

## Knowledge of risk factors of myocardial infarction in patients treated in the Interventional Cardiology Unit of the Regional Specialist Hospital in Biała Podlaska

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### ABSTRACT

**Purpose:** To analyse knowledge of patients in the Interventional Cardiology Department in the field of theory of the disease entity, i.e. myocardial infarction and factors predisposing to its occurrence.

**Materials and methods:** The study was carried out at the Interventional Cardiology Department of the Regional Specialist Hospital in BiałaPodlaska between 3.11.2017 and 20.12.2017. Sixty respondents were included, 62% women and 38% men. The largest group were patients between 46 and 60 years of age. The work involved an anonymous questionnaire, which contained 28 questions, including two open ones. Patients participated in the study were informed that the study was voluntary and the questionnaire was anonymous.

**Results:** According to the respondents, the main cause of myocardial infarction is atherosclerosis (43.4%). The respondents indicate that

cardiovascular diseases (including myocardial infarction) which are on the third place in Poland, right after cancer and injuries, cause death (63.3%). As the main factor that influences the occurrence of myocardial infarction is overweight and obesity (79.8%). More than half of the respondents assess their knowledge of myocardial infarction on average, while 18.3 % said that they have very good knowledge.

**Conclusions:** Patients with myocardial infarction have quite a good knowledge about the risk factors for this disease. A large group of respondents tries to counteract the risk factors for myocardial infarction. A small part of the respondents undergoes regular blood tests (blood glucose level, total cholesterol and its fractions, measurement of blood pressure).

**Keywords:** Myocardial infarction, risk factors, level of knowledge.