

FARMAKOTERAPIJA U LEČENJU DISLIPIDINEMIJE

Jasmina M. Jovanović Mirković¹, Violeta S. Ilić Todorović¹, Milica M. Stanojević¹, Marija S. Jovanović¹, Anđela Trajković¹, Ivan Stojković¹

¹Akademija vaspitačko-medicinskih strukovnih studija, Kruševac, Odsek medicinskih studija Čuprija, Bulevar vojske bb, Republika Srbija

Sažetak. Dislipidemija je metabolički poremećaj koji se karakteriše povećanim vrednostima LDL holesterola, ukupnog holesterola i triglicerida u krvi. Nasuprot tome snižene su vrednosti HDL holesterola u krvi. Dislipidemija predstavlja značajan faktor rizika za razvoj aterosklerotičnih plakova na unutrašnjim stranama krvnih sudova što kasnije može da dovede do kardiovaskularnih bolesti, naročito akutnog infarkta miokarda, kao i mnogih moždanih bolesti poput cerebrovaskularnog inzulata. Smatra se da je posledica dislipidemije vodeći uzrok smrti u svetu. Cilj ovog rada bio je da se, pored pregleda savremenih pristupa u lečenju dislipidemije, istraži i nivo informisanosti, životne navike i terapijska praksa među ispitanicima putem sprovedene ankete. Podaci istraživanja ukazuju na nedovoljnu fizičku aktivnost, većina ispitanika ima nezdravu ishranu, dok manji procenat ispitanika aktivno puši, što dodatno povećava rizik od dislipidemije. Značajan nalaz predstavlja i podatak da izvestan broj ispitanika ne prati redovno svoj lipidni status, više od polovine ispitanika koristi terapiju za dislipidemiju, i to statine. Uloga farmaceuta u terapiji je prepoznata kao značajna i korisna, naročito informisanost o samoj bolesti i rizicima koje ona nosi. Zaključak ovog rada ističe važnost kontinuirane edukacije pacijenata, redovnog praćenja lipidnih vrednosti i aktivnog učešća farmaceuta u zdravstvenom vaspitanju, kao i nužnost promocije zdravog načina života kao osnovne komponente uspešnog lečenja dislipidemije.

Ključne reči: dislipidemija, lipidni profil, statini, farmaceuti, zdravstvena edukacija

PHARMACOTHERAPY IN THE TREATMENT OF DYSLIPIDEMIA

Jasmina M. Jovanović Mirković¹, Violeta S. Ilić Todorović¹, Milica M. Stanojević¹, Marija S. Jovanović¹, Anđela Trajković¹, Ivan Stojković¹

¹The Academy of Applied Preschool Teaching and Health Studies, Department of Medical Studies, Ćuprija, Bulevar vojske bb, Republic of Serbia

Abstract. Dyslipidaemia is a metabolic disorder characterised by elevated levels of LDL cholesterol, total cholesterol and triglycerides in the blood. In contrast, the HDL cholesterol level in the blood is reduced. Dyslipidaemia is a significant risk factor for the development of atherosclerotic plaques on the inner walls of blood vessels, which can later lead to cardiovascular diseases, in particular acute myocardial infarction, as well as many brain diseases, such as cerebrovascular diseases. Dyslipidaemia is considered the most common cause of death in the world. This study aimed to provide an overview of modern approaches to the treatment of dyslipidaemia and to investigate the level of awareness, lifestyle habits, and therapeutic practice of the respondents through a survey. The research data indicates insufficient physical activity, the majority of respondents have an unhealthy diet, while a smaller percentage of respondents actively smoke, which further increases the risk of dyslipidaemia. An important finding is the fact that a certain number of respondents do not regularly monitor their lipid status. More than half of the respondents are taking a therapy for dyslipidaemia, namely statins. The role of pharmacists in therapy is seen as important and useful, particularly in providing information about the disease itself and the associated risks. The conclusion of this paper emphasises the importance of continuous patient education, regular monitoring of lipid levels and active involvement of pharmacists in health education, as well as the need to promote a healthy lifestyle as a fundamental component of successful treatment of dyslipidaemia.

Key words: dyslipidemia, lipid profile, statins, pharmacists, health education