

Abstract:

The thesis deals with the disease diabetes mellitus type 2, especially compliance regime measures and education of patients with diabetes mellitus type 2 visiting diabetes clinics in Jeseník and in Prague. The work is divided into theoretical part and practical part.

The theoretical part focuses on the characteristics of the diabetes mellitus, diagnosis and options of treatment. The practical part identifies and compares the degree of compliance with regime measures and education level in patients with diabetes mellitus type 2 in diabetes clinics in Jeseník and Prague. The thesis may outline the deficiencies in the education of patients with diabetes mellitus type 2 and their possible solution.

Key words: Diabetes mellitus, education, prevention, diet, physical activity