

NEWS

HIGH BLOOD PRESSURE IS A „SILENT KILLER“



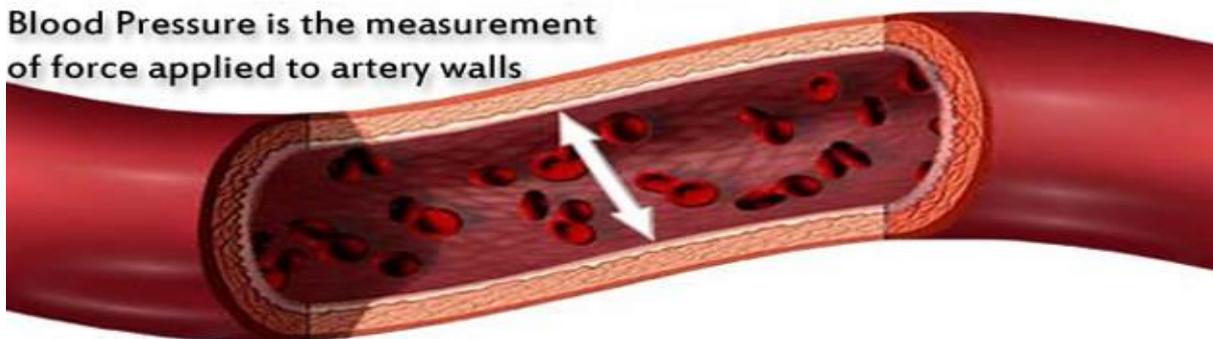
HBP has no symptoms. In the Czech Republic, there is about 2 million people suffering from hypertension and many of them are not aware that this condition may be damaging their health. If left untreated, health consequences can be quite serious. High blood pressure increases your risk of developing many serious health problems, including heart disease, stroke, and kidney disease. To avoid all these problems all you need to do is to ask your doctor to measure your blood pressure. Then you can focus on prevention and potential risk factors you can mitigate.

1. Maintain a healthy weight and exercise regularly, which will also reduce your stress level.
2. Eat a balanced diet. Healthy foods may help in keeping blood pressure under control. Get plenty of fruits and vegetables, especially those rich in potassium, and limit your intake of excess calories, fat, sugar and salt. There is a rule that says that - the higher the salt intake, the higher the blood pressure.
3. Limit the amount of alcohol you drink.
4. Quit smoking.
5. Visit your doctor – ranging from simple consultations to medical prescriptions, together we will manage your hypertension and reduce the risks of health problems.

Hypertension is one of the major risk factors contributing to cardiovascular diseases. Researchers suggest that up to 25% of deaths above the age of 40 is either in direct or indirect connection to high blood pressure. In our developed world, it is the most common disease of cardiovascular system and also the most common condition general practitioners see in their surgeries.

What is normal blood pressure? Contrary to what we used to think, blood pressure should not "normally" go up with age. The generally accepted upper limit for ANY adult is 140/90 (130/80 for diabetics), and the lower the better!. If your HB is higher, come and see us!

**Blood Pressure is the measurement
of force applied to artery walls**



Our contacts

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OUR MONTHLY PHYSICIAN PROFILE

OUR DENTIST DR. KUKLA is currently accepting new patients!

Dr. Kukla offers a wide range of dental procedures for you and your family. Our office is dedicated to preventive dental care, patient satisfaction, and helping you keep your smile! During your first visit, Dr. Kukla will discuss with you your previous dental history to find out what level of care you require. Dr. Kukla will also be interested in your medical history such as problems with anesthetics or allergies you may have to certain drugs or latex. Afterwards, the dental hygienist will take a couple of minutes to discuss proper home care and oral hygiene, including brushing and flossing techniques.



At our Polyclinic at Narodni Dr. Kukla provides the latest and most comprehensive treatments based on proven technologies and rich experiences. Focus is placed on preventative care that through regular check ups help in elimination of tooth decays. Dr. Kukla provides care ranging from treating periodontitis to surgical implants.

We look forward to your visit.

PROTECT YOURSELF AND THE OTHERS AROUND YOU: vaccination schedule

The tetanus vaccination is the only vaccination that is compulsory by law in the Czech republic. Other vaccines are recommended on the basis of employment, age or chronic disease status of the patient. We are happy to provide guidance and information on their suitability for you. Should you have any hesitations in regards to vaccination, our doctors are here to discuss all the issues you might have. We guarantee application of vaccines without delays.

Vaccination schedule for adults - by age

Česká vakcínologická společnost ČLS JEP

Disease	Age group					Revaccination	More information	Vaccines
	18-26	27-49	50-59	60-64	65+			
Tetanus	booster every 10-15 years		booster every 10 years			after 10 - 15 years	Vaccine is applied also after injuries and accidents	TETANOL PUR, TETAVAX
Pertussis	At least one dose in your lifetime					after 10 - 15 years	You should get this vaccine if there are children in your family below the age of 1, or if you are a pregnant woman; this vaccine can be combined with tetanus jab in one sitting	BOOSTRIX, ADACEL
Varicella	2 doses					undefined	For susceptible persons /no previous history of this disease / seronegative response/ and working in risky environment and high risk groups	VARILRIX
Hepatitis A	2 doses					undefined	For susceptible persons and those who were not vaccinated in childhood, working in health hazard environment, and for those who engage in high risk behaviour; possible to combine in Hep A/B vaccine	VAQTA, AVAXIM, HAVRIX, TWINRIX
Hepatitis B	3 doses					undefined	For susceptible persons and those who were not vaccinated in childhood, high risk groups, and for those who engage in high risk behaviour; possible to combine in Hep A/B vaccine	ENGERIX-B, FENDRIX, TWINRIX
HPV	3 doses					undefined	For men and women who did not get the vaccine in their childhood	SILGARD - men+women, CERVARIX - women
Shingles(Herpes zos.)			One dose			undefined	It is recommended to get vaccinated as soon as possible	ZOSTAVAX
Tick-borne Encephalitis	3 doses, booster after 5 years		3 doses, booster after 3 years			every 3-5 years	High risk groups, and for those working in high risk environment; first revaccination after 3 years	FSME-IMMUN, ENCEPUR
Pneumococcal	1 dose of PCV or PPV		1 dose of PPV or PCV	1 PCV dose + 1 PPV23		PPV: after 5 years only once	In combined vaccination schemes, PCV is primary	PREVENAR 13, PNEUMO 23
Meningococcal	1-2 doses of MCV4, menB					MCV4 after 5 years	High risk groups, workers employed in risky environment; travellers, revaccination is suitable only for persons with ongoing risk of infection	BEXSERO, MENVEO, NIMENRIX
Flu (Influenza)	One dose					annually	Vaccination is relevant for healthy individuals, persons with risk factors, those with the age 18+ and working in risky environment	IDFlu, INFLUVAC, VAXIGRIP, OPTAFLU
Hib	One dose					undefined	High risk groups	HIBERIX
Rabies	5 doses after exposure / 3 doses prior to exposure					after 2-5 years, only at work at risk	No case of rabies has been detected in the Czech Republic since 2002	VERORAB

Legend:

PPV	Pneumococcal polysaccharide vaccine	Hib	Haemophilus influenzae type b vaccine		Recommended immunisation for all age groups
menB	Meningococcal vaccine against serotype B	PCV	Pneumococcal conjugate vaccine		Recommended immunisation for 'at risk' groups
MCV4	Meningococcal conjugate tetravalent vaccine against serotype A, C, Y, W135				
HPV	Human papillomavirus				

Chibek R. a kol. Česká vakcínologická společnost ČLS JEP. Current versions of all vaccines: <http://www.skl.cz/modules/medication/search.php>

We look forward to your visit!

Polyclinic at Národní, Národní 9, 110 00 Praha 1

At our clinic, no appointment is needed, just come and see us!.

