

Abstract

This work focuses on eating habits of patients with acute coronary syndromes. It is divided in two parts. The first deals with atherosclerosis and its risk factors and with acute coronary syndromes, their diagnosis and treatment. At the end of the first part, the cardiovascular risk assessment and healthy lifestyle are discussed. Original data are presented in the second part. I have compared the eating habits of patients with acute coronary syndromes with a control group of healthy people. The preferences of different types of food and their amount consumed weekly are reported. I have also compared basic antropometric data, the amount of regular physical activity and smoking habits. The questionnaires were filled with 19 patients and 30 healthy controls.

Key words: Acute coronary syndromes, Atherosclerosis, Risk factors, Eating habits, Physical activity