

Zdrav način života za zdravlje bubrega

Healthy lifestyle for healthy kidneys

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Suvremena je medicina mnogima od nas životno opredjeljenje koje daje smisao posvećenosti našem pozivu, a u svrhu trajnog učenja i svakodnevnoga pružanja najbolje usluge i medicinske pomoći.

Medicina je u Hrvatskoj na iznimno visokoj razini profesionalnosti, što se posebice može vidjeti kroz aktivnosti pojedinih granskih društava. Tako su Hrvatsko kardiološko društvo, Hrvatsko društvo za hipertenziju i Hrvatsko društvo za nefrologiju, dijalizu i transplantaciju primjeri iznimno produktivnih udruženja koja kroz međusobnu suradnju i inovativnost potiču izvrsnost u rutinskom i znanstvenoistraživačkom radu. Time se potiče primjena najnovijih dostignuća u medicini i integracija primijenjene znanosti u svakodnevnom radu na korist naših bolesnika. Medicina je odavno prestala biti izolirana i strogo odijeljena struka pa je jedna od glavnih obilježja moderne medicine upravo individualno primjenjivi model integriranih različitih medicinskih struka. Stoga se kao nužni dio razvoja medicine u Hrvatskoj mora prihvatiti trajna obnova znanja i doživotna edukacija, s unapređenjem kliničke prakse utemeljene na empirijskom iskustvu.

Pretilost je sveprisutan i aktualan problem diljem svijeta pa stoga ne iznenađuje činjenica da su upravo pretilost i bubrežna bolest bile glavna tema ovogodišnjega Svjetskog dana bubrega¹. Riječ je o stanju prekomjernog nakupljanja masnoga tkiva u organizmu s brojnim štetnim i opasnim posljedicama na zdravlje². Svjetska zdravstvena organizacija objavila je 2014. godine alarmantne podatke koji upućuju na epidemijsku raširenost debljine, s više od 600 milijuna odraslih osoba koje su suočene s tim problemom. Prevalencija pretilosti u Europi iznosi 4–28 % u muškaraca i 6,2–36,5 % u žena. Istraživanje *Eurostata* objavljeno potkraj 2016. godine pokazalo je da se

Most of us have been committed to modern medicine as our life choice that gives true sense to our profession, aiming at continuing education and providing the best possible service and medical care on a daily basis.

In Croatia, medicine is at a very high professional level, as revealed by the activities of particular branch societies, e.g., Croatian Cardiac Society, Croatian Society of Hypertension, and Croatian Society for Nephrology, Dialysis and Transplantation of Croatian Medical Association as examples of highly prolific societies that stimulate excellence in both routine work and scientific research through international collaboration and innovativeness. This in turn favors introduction of the latest achievements in medicine and integration of applied science in daily routine, to the benefit of our patients. Medicine has long ceased to be an isolated and strictly separated profession, so that an individually applicable model of integrated different medical professions is now one of the main characteristics of modern medicine. Therefore, continuous knowledge refreshment and life-long education should be adopted as a necessary segment of the development of medicine in Croatia, along with promotion of clinical practice based on empirical knowledge.

Obesity is an omnipresent and topical problem all over the world; therefore, it is no surprise that obesity and kidney disease were the main topics of the World Kidney Day 2017¹. Obesity is a condition of excessive accumulation of adipose tissue in the body with a number of adverse health sequels². In 2014, the World Health Organization reported alarming data pointing to the epidemic extent of obesity with more than 600 million adult persons facing this problem. In Europe, the prevalence of obesity is estimated to 4%-28% in male and 6.2%-36.5% in female individuals. The Eurostat research published towards the end of

od 28 zemalja članica Europske unije Hrvatska po broju pretilih osoba nalazi na 8. mjestu ljestvice (18,7 %), da učestalost raste s dobi (25 % osoba između 45 i 72 godine prekomjerne su tjelesne težine) te da veću sklonost pretilosti pokazuje muški spol (20,7 % muškaraca i 16,8 % žena je pretilo). Ono što izrazito zabrinjava jest visoka učestalost pretilosti u mlađim dobnim skupinama, posebice u dječjoj dobi (8,8 %)³. Stoga je iznimno važno pravilno i pravodobno prepoznavanje problema te osiguravanje odgovarajućeg liječenja u dječjoj i adolescentnoj dobi, uz njegovo praćenje i modifikaciju u odrasloj dobi. Indeks tjelesne mase viši od 25 kg/m² izravno je povezan s rizikom od nastanka kronične bubrežne bolesti (glomeruloskleroza uzrokovana debljinom), a u pretilih su osoba povišeni i kardiovaskularna smrtnost te pobol od raznih bolesti⁴-7.

Ne smijemo zanemariti činjenicu da je pretilost preventabilni čimbenik rizika za razvoj kardiovaskularnih bolesti, šećerne bolesti, dislipidemije, arterijske hipertenzije, kronične bubrežne bolesti i dr., pa je stoga potrebno nastaviti s pridavanjem važnosti stručnoj raspravi i analizi toga problema, njegovih uzroka, posljedica i optimalnih terapija. Jedan od ključnih prioriteta u svakodnevnom radu s bolesnicima mora biti promicanje zdravih životnih navika te kontinuirana edukacija u svrhu prevencije i osveščivanja društva u cjelini.

U navedenim okolnostima te nastavno na Svjetski dan bubregra održan 9. ožujka 2017. godine¹, iznimna mi je čast biti gost urednik tematskoga broja časopisa *Cardiologia Croatica* u kojem smo – zahvaljujući zajedničkoj suradnji različitih struka (pedijatrijskih i adultnih kardiologa i nefrologa, kao i javnozdravstvenih struka) – postavili zadatak da stručnoj zajednici omogućimo pregled i najnovije spoznaje o povezanosti pretilosti sa zdravljem mozga, srca i bubregra. Sveobuhvatni i interdisciplinarni pristup prevenciji bubrežne i kardiovaskularnih bolesti nuždan je od dječje do odrasle dobi te su u skladu s time i odabrani tekstovi ovog broja, sa svrhom primjenjivosti u svakodnevnom radu ne samo kardioloških i nefroloških struka nego i specijalista obiteljske medicine, medicinskih sestara i tehničara, studenata medicine te svih drugih zdravstvenih djelatnika.

Posebnu zahvalu upućujem svim kolegicama i kolegama koji su svojim radovima pridonijeli stvaranju ovoga broja, kao i Uredništvu časopisa s doc. prim. dr. sc. Ivanušom na čelu, koje je prepoznalo aktualnost i važnost problema pretilosti te s njome povezanim bolestima, uz poseban osvrt na nefrološko-kardiološku povezanost u dječjoj i odrasloj dobi. Sigurna sam da ćemo svi uključeni u izradu ovoga, tematskog broja biti iznimno zadovoljni ako on postane štivo koje će studenti medicine i medicinsko osoblje sa zanimanjem čitati te čijem će se čitanju ponovno vraćati.

2016 has shown Croatia to rank eighth among the 28 European Union member countries according to the prevalence of obese persons (18.7%); the prevalence of obesity increases with age (25% of persons aged 45-72 are overweight) and shows male predominance (20.7% of men and 16.8% of women are obese). What is most disturbing is the high prevalence of obesity in young age groups, children in particular (8.8%)³. Therefore, correct and timely recognition of the problem and ensuring appropriate treatment in childhood and adolescence is of utmost importance, along with follow up and necessary modifications in adulthood. Body mass index >25 kg/m² is directly associated with the risk of developing chronic kidney disease (obesity induced glomerulosclerosis), while cardiovascular mortality and various comorbidities are also increased in these individuals⁴-7.

One should not neglect the fact that obesity is a preventable risk factor for development of cardiovascular disease, diabetes mellitus, dyslipidemia, arterial hypertension, chronic kidney disease, etc.; therefore, professional debate and analysis of the issue, its causes, sequels and optimal therapies should remain in the focus of our professional interest and efforts. Promoting healthy lifestyle and habits, and continuing education for prevention and raising public awareness of the issue must be the key priorities in our daily work with patients.

Considering the facts and circumstances mentioned above, and in continuation to the World Kidney Day held on March 9, 2017¹, it is my great honor to be guest editor of this special issue of the *Cardiologia Croatica* journal. Our joint intention is to provide, through collaboration of various professions (pediatric and adult cardiologists and nephrologists, as well as public health professionals), a survey and latest concepts on the association between obesity and health of the brain, heart and kidney. A comprehensive and interdisciplinary approach to the prevention of renal and cardiovascular diseases is necessary from childhood to adult age. Accordingly, papers appearing in this issue have been chosen so as to point to the applicability of particular options in daily routine of not only cardiologic and nephrologic professions, but also in the work of family medicine, nurses and medical technicians, medical students, and all other healthcare workers.

The contributions from the authors are greatly appreciated indeed. Special thanks go to the journal Editorial Board led by Assist Prof Ivanuš, PhD, for having recognized the topical importance of the issue of obesity and obesity related diseases, with special reference to the nephrologic-cardiologic association in childhood and adult age. I believe that all of us involved in the publication of this special issue of *Cardiologia Croatica* will be happy if this issue shows to be the preferred reading for medical students and medical professionals they will turn to all over again.

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