

## **Summary**

The main idea of my work is to give a comprehensive view of education problems and its meaning in secondary prevention of ischemic heart disease. As the education is all life process it isn't possible to find a complex effect upon further development of ischemic heart disease in such a short time.

The theoretical part of my work shows the terms as atherosclerosis, ischemic heart disease, risk factors and education. In the next part I try to find out life style of clients (patients) and their knowledge. I use questionnaire. One part of this questionnaire is a small objective inquiry of a nurse. After 2 -3 months I compare the improvement in particular spheres of life style. 50 clients (patients) of a private cardio surgery have taken part in my research.

In the end I can say that even if the results of my research weren't 100 per cent positive at all 50 clients (patients), they show unambiguous contribution of the education in secondary prevention of cardio vascular diseases.