

Obesity and hypertension in cardiac patients

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Cardiovascular diseases are at the top of the leading causes of death in the 21st century. Overweight and obesity are risk factors for the development of arterial hypertension, which is associated with an increase in disability and cardiovascular mortality. Reducing excess and maintaining a stable body weight allows for a reduction in cardiovascular risk. Although reduced body weight does not necessarily mean protection of the cardiovascular system, maintaining an ideal body weight is the main goal in reducing cardiovascular risk. This is achieved by continuous education of patients about proper nutrition and increased physical activity as key aspects in reducing excess body weight¹. Objective is to emphasize the importance of education of cardiac patients with hypertension and obesity with reference to the competencies of nurses and an emphasis on their indispensable involvement in providing holistic care in hospital and home conditions where the patient is.

Changing life habits prevents obesity and the development of hypertension with consequent organ damage and impaired functioning of organ systems. For the purpose of their treatment, preference over pharmacological methods of treatment is given to non-pharmacological therapeutic procedures aimed at weight loss by applying a proper diet and regular physical activity. The optimal effect in lowering blood pressure and blood fats is achieved by proper nutrition with regulation of salt intake, moderate reduction of diet in terms of reduced energy intake in obese patients and continuous physical activity. The nurse/technician participates in a number of activities to improve and promote health in order to prevent cardiovascular disease, conducts education of patients with hypertension and obesity on changing lifestyle habits and provides support during treatment^{2,3}.

Obesity and hypertension in comorbidity are a major public health problem. The nurse/technician, as an educator and motivator, provides support to the patient and encourages prevention and treatment through lifestyle changes as part of weight reduction by adhering to a regulated plan of proper nutrition and conducting moderate, continuous physical activity.

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LITERATURE

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