaluation.

This thesis in its research confirmed the positive influence of hypolipidemic diet on blood lipids levels in patients with dyslipidemia. At the end of the research the average level of total cholesterol was 10,5 % lower, the average level of LDL-cholesterol was 18,9 % lower and the average level of triacylglycerol was 10,6 % lower. On the contrary the average level of HDL-cholesterol was 4,3 % higher at the end of the research. Furthermore, via questionnaires evaluation, it was found out that more than 70 % of patients with dyslipidemia had eating habits in line with the basics of hypolipidemic diet already at the beginning of this research.

Results of this thesis show the positive influence of a hypolipidemic diet on blood lipid levels. Furthermore, the influence of expert education is shown. Despite the fact that most of the dyslipidemic patients already had awareness about appropriate diet, the impact of the education still positively influenced blood lipid levels. Therefore it is desirable to strengthen the principles of healthy eating by repeated education and underlining the influence of food on health.

Key words: dyslipidemia, hypolipidemic diet, lipoproteins, education, diet influence