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## TREATMENT OF HYPERCHOLESTEROLEMIA IN B&H

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**Introduction:** High blood cholesterol is a mayor risk factor for acute cardiovascular events. The latest reccommendations for blood cholesterol lowering are: a long-term pharmacological treatment by use statins and a non-pharmacological treatment by introducing diet regime and regular physical activity. Appropriate treatment of hypercholesterolemia can decrease risk from acute cardiovascular events.

**Aim:** To investigate how the patients with hypercholesterolemia are treated in B&H.

**Methods:** The study was conducted in primary care centre Banja Luka, B&H. The patients who have suffered from hypercholesterolemia for at least one year were randomly surveyed. The information from one year period (during 2005.) were collected in a self-designed questionnaire by face in face interview and patients charts were reviewed.

**Results:** The survey included 130 patients: 50 male (38.5%), 80 female (61.5%), age 74 (56.9%)<65 and 56 (43.1%)>65. In this group 60 patients (46.2%) used statins, 80 (61.5%) alternative medicines (the most common were home-made apple vinegar and garlic) and 44 (33.8%) combined both types of therapy. The statins were used most frequently by patients with other diseases: DM (32 patients), CAD (42 patients) and those who suffered from complications of hypercholesterolemia: stroke or MI. Although, all the patients were advised about non-pharmacologic treatment, only 8 (14.8%) out of 54 (41.5%) obese patients with BMI>30 decreased their BMI.

**Conclusion/Discussion:** The high price of statins limited the use of these drugs as a long-term therapy in B&H. Therefore, many hyperlipidemic patients use alternative medicine. Non-pharmacological treatment gave very poor results, and better education of the patients is necessary.