

## **Abstract**

Diet and other regimens are part of the treatment of dyslipidemia, where the objective is through modification lipid and lipoprotein metabolism, to influence the cardiovascular risk and to reduce the risk of atherothrombotic complications.

The aim of this work was to investigate the importance of different diets in influencing the risk factors of KVO in patients treated with statins, i.e. to assess the dietary habits of these patients by means of a questionnaire and to monitor the changes, from before to after, of the selected anthropometric and laboratory parameters.

The study included 41 patients of an average age of age of 50 years  $\pm$  11. The duration of statin therapy: 88 % of them over half year, 12 % of them less than six months. 73 % of them do not smoke, 27 % were smokers. The dietary habits questionnaire was completed by the patient prior to education and subsequently evaluated. The monitored parameters - weight, waist circumference, blood pressure, total cholesterol, HDL-c, non-HDL-c, LDL-c, triglycerides, glycemia, glycated hemoglobin in diabetics were evaluated before and after 2-3 months of education.

Patients were predominantly familiar with the basic rules of a low fat diet but over 30% patients consume food inappropriately for the diet and over 30 % of patients did not consume foods which were appropriate for the diet. More than half of the patients has less than 30 minutes daily physical activity, any sports activity ongoing more than 60 minutes weekly doesn't do it neither half respondents. After education, all of the observed laboratory values except for HDL-c improved. Positive total cholesterol decreased by 6,13 %, LDL-c by 10,41 %, triglycerides by 9,80 %, non-HDL-c by 6,56 %, glycemic by 3,72 %, glycated hemoglobin in 6 diabetics by 5, 51 %. At the same time decreased concentration at HDL-c by 5,19 % in woman and decreased by 1,68 % in men. Weight and BMI decreased by 1,40 %, women's waist circumference decreased by 0,28 %, and for men by 1,15 %. The blood pressure level decreased on average by 2,10 % for the systolic, and 2,32 % for the diastolic.

From the results it is evident that a low fat diet and other measures has importance in intervention of dyslipidemia included patients on drug therapy. The positive effects of diet and other regimens on the risk factors for CVD is evident from the results of the research, which at the same time documented the insufficient effectiveness of education in the field of regimen measures in patients with metabolic risk factors of atherosclerosis.

**Key words:** diet, atherosclerosis, risk factors, dyslipidemia, statins