

Abstract

Dyslipidemia belongs to the risk factors of cardiovascular diseases with the prevention and treatment based on the necessary dietary restrictions and a change in the lifestyle. The main aim of this work is to assess the impact of dietary restrictions and a healthier lifestyle on the patient's lipid profile, a secondary aim is to evaluate the patient's eating habits.

The thesis is divided into two parts, a theoretical background and an applied study. The theoretical background describes the importance and types of different lipids in humans and their characteristic transport pattern and digestion. This work also explains the concept of dyslipidemia, the classification, treatment and diagnostic approaches and the role in a metabolic syndrome clustering. An important part of the dyslipidemia treatment and prevention is the public education and this part of the thesis also outlines different forms with the correct principles. An integral part of the education is the adherence of a patient, what may be a key aspect of the dyslipidemia treatment.

The applied study exploits: (i) a questionnaire that follows eating habits and consumption frequency of selected foods and drinks in patients from the Lipid Clinic of The Center for Cardiovascular Prevention, General University Hospital in Prague and 1st Faculty of Medicine, Charles University and (ii) laboratory testing results and data evaluation from medical records of these patients. In the course of the first assessment, selected patients were educated about the dietary restrictions and a movement toward healthier lifestyle with the documentation of their blood pressure and laboratory test results. During the following check-up after 2 – 3 months, the up-to-date blood pressure and laboratory test results were documented and carefully evaluated.

The results showed significant decrease in overall cholesterol level together with the LDL-cholesterol, an increase in HDL-cholesterol level and a modest decrease of the diastolic blood pressure. The questionnaire analysis showed that the majority of patients have perceptions of healthy eating habits, however they are still not eating sufficient amounts of vegetables, legumes and fish meat. It is very much apparent that the education and re-education of patients in the field of a healthy lifestyle has its justification.