



In the year 2004, UVN Prague received the international accreditation JCI (Joint Commission International). UVN Prague thus became the first hospital in the Czech Republic – as well as in Middle and Eastern Europe – that was granted this certificate of international accreditation.

The prerequisite to receive this accreditation is the maximal possible quality care and security for patients. The certificate is valid only for three years. The re-accreditation process passed off in 2007 and UVN Prague received JCI Accreditation for a second time.



**UVN**

CENTRAL MILITARY HOSPITAL  
PRAGUE

**THE PROGRAMME OF  
CARDIOVASCULAR  
PREVENTION**



## THE PROGRAMME OF CARDIOVASCULAR PREVENTION

For those clients who decided to make an investment in their health, UVN Prague prepared

### THE PROGRAMME OF CARDIOVASCULAR PREVENTION

Ischemic disease of heart (afflicted arteries) is at present a leading cause of death both in the Czech Republic and in the modern world. Brain vascular apoplexy together with malignant tumours is second in mortality statistics. The most treacherous trick of vascular diseases is their long-lasting, unmarked development. As a result, the serious heart attacks or brain strokes are often the very first demonstrations of hidden illness.

The programme we now offer is based upon identifying basic risk symptoms with ten-year prediction of death risk brought about by vascular troubles.

As a part of this programme we teach the patients the rules of healthy life style and offer them the help to break off the habit of smoking.

#### The programme includes:

- clinical examination, including detailed anamnesis
- blood collection from veins
- analysis of blood sample
- specifying percentage of body fat and calculation Body Mass Index (BMI)
- EKG examination
- stress examination – ergonomic tests
- sonography tests of heart
- evaluation of results
- instructions dealing with obesity prevention, diabetes, smoking habit
- definition of optimal stress programme
- setting ten-year prediction of death risk because of vascular problems

#### Booking:

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#### Pre-arranged appointments:

- laboratory: blood collection, calculating Body Mass Index (BMI), including percentage of body fat (examination, only on an empty stomach), ergonomic tests, ECHO of heart
- tests evaluation
- instructions for remedy of diagnosed pathology
- in case of positive findings, further treatment is paid by health insurance company

The cost of programme: 5,000.- CZK

Ischemic heart disease – blocked blood vessels supplying blood into a heart – could lead towards heart attack. Blocked vessels pumping blood into the brain could produce apoplexy or stroke. The cerebral stroke is the most often cause of disablement of people in their working age.

The factors leading to the development of vascular disorders could be divided into: those that could be re-improved and those that could not be recovered. The first category is usually given by genetic predispositions, age, gender; the second one is influenced by smoking habit, high level of cholesterol, diabetes, obesity, bad physical condition.

Backed by the deep knowledge of relevant risk factors, we are able to make out for our clients ten-year prediction of death risk caused by vascular disorders. After that we are able to offer an effective remedy even for patients with high risk factors.