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MICC 2013.



NE RAZUMIJEM – OBJASNITE MI!

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Ne razumijem – objasnite mi!

- ▣ Svaki pojedinac ima pravo na točnu i kompletnu informaciju o svojoj bolesti ili o svom zdravlju i samo medicinski educiran bolesnik uspostaviti će kvalitetnu komunikaciju s liječnikom;
- ▣ Oduvijek je postojala potreba pojedinca, bolesnika za medicinskom informacijom, ali je tek pojava interneta omogućila svima i svugdje dostupnost medicinskih informacija;
- ▣ Čak 55% korisnika interneta “gugla” u potrazi za nekom medicinskom informacijom (prema američkim istraživanjima);

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- ▣ Odnos bolesnik-lijječnik se mijenja, mogli bi govoriti o nekoj vrsti partnerstva, jer sada medicinski educirani pojedinac, dobiva veću odgovornost i može aktivno sudjelovati u procesu donošenja medicinske odluke,
- ▣ *“informed shared decision making” vs. “doctors knows best”* (BMJ: Jadad, A., 1999. god; Shepperd et al., 1999.; Towle et al., 1999.);

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- ▣ Medicinske knjižnice zauzimaju važnu ulogu u zdravstvenom procesu, odgovarajući na informacijske potrebe medicinskih profesionalaca, ali i javnosti;

- ▣ Korisnici usluga medicinskih knjižnica:
 1. profesionalni korisnici (liječnici, znanstvenici),
 2. studenti,
 3. *javnost/pojedinci (svi oni koji žele informacije o svom zdravlju ili bolesti);*


Ne razumijem – objasnite mi!

- ▣ Problem: dijagnosticirana je HIPOTIREOZA; tijekom razgovora liječnik je spomenuo pojam HAŠIMOTO!?!; utvrđene su i povećane vrijednosti KOLESTEROLA.
- ▣ Pitanje: što je hipotireoza?
- ▣ Pitanje: što znači Hašimoto?
- ▣ Pitanje: je li povećan kolesterol povezan s hipotireozom?
- ▣ Pitanje: što može očekivati u daljnjem tijeku bolesti?

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- ▣ Medicinska knjižnica: izvršena pretraga medicinske baze podataka namijenjene javnosti i predmetnog direktorija;
- ▣ MedlinePlus;
- ▣ HON;

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NIH National Institutes of Health

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Health Topics Drugs & Supplements Videos & Cool Tools ESPAÑOL

Hypothyroidism

Hypothyroidism is a condition in which the thyroid gland does not make enough thyroid hormone.

Causes

The thyroid gland is located in the front of the neck just below the voice box (larynx). It releases hormones that control [metabolism](#).

Hypothyroidism, or underactive thyroid, is more common in women and people over age 50.

The most common cause of hypothyroidism is thyroiditis. Swelling and inflammation damage the thyroid gland's cells. Causes of this problem include:

- An attack of the thyroid gland by the immune system
- Cold or other respiratory infection
- Pregnancy (often called "postpartum thyroiditis")

Other causes of hypothyroidism include:

- Certain drugs, such as lithium and amiodarone
- Congenital (birth) defects
- Radiation treatments to the neck or brain to treat different cancers
- Radioactive iodine used to treat an overactive thyroid gland
- Surgical removal of part or all of the thyroid gland
- [Sheehan syndrome](#), a condition that may occur in a woman who bleeds severely during pregnancy or childbirth and causes the destruction of the pituitary gland

Symptoms

Early symptoms:

- Hard stools or constipation
- Increased sensitivity to cold
- [Fatigue or feeling slowed down](#)

MedlinePlus Topics

[Thyroid Diseases](#)

Images

[Endocrine glands](#) [Hypothyroidism](#)
[Brain-thyroid link](#) [Thyroid gland](#)

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[Metabolism](#)
[Miscarriage](#)


100%

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National Endocrine and Metabolic Diseases Information Service

A service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH)


 **NIDDK** NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES





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Hashimoto's Disease

On this page:

- [What is Hashimoto's disease?](#)
- [What are the symptoms of Hashimoto's disease?](#)
- [Who is likely to develop Hashimoto's disease?](#)
- [How is Hashimoto's disease diagnosed?](#)
- [How is Hashimoto's disease treated?](#)
- [Points to Remember](#)
- [Hope through Research](#)
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What is Hashimoto's disease?

Hashimoto's disease, also called chronic lymphocytic thyroiditis or autoimmune thyroiditis, is a form of chronic inflammation of the thyroid gland. The inflammation results in damage to the thyroid gland and reduced thyroid function or "hypothyroidism," meaning the gland doesn't make enough thyroid hormone for the needs of the body. Hashimoto's disease is the most common cause of hypothyroidism in the United States.

The thyroid is a small, butterfly-shaped gland in the front of the neck below the larynx, or voice box. The thyroid gland makes two thyroid hormones, triiodothyronine (T3) and thyroxine (T4). Thyroid hormones circulate throughout the body in the bloodstream and act on virtually every tissue and cell in the body. These hormones affect metabolism, brain development, breathing, heart rate, nervous system functions, body temperature, muscle strength, skin moisture levels, menstrual cycles, weight, cholesterol levels, and more.

Thyroid hormone production is regulated by another hormone called thyroid-stimulating hormone (TSH). TSH is made by the pituitary gland, a pea-sized gland located in the brain. When thyroid hormone levels in the blood are low, the pituitary releases more TSH. When thyroid hormone levels are high, the pituitary responds by dropping TSH production.

Health Information Services

- National Diabetes Information Clearinghouse
- National Digestive Diseases Information Clearinghouse
- National Kidney and Urologic Diseases Information Clearinghouse
- National Endocrine and Metabolic Diseases Information Service
- National Hematologic Diseases Information Service
- Weight-control Information Network

Education Programs

- National Diabetes Education Program
- National Kidney Disease Education Program

Awareness Campaigns

- Let's Talk About Eowel Control
- Celiac Disease Awareness Campaign
- Bladder Control for Women
- We Can! Ways to Enhance Children's Activity & Nutrition

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Health > **About.com** **Thyroid Disease**

Thyroid Disease Symptoms/Diagnosis Treatments Coping

Hashimoto's vs. Hypothyroidism: What's the Difference?


A Look at Autoimmune Thyroid Disease and Underactive Thyroid Conditions

By [Mary Shomon](#), About.com Guide Updated April 28, 2011

About.com Health's Disease and Condition content is reviewed by our [Medical Review Board](#)

Ads: [Hypothyroidism](#) [Diet for Hypothyroidism](#) [Thyroid Disease](#) [What Is Hypothyroidism](#)

Hashimoto's disease is a disease, and hypothyroidism is a condition. Hypothyroidism is most commonly *caused* by Hashimoto's disease, but the two terms are not interchangeable. Here is more information to help understand the difference.



HASHIMOTO'S DISEASE

Hashimoto's disease, sometimes known as Hashimoto's thyroiditis, autoimmune thyroiditis, or chronic lymphocytic thyroiditis, is an autoimmune disease. In Hashimoto's, antibodies react against proteins in the thyroid gland, causing gradual destruction of the gland itself, and making the gland unable to produce the thyroid hormones the body needs.

Diagnosis

Hashimoto's disease is typically diagnosed by clinical examination that demonstrates one or more of the following findings:

- Enlargement of the thyroid, known as a goiter
- High levels of antibodies against thyroglobulin (TG) and thyroid peroxidase (TPO), detected via blood test


Ads

[Thyroid Thru](#)
www.greenlife-herbal.com
Thyroid Thru - Your thyroid expert
Green Life - Your Endocrine Expert!

[3 Herbs that Beat Anxiety](#)
www.a2xanxiety.com

Fine needle aspiration of the thyroid (also known as a needle biopsy), which shows lymphocytes and macrophages
A radioactive uptake scan, which would show diffuse uptake in an enlarged thyroid gland
Ultrasound, which would show an enlarged thyroid gland

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High blood cholesterol levels

Cholesterol is a fat (also called a lipid) that your body needs to work properly. But too much bad cholesterol can increase your chance of getting heart disease, stroke, and other problems.

The medical term for high blood cholesterol is lipid disorder, or hyperlipidemia.

Causes

There are many types of cholesterol. The ones talked about most are:

- Total cholesterol - all the cholesterols combined
- High density lipoprotein (HDL) cholesterol - often called "good" cholesterol
- Low density lipoprotein (LDL) cholesterol - often called "bad" cholesterol

For many people, abnormal cholesterol levels are partly due to an unhealthy lifestyle -- most commonly, eating a diet that is [high in fat](#). Other lifestyle factors are:

- Being overweight
- Heavy alcohol use
- Lack of exercise and leading an inactive lifestyle

Certain health conditions can also lead to high cholesterol, including:

- [Diabetes](#)
- [Underactive thyroid gland](#)
- [Polycystic ovary syndrome](#)
- Kidney disease
- Pregnancy and other conditions that increase levels of female hormones


Medicines such as certain birth control pills, diuretics (water pills), beta-blockers, and some medicines used to treat depression may also raise cholesterol levels.

Several disorders that are passed down through families lead to abnormal cholesterol and triglyceride levels. They include:


MedlinePlus Topics

[Cholesterol](#)

Images



[Cholesterol producers](#)



[Coronary artery disease](#)

Read More

[Acute kidney failure](#)
[Alcohol use and safe drinking](#)
[Coronary heart disease](#)
[Cushing syndrome](#)
[Hardening of the arteries](#)
[Hypothyroidism](#)
[Overweight](#)
[Stroke](#)
[Triglyceride level](#)

Patient Instructions

[Aspirin, clopidogrel](#)

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- ▣ Odgovor :
 - hipotireoza,
 - Hashimotova bolest je kronična autoimuna upala štitnjače koja uzrokuje hipotireozu,
 - hipotireoza može dovesti do povećanja kolesterola,
 - prognoza dobra uz nadomjesnu terapiju.

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- ▣ Problem: liječnik određuje Euthyrox i Atoris u terapijskom postupku.
- ▣ Pitanje: Što je Euthyrox?
- ▣ Pitanje: Što je Atoris?
- ▣ Pitanje: koje su nuspojave navedenih lijekova?
- ▣ Pitanje: je li postoji interakcija između lijekova?

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- ▣ Medicinska knjižnica: pretraga baza podataka o lijekovima;
- ▣ Agencija za lijekove i medicinske proizvode;
- ▣ Drug Information Portal;
- ▣ Lexicomp;

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Agencija za lijekove i medicinske proizvode

DOBRODOŠLI NA WEB STRANICE
AGENCIJE ZA LIJEKOVE I MEDICINSKE PROIZVODE

NEWSLETTER
PIŠITE NAM
ŽURNO OBAVJEŠTAVANJE

LIJEKOVI MEDICINSKI PROIZVODI HOMEOPATSKI PROIZVODI DOZVOLE - PROIZVODNJA I PROMET FARMAKOVIGILANCIJA FARMAKOPEJA

ZA PACIJENTE

- Novosti
- 0 Agenciji
- Cjenik usluga Agencije
- Javna nabava
- SEP
- Međunarodna suradnja
- Predavanja i radionice
- Korisni linkovi
- Zakoni i pravilnici
- Publikacije i izvješća
- Obrasci
- Suglasnosti
- Posao i karijera
- Pristupanje Hrvatske EU
- Nadograđnja dokumentacije o lijeku
- Kontakti

- Informacije o lijekovima - Baza lijekova
- Novosti o sigurnoj primjeni lijekova
- Prijava sumnje na nuspojavu lijeka
- On-line prijava sumnje na nuspojavu
- Bezreceptni (OTC) lijekovi
- Antibiotika koristite odgovorno i savjesno
- Lijekovi i Internet
- Priavljivanje nuspojava - Vodič za pacijente (pdf dokument)

Informacije o lijekovima

Ovdje možete pronaći podatke o lijekovima koji su odobreni u Republici Hrvatskoj.

Podaci o lijeku jednaki su podacima navedenim u **Odobrenju za stavljanje gotovog lijeka u promet u Republici Hrvatskoj**.

Također za svaki lijek dostupna je Uputa o lijeku (PIL) i Sažetak opisa svojstava lijeka (SPC) koji su odobreni od Agencije za lijekove i medicinske proizvode.

Sažetak opisa svojstava lijeka jest stručna informacija o gotovom lijeku odobrena u postupku davanja odobrenja, namijenjena doktoru medicine, doktoru stomatologije i ljekarniku. Koristi se i kao izvor podataka za izradu Upute o lijeku za krajnjega korisnika i označavanje lijeka.

Uputa o lijeku jest informacija dana u pisanom obliku, koja sadrži podatke za korisnike, a priložena je lijeku te mora biti usklađena s podacima u Sažetku opisa svojstava lijeka.

Ovisno o tome koji ključ pretraživanja odaberete lijekove možete pretraživati prema naziva lijeka, djelatnoj tvari, farmaceutskom obliku, proizvođaču, nositelju odobrenja, datumu rješenja, roku rješenja, klasi i ur. broju rješenja, sastavu lijeka, načinu izdavanja, načinu propisivanja, načinu oglašavanja prema stanovništvu te ATK šifri.

Bazu lijekova možete pretražiti prema jednom ili više kriterija:

Naziv
Djelatna tvar

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LIJEKOVI	MEDICINSKI PROIZVODI	HOMEOPATSKI PROIZVODI	DOZVOLE - PROIZVODNJA I PROMET	FARMAKOVIGILANCIJA	FARMAKOPEJA
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- Posao i karijera
- Pristupanje Hrvatske EU
- Nadogradnja dokumentacije o lijeku
- Kontakti

LIJEKOVI

Detalji o lijeku

Naziv	Euthyrox 100 mikrograma tablete
Djelatna tvar	levothyroxinum natricum
Farmaceutski oblik	tableta
Pakovanje	90 (3x30) tableta u blister pakovanju, u kutiji; 100 (4x25) tableta u blister pakovanju, u kutiji
Proizvođač	Merck KGaA, Darmstadt, Njemačka
Nositelj odobrenja	Merck d.o.o., Ulica Andrije Hebranga 32-34, Zagreb
Datum rješenja	24.11.2009.
Rok rješenja	24.11.2014.
Klasa	UP/I-530-09/09-02/213
Urbroj	381-09-L/28623
Sastav	1 tableta sadržava 100 mikrograma levotiroksinnatrija
Način izdavanja	na recept, u ljekarni
Način propisivanja	ponovljivi recept
Način uglašavanja prema stanovništvu	zabranjeno
ATK	H03AA01
Sažetak opisa svojstava lijeka	download
Uputa o lijeku	download

[« povratak](#)

SAŽETAK I UPUTA O LIJEKU

ZADNJE OBJAVLJENO

LIJEKOVI SIROČAD

POLITIKA KAKVOĆE

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Pažljivo pročitajte ovu uputu prije nego što počnete uzimati lijek.

- Sačuvajte ovu uputu. Možda ćete ju trebati ponovno pročitati.
- Ukoliko imate dodatnih pitanja, obratite se svom liječniku ili ljekarniku.
- Ovaj je lijek propisan Vama. Nemojte ga davati drugima. Može im štetiti, čak i ako imaju simptome jednake Vašima.
- Ako primijetite bilo koju nuspojavu, potrebno je obavijestiti liječnika ili ljekarnika.

U ovoj uputi:

1. Što je Euthyrox i za što se koristi
2. Prije nego počnete uzimati Euthyrox
3. Kako uzimati Euthyrox
4. Moguće nuspojave
5. Kako čuvati Euthyrox
6. Dodatne informacije

1. ŠTO JE EUTHYROX I ZA ŠTO SE KORISTI

Levotiroksin, djelatna tvar Euthyroxa, je sintetski hormon štitne žlijezde za liječenje bolesti i poremećaja rada štitne žlijezde. Ima jednaki učinak kao i prirodni hormon štitne žlijezde.

Euthyrox se koristi

- za liječenje benigne eutiroidne gušavosti kod pacijenata s normalnom funkcijom štitne žlijezde;
- za sprječavanje ponovne pojave gušavosti nakon operacije;
- kao nadomjestak prirodnog hormona štitne žlijezde, kada ga Vaša štitna žlijezda ne proizvodi dovoljno;
- za potiskivanje ponovne pojave tumora kod pacijenata s karcinomom štitne žlijezde.

Euthyrox 100 mikrograma tablete upotrebljavaju se još za uspostavljanje ravnoteže hormona štitne žlijezde kada se pojačano lučenje hormona liječi antitiroidnim lijekovima.

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LIJEKOVI	MEDICINSKI PROIZVODI	HOMEOPATSKI PROIZVODI	DOZVOLE - PROIZVODNJA I PROMET	FARMAKOVIGILANCIJA	FARMAKOPEJA
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LIJEKOVI

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- Suglasnosti
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- Pristupanje Hrvatske EU
- Nadogradnja dokumentacije o lijeku
- Kontakti

SAŽETAK I UPUTA O LIJEKU

ZADNJE OBJAVLJENO

LIJEKOVI SIROČAD

Detalji u lijeku

Naziv	Atoris 10 mg tablete
Djelatna tvar	atorvastatinum
Farmaceutski oblik	filmom obložena tableta
Pakovanje	30 (3x10) tableta u blisteru, u kutiji; 60 (6x10) tableta u blisteru, u kutiji; 90 (9x10) tableta u blisteru, u kutiji
Proizvođač	Krka d.d., Novo mesto, Novo mesto, Slovenija; Krka Farma d.o.o., Zagreb, Republika Hrvatska
Nositelj odobrenja	Krka Farma d.o.o., Radnička cesta 48, Zagreb
Datum rješenja	30.12.2009.
Rok rješenja	30.12.2014.
Klasa	UP/I-530-09/09-02/268
Urbroj	381-02-01-02/30-09-29182
Sastav	1 filmom obložena tableta sadržava 10 mg atorvastatina u obliku atorvastatinkalcija
Način izdavanja	na recept, u ljekarni
Način propisivanja	ponovljivi recept
Način oglašavanja prema stanovništvu	zabranjeno
ATK	C10AA05
Sažetak opisa svojstava lijeka	download
Uputa o lijeku	download

[« povratak](#)

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Atoris® 40 mg tablete Atorvastatinum

Prije uzimanja lijeka pažljivo pročitajte uputu o lijeku.

- Čuvajte ovu uputu o lijeku jer Vam može ponovno zatrebati.
- Ako imate dodatnih pitanja, upitajte svog liječnika ili ljekarnika.
- Ovaj lijek je propisan Vama osobno i ne smijete ga davati drugima jer im može štetiti čak i ako imaju simptome jednake Vašima.

Uputa o lijeku sadržava sljedeće podatke:

1. Što je Atoris i za što se koristi?
2. Prije nego počnete uzimati Atoris
3. Kako uzimati Atoris?
4. Moguće nuspojave
5. Kako čuvati Atoris?
6. Dodatne informacije

1. ŠTO JE ATORIS I ZA ŠTO SE KORISTI?

Atoris je lijek za smanjivanje količine masnoća u krvi, a primjenjuje se kada pretrage pokažu da unatoč dijeti sa smanjenom količinom masti još uvijek imate previše određenih masnoća u krvi (kolesterola male gustoće i/ili triglicerida). Opće je poznato da povećanje količine tih masnoća u krvi može dovesti do različitih oblika bolesti srca i krvožilnog sustava.

Ukoliko je kod Vas prisutan povećani rizik od bolesti srca, Atoris se može koristiti radi smanjenja tog rizika, iako su Vam vrijednosti kolesterola normalne.

Unatoč uzimanju Atorisa i dalje se morate dijetalno hraniti, u skladu s uputama liječnika, sa smanjenom količinom masnoća.

Ne razumijem – objasnite mi!

The screenshot shows the Drug Information Portal interface. At the top, there is a blue header with the text "Drug Information Portal" and "Quick Access to Quality Drug Information". To the right of the header is the logo for the United States National Library of Medicine, National Institutes of Health. Below the header is a navigation menu with links for Home, News and Features, NLM Resources, NLM Research Resources, Resources by Audience / Class, and Other Resources. The main content area shows the search results for "EUTHYROX". The search term is entered in a search box, and the results are displayed below. The results include the drug name, search term, and description. There are also sections for Summary, Detailed Summary, and Additional Resources, each with a list of links to related information.

Drug Information Portal
Quick Access to Quality Drug Information

United States
National Library of Medicine
National Institutes of Health

Home | News and Features | NLM Resources | NLM Research Resources | Resources by Audience / Class | Other Resources

Home > Search Results

Search  By Name By Category

[Go back to previous page.](#)

Search Results

Drug Name: Levothyroxine Sodium [USAN] [\[show more names\]](#) [\[show structure\]](#)
Search Term: EUTHYROX
Description: Thyroid powder.

Summary

- [Summary of drug information \(MedlinePlusDrug\)](#)
- [Summary of consumer health information \(MedlinePlusTopics\)](#)
- [Summary of the effect on breastfeeding \(LactMed\)](#)
- [Manufacturers drug label \(DailyMed\)](#)
- [Clinical trials \(ClinicalTrials.gov\)](#)
- [Drug Identification and Image Display \(Pillbox beta\)](#)

Detailed Summary

- [Summary of reviewed biological and physical data \(HSDB\)](#)
- [References from scientific journals \(Medline/PubMed\)](#)
- [References from toxicological journals \(TOXLINE\)](#)
- [Biological activities and chemical structures \(PubChem\)](#)
- [Biological activities against HIV/AIDS and other viruses \(NIAID ChemDB\)](#)
- [Toxicological and chemical resources \(ChemIDplus\)](#)

Additional Resources

- [Information from the US Food & Drug Administration \(Drugs@FDA\)](#)
- [Search engine for other government resources \(USA.gov\)](#)

[Go back to previous page.](#)

Ne razumijem - objasnite mi!


The screenshot shows the Drug Information Portal interface. At the top, there is a navigation bar with links for Home, News and Features, NLM Resources, NLM Research Resources, Resources by Audience / Class, and Other Resources. The main content area displays search results for the term 'SORTIS'. The results include the drug name 'Atorvastatin calcium', a search term 'SORTIS', and a description 'Hydroxymethylglutaryl-CoA reductase inhibitor'. Below this, there are sections for 'Summary' and 'Detailed Summary', each containing a list of links to various resources. The 'Additional Resources' section at the bottom provides links to FDA information and a search engine for other government resources.

Drug Information Portal
Quick Access to Quality Drug Information

United States
National Library of Medicine
National Institutes of Health

Home | News and Features | NLM Resources | NLM Research Resources | Resources by Audience / Class | Other Resources

Home > Search Results

Search  By Name By Category

[Go back to previous page.](#)

Search Results

Drug Name: Atorvastatin calcium [USAN:USP] [show more names] [show structure]
Search Term: SORTIS
Description: Hydroxymethylglutaryl-CoA reductase inhibitor.
Categories: [Anticholesteremic Agents](#) [show more categories]

Summary

- [Summary of drug information \(MedlinePlusDrug\)](#)
- [Summary of consumer health information \(MedlinePlusTopics\)](#)
- [Summary of the effect on breastfeeding \(LactMed\)](#)
- [Summary of Drug-Induced Liver Injury \(LiverTox\)](#)
- [Manufacturers drug label \(DailyMed\)](#)
- [Clinical trials \(ClinicalTrials.gov\)](#)
- [Drug Identification and Image Display \(Pillbox beta\)](#)

Detailed Summary

- [Summary of reviewed biological and physical data \(HSDB\)](#)
- [References from scientific journals \(Medline/PubMed\)](#)
- [References from toxicological journals \(TOXLINE\)](#)
- [Biological activities and chemical structures \(PubChem\)](#)
- [Biological activities against HIV/AIDS and other viruses \(NIAID ChemDB\)](#)
- [Toxicological and chemical resources \(ChemIDplus\)](#)

Additional Resources

- [Information from the US Food & Drug Administration \(Drugs@FDA\)](#)
- [Search engine for other government resources \(USA.gov\)](#)

Ne razumijem – objasnite mi!

Lexicomp® Lexi-Interact™

Lookup

Enter item name to lookup.

Analyze New List

- [AtorvaSTATin](#)
- [Euthyrox \(CAN\)](#)

*Display complete list of interactions for an individual item by clicking item name.

*Add another item(s) [Lookup] to Analyze for potential interactions between items in the list.

*Remove item from the list by clicking the check mark next to the item name.

Lexi-Comp Online™ Interaction Analysis

[Customize Analysis](#)

Only interactions at or above the selected [risk rating](#) will be displayed. A:

View interaction detail by clicking on link.

AtorvaSTATin

No interactions identified with others in the selection list.

Euthyrox (CAN) (Levothyroxine)

No interactions identified with others in the selection list.

Date June 5, 2013

Disclaimer Readers are advised that decisions regarding drug therapy must be based on the independent judgment of the clinician, changing information about a drug (eg, as reflected in the literature and manufacturer's most current product information), and changing medical practices.

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Ne razumijem – objasnite mi!

- ▣ Odgovor :
 - informacije o lijekovima,
 - informacije o nuspojavama,
 - informacije o interakciji između dva lijeka.

Ne razumijem – objasnite mi!

- ▣ Problem: može li se lijek za snižavanje kolesterola zamijeniti alternativnom terapijom, primjerice, kombinacijom češnjaka i limuna.
- ▣ Pitanje : je li češnjak i limun dobra zamjena za Atoris?

Ne razumijem – objasnite mi!

- ▣ Medicinska knjižnica: pretraga EBM informacijskih izvora, bibliografske baze podataka;
- ▣ Cochrane Library;
- ▣ UpToDate;
- ▣ Medline/PubMed;

Ne razumijem – objasnite mi!

The screenshot shows the UpToDate website interface. At the top, the search bar contains 'hypercholesterolemia'. The page title is 'Patient information: High cholesterol treatment options (Beyond the Basics)'. The left sidebar contains a 'TOPIC OUTLINE' with sections: 'INTRODUCTION', 'WHO NEEDS TREATMENT FOR HIGH CHOLESTEROL?' (listing people with/without CHD, special groups, and elderly), 'HIGH CHOLESTEROL TREATMENT OPTIONS' (listing lifestyle changes, medications like statins and fibrates, and nutritional supplements like fish oil, soy protein, and plant stanols/sterols), 'STICKING WITH TREATMENT', 'WHERE TO GET MORE INFORMATION', and 'REFERENCES'. The main content area includes text about fish oil benefits, sections on 'Soy protein', 'Garlic', and 'Plant stanols and sterols', a 'STICKING WITH TREATMENT' section, and a 'WHERE TO GET MORE INFORMATION' section. At the bottom, there are links for 'Patient level information' and 'Professional level information'. A vertical 'Topic Feedback' button is on the right edge.

UpToDate® hypercholesterolemia | All Topics Search About Us News from UpToDate Contact Us Help

New Search Patient Info What's New Calculators CME 32.0 My Account Log Out

Patient information: High cholesterol treatment options (Beyond the Basics) Find Print Email

TOPIC OUTLINE

INTRODUCTION

WHO NEEDS TREATMENT FOR HIGH CHOLESTEROL?

- People with CHD
- People without CHD
- Other special groups
 - Hypertriglyceridemia
 - Diabetes mellitus
 - Elderly

HIGH CHOLESTEROL TREATMENT OPTIONS

- Lifestyle changes
- Medications
 - Statins
 - Ezetimibe
 - Bile acid sequestrants
 - Nicotinic acid (Niacin)
 - Fibrates
- Nutritional supplements
 - Fish oil
 - Soy protein
 - Garlic
 - Plant stanols and sterols

STICKING WITH TREATMENT

WHERE TO GET MORE INFORMATION

- Patient level information
 - The Basics
 - Beyond the Basics
- Professional level information

REFERENCES

GRAPHICS View All

TABLES

- Lipid lowering tx PI

CALCULATORS

Calculator: 10 year risk of developing cardiovascular disease in women (Patient Information)

servings of oily fish per week can reduce triglyceride levels and reduce the risk of death from coronary heart disease. Fish oil supplements are believed to have the same benefit. A daily 1 gram fish oil supplement may be recommended if you do not eat enough fish.

Soy protein — Soy protein contains isoflavones, which mimic the action of estrogen. A diet high in soy protein can slightly lower levels of total cholesterol, LDL cholesterol, and triglycerides, and raise levels of HDL cholesterol. However, normal protein should not be replaced with soy protein or isoflavone supplements in an effort to lower cholesterol levels.

Soy foods and food products (eg, tofu, soy butter, edamame, some soy burgers, etc.) are likely to have beneficial effects on lipids and cardiovascular health because they are low in saturated fats and high in unsaturated fats.

Garlic — A large trial showed that garlic is not effective in lowering cholesterol [1]. In this study, participants with an elevated LDL took one of several types of garlic extract (raw, powdered, aged) or a placebo (inactive pill) six days per week for six months. At the end of the study, the LDL levels were not improved in the garlic group compared to the group that took the placebo. We do not recommend garlic to lower cholesterol.

Plant stanols and sterols — Plant stanols and sterols may act by blocking the absorption of cholesterol in the intestine. They are naturally found in some fruits, vegetables, vegetable oils, nuts, seeds, and legumes. They are also available in commercially prepared products such as margarine (Promise Active™ and Benecol®), orange juice (Minute Maid Premium Heart Wise®), rice milk (Rice Dream Heart Wise™), as well as dietary supplements (Benecol SoftGels® and Cholest-Off®). The margarines cost about five times what ordinary margarines cost.

Despite lowering cholesterol levels, there are no studies demonstrating a reduced risk of coronary heart disease in people who consume supplemental plant stanols and sterols. There is some evidence that these supplements might actually increase risk.

STICKING WITH TREATMENT — The treatment of high cholesterol and/or triglycerides is a lifelong process. Although medications can rapidly lower your levels, it often takes 6 to 12 months before the effects of lifestyle modifications are noticeable. Once you have an effective treatment plan and you begin to see results, it is important to stick with the plan. Stopping treatment usually allows lipid levels to rise again.

Most people who stop treatment do so because of side effects. However, there are a wide variety of medications available today, which should make it possible for most people to find an option that works for them. Talk with a healthcare provider if a specific medication is not working; he or she can recommend alternatives that are compatible with your lifestyle and beliefs.

WHERE TO GET MORE INFORMATION — Your healthcare provider is the best source of information for questions and concerns related to your medical problem.

This article will be updated as needed on our web site (www.uptodate.com/patients). Related topics for patients, as well as selected articles written for healthcare professionals, are also available. Some of the most relevant are listed below.

Patient level information — UpToDate offers two types of patient education materials.

The Basics — The Basics patient education pieces answer the four or five key questions a patient might have about a given condition. These articles are best for patients who want a general overview and who prefer short, easy-to-read materials.

[Patient information: High cholesterol \(The Basics\)](#)
[Patient information: High triglycerides \(The Basics\)](#)
[Patient information: Can foods or supplements lower cholesterol? \(The Basics\)](#)

Topic Feedback

Ne razumijem – objasnite mi!

▣ Odgovor:

- nije pronađen znanstveno utemeljen dokaz da uzimanje češnjaka i limuna može utjecati na smanjenje vrijednosti kolesterola.

Ne razumijem – objasnite mi!

- ▣ Knjižnica koristi različite informacijske izvore:
 - specijalizirane baze podataka namijenjene javnosti (MedlinePlus...),
 - medicinske baze podataka (Medline/PubMed, Cochrane Library...),
 - specijalizirane predmetne direktorije (HON...),
 - e-časopise (JAMA/JAMA Patient Page)
 - mrežne stranice medicinskih udruženja, bolnica... (American Heart Association...).

izvor: BMJ 1999;319:762.



"I'M SORRY DOCTOR, BUT AGAIN I HAVE TO DISAGREE."

HVALA NA POZORNOSTI!

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