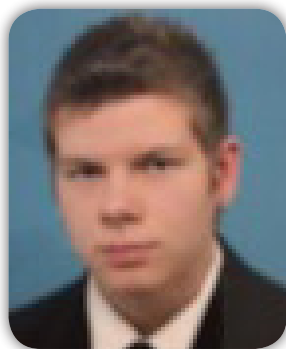


Satellite Symposium for Euro Global Summit & Medicare Expo on

Weight Loss



NaCl restriction survey in patients with cardiovascular diseases and heart failure on PHC level in Macedonia

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Food consumption and nutritional practices are an important part of life for whole population, including patients with acute or chronic cardiovascular diseases and heart failures. Observing patients with cardiovascular diseases and heart failure in the west region of the Republic of Macedonia has shown an increasing trend of CVD in recent years. 10 healthcare institutions respondents from the west region of the Republic of Macedonia, which are one of the best in their field, participated in a research study during 2015. The research is based on institutional surveying, using standardized survey tools containing food records, type and frequency of food utilization and NaCl restriction. The survey is used to capture the restriction of NaCl in both working and non-working days and to monitor and analyze NaCl intake during the pharmacotherapy. The concluding results will be compared with the recommended quidellines of the World Health Organization. The results from the survey will be entered in a database using Excel software which enables both preliminary and final analysis of the data. The Simplex method for optimizing the data will be used and the numeric calculation of the Simplex method will be conducted using the C++ program language. Study results will be used to develop a model for future health promotion through healthy nutrition and quidelines during the treatment of patients with acute or chronic cardiovascular diseases and heart failure on PHC level in the country.

Biography

Ivo Zele is Student degree of Food and Nutrition, Faculty of Technology and Technical Sciences – Veles at the University of Bitola "St. Clement of Ohrid". He is junior teaching associate on the Nutritional Studies at the Faculty. He worked in fitness shop "O2 Company" for four years. He is ambitious, communicative and responsible person. He is open for teamwork. This is his first presentation on the Euro Global Summit & Medicare Expo on "Innovative weight loss approaches to overcome health risks associated with obesity".

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