

Abstract

The bachelor thesis examines the influence of education and diet on patients with dyslipidemia. Another object was to explore the eating habits of patients and find out if they are interested in a healthy lifestyle.

The theoretical part is based on knowledge from the academic literature. It explains the concept of dyslipidemia, its divisions and causes of disease and describes possible methods of treatment. The pieces of information for the practical part are obtained through questionnaires from patients who are treated in the Center for Preventive Cardiology, 3rd Department of Internal Medicine, 1st Medical Faculty of Charles University in Prague. Another source are laboratory tests of blood, which were taken before education and then again after a minimum interval of one month from the education. Values were processed by using graphs and tables.

The results clearly showed us that after education and compliance with the recommended diet, values of blood lipids were improved. On three of the four monitored lipid parameters diet had a positive impact. Furthermore, it appears that the majority of patients with dyslipidemia has good eating habits. The last point that has been studied, was the patients' interest in a healthy lifestyle. It revealed insufficient interest at the majority of the respondents.

The main contribution of this work was the finding that the education and reeducation of patients with dyslipidemia has purpose in their treatment and it should not be neglected. Proper eating habits can help prevent severe diseases and ensure a higher quality of life for patients.