

Abstract

This Bachelor thesis is focused on dyslipidemia, as a significant risk factor in terms of the occurrence and development of cardiovascular diseases. It describes the various lipids found in blood plasma. It explains the concept of dyslipidemia, their classification, diagnosis and therapy, which involves pharmacotherapeutic treatment and dietary measures as recommended for these diseases. It touches upon the process of atherosclerosis, as there is a very close between atherosclerosis and dyslipidemia. It gives a detailed description of the principles of the diet recommended for patients with hypercholesterolemia.

The practical part of the work is devoted to research focusing on patients with hypercholesterolemia in order to determine their eating habits and the influence that a low-cholesterol diet has on blood lipid parameters. The aim was to either confirm or refute hypotheses concerning dietotherapy. The purpose of this work is to stress the importance of thorough and repeated education for patients in order to help prevent the occurrence and development of cardiovascular diseases.

Keywords: dyslipidemia, atherosclerosis, diet therapy, education, prevention