

## **Abstract**

The aim of the bachelor's thesis is the metabolic syndrome as a threat of civilization diseases. The thesis is divided into a theoretical and an empirical part. The theoretical part is divided into two chapters . The first chapter deals with very general civilization diseases, the causes, and the prevention of various diseases. The second chapter is devoted to comprehensive metabolic syndrome, its characteristics, etiology, occurrence, diagnosis, treatment and prevention. The empirical part, implemented quantitative research, based on a questionnaire survey of 102 randomly selected respondents, patients of internal departments and private ambulance Hospital Brandys nad Labem with the objectives to determine how patients are informed about MS who provided them the information and whether they are interested in a greater awareness of the issues. It also determines whether observance of the regime measures for the prevention of MS. The survey shows that respondents are informed about MS the most from the medical staff and the media. There was less than half of them who expressed interest in additional information about MS. From the results it is also clear that respondents fully respected preventive measures regime. For a better awareness of MS I suggest in patient care, regular group meetings of patients who would be dealing with the matter and form of presentation, discussion and setting purposes for the next meeting patients more motivated to follow routine measures. The importance of this bachelor's thesis is to have a greater awareness of MS and realizing how very important it is to prevent MS.

## **Key words**

Civilization diseases, diabetes 2. type, hypertension, metabolically syndrome, obesity, prevention