

Cardiovascular disease, including coronary heart disease, stroke and peripheral arterial occlusive disease, is responsible for more than 50% annual mortality and major morbidity.

Manifestation of the disease is the result of a combination of several risk factors. In order to determine the frequency of risk factors of coronary heart disease in the population of Czech patients an anonymous questionnaire has been created. At Internal Clinic II of Cardiology and Angiology 1.LFUK and VFN we have managed to get a set of results by 98 patients after acute myocardial infarction to answer the questions related with controllable and uncontrollable risk factors of ischemic heart disease.

A purpose of the questions was also testing the patients knowledge about physical and laboratory parameters related to their illness. The result was that average 1/5 to 1/2 patients did not know the value of their laboratory and physical parameters neither possibilities for prevention of nicotine addiction even being in curing process with the questioned disease. Most frequent controllable risk factor was obesity, which also showed the greatest difference between incorrect self-esteem and the fact. 50% of respondents, which occurred in category of overweight and obesity falsely evaluated their weight as normal. With the obesity were treated only 14% of the total 63.5% of patients involving in obesity and overweight categories. The overview of patient's access to their health is illustrated by finding that almost 30% of smokers admit that they will not stop smoking after discharge from hospital inspite of their recent myocardial infarction. Further controllable risk factors for coronary artery disease in descending order were hypertension, smoking, high cholesterol and diabetes. Although only a small group of patients has involved in the survey hence the results might not be representative, the study only wanted to point out a possibility of influencing with systematic education of the patients about the risk factors for coronary heart disease. One of the possibilities how to reduce cardiovascular mortality and morbidity could be compliance of patients to adhere the preventative measures.