**Кардиоаритмологический центр**

Иркутская государственная медицинская академия последипломного образования

**ДНЕВНИК САМОКОНТРОЛЯ**

Номер карты \_\_\_\_\_\_\_\_\_\_\_

Пациент \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Дата начала \_\_\_.\_\_\_. 2022 г.



**Адрес:** 664079, Иркутск, м-н Юбилейный, 100.

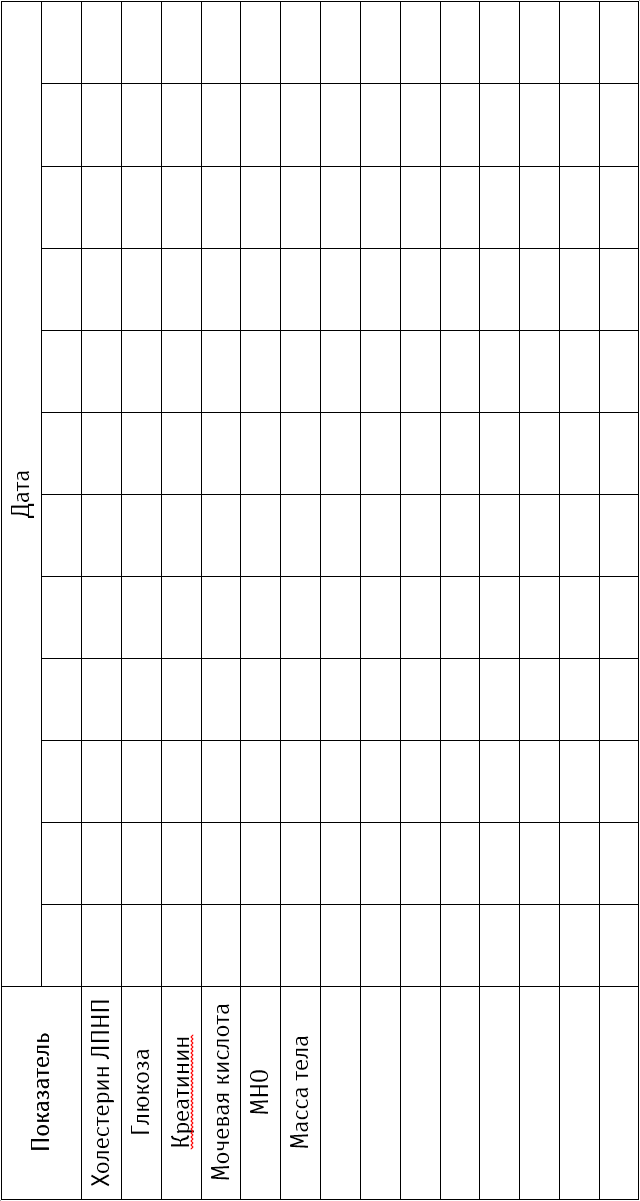
**Расположение:** 3 этаж, регистратура - кабинет N317.

**Транспорт:** автобусы N2, 57, 55, 80, маршрутное такси N2.

Остановка: "Областная больница".

**Телефон:** (3952) 46-70-76. **Email:** [cor-2009@yandex.ru](mailto:cor-2009@yandex.ru)

**Сайт:** <http://therapy.irkutsk.ru/cor.htm>



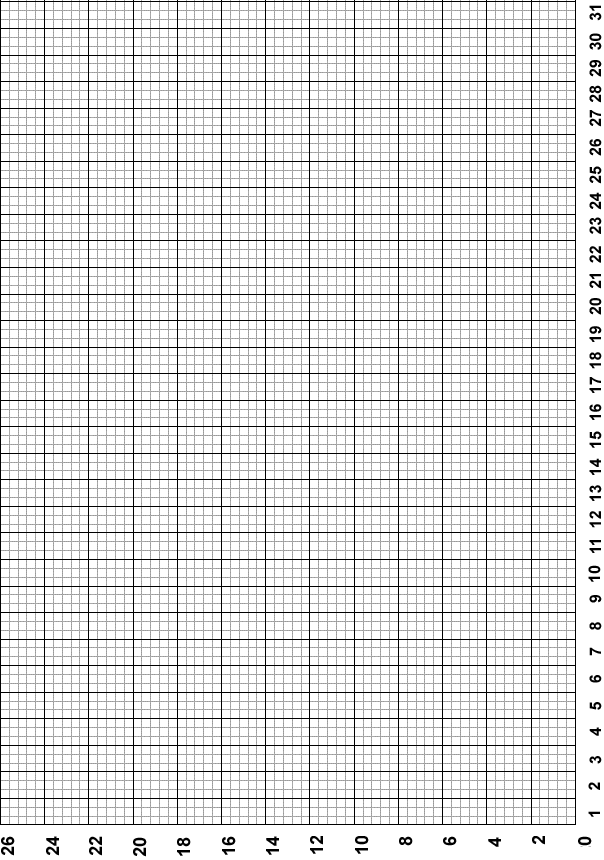
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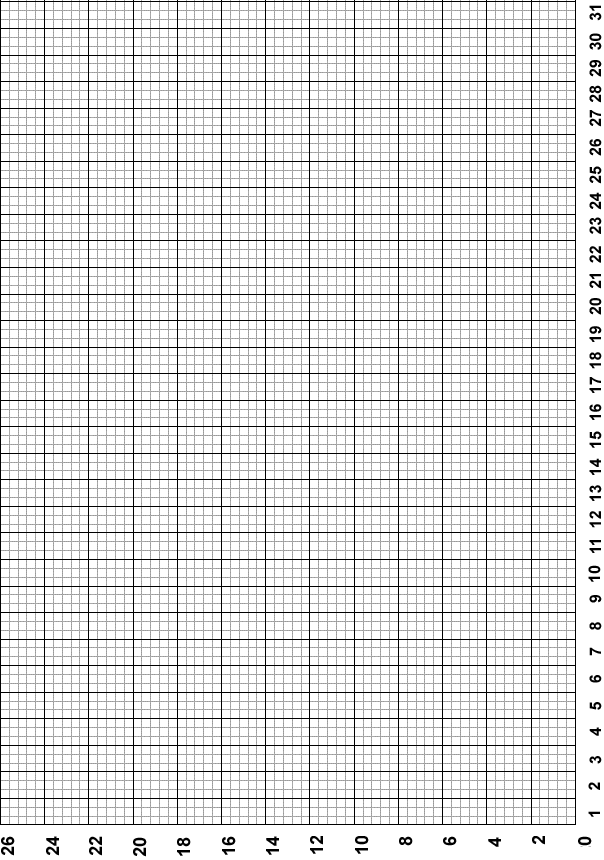
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| **17** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **18** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **19** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **20** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **21** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **22** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **23** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **24** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **25** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **26** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **27** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **28** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **29** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **30** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |
| **31** | утро |  |  |  |  |  |
| вечер |  |  |  |  |  |

**Комментарии**

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**Образ жизни, снижающий риск   
инфаркта миокарда, внезапной смерти, инсульта**

* Отказ от курения;
* Регулярные динамические физические нагрузки не менее 40 мин 3 раза в неделю и чаще
* Увеличение потребления растительной пищи, калия (курага, изюм, чернослив, фасоль, картофель, петрушка, шпинат), **средиземноморская диета**
* Снижение приема поваренной соли до 5 г/сут

**Содержание соли в продуктах**

|  |  |  |  |
| --- | --- | --- | --- |
| Тип | Продукт | Na в 100 г  продукта (мг) | Соли в 100 г  продукта (г) |
| **Молочные** | Сыр | 780-1000 | **2.0-2.5** |
| Молоко сгущенное | 130 | **0.3** |
| Молоко сухое | 400 | **1.0** |
|  | Колбасы | 820-2000 | **2.0-5.0** |
| Сардельки | 900 | **2.3** |
| Сосиски | 750-830 | **1.9–2.1** |
| Говядина тушеная | 440 | **1.1** |
| Куры, индейки, гуси | 200-300 | **0.5-0.8** |
| **Рыбные** | Кальмар | 110 | **0.3** |
| Морская капуста | 520 | **1.3** |
| **Другие** | Консервы овощные | 320-700 | **0.8-1.8** |
| Хлеб | 350-480 | **0.9-1.2** |
| Маргарин | 190 | **0.5** |

**Средиземноморская диета**

Снижает риск сердечно-сосудистых заболеваний

* овощи (картофель, капуста, перец, помидоры, баклажаны, морковь, кабачки, маслины и оливки)
* фрукты (яблоки, груши, и т.д.)
* хлеб, рис, крупы, макаронные изделия
* оливковое масло (отжатое, сырое)
* морская рыба (лосось, сельдь) – 50 г/сут
* сухое вино умеренно: <300 мл для мужчин <150 мл в сутки для женщин

**Липидограмма**

|  |  |
| --- | --- |
| Показатель | Норма (ммоль/л) |
| Общий холестерин | <5.0 |
| **Холестерин ЛПНП** | **<1.8–3.0** |
| Холестерин ЛПВП | >1.0 (м) >1.2 (ж) |
| Триглицериды | <1.7 |

**Углеводный обмен**

Исключение предиабета и сахарного диабета

|  |  |
| --- | --- |
| Показатель | Норма |
| Глюкоза | 3.9–6.0 ммоль/л |
| Гликированный гемоглобин (HbA1с) | <6.5% |
| Тест толерантности к глюкозе, через 2 часа | <7.8 ммоль/л |
| Уровень глюкозы после еды | <7.8 ммоль/л |

**Классификация уровня АД**

|  |  |  |
| --- | --- | --- |
| Категория АД | САД  (мм рт. ст.) | ДАД  (мм рт. ст.) |
| Нормальное домашнее АД | <135 | <85 |
| Гипертония:   * **1 степень** * **2 степень** * **3 степень** | **140-159**  **160-179**  **≥180** | **90-99**  **100-109**  **≥110** |

**Лечение острого повышения АД**

*Небольшое повышение АД обычно не является причиной головной боли и плохого самочувствия!*

1. Каптоприл 25-50 мг под язык.
2. Подождать в течение 2 часов.
3. Если АД снизилось менее чем на 15% (остается выше 180 мм рт. ст.), можно повторить прием препарата.
4. В случае болей (давления, жжения) в груди, сильной одышки, слабости в руки или ноге, нарушения речи – вызов скорой медицинской помощи.

**Лечение острых болей в груди (стенокардии)**

1. Принять 1 таблетку нитроглицерина или 1 вдох спрея нитроглицерина/изокета.
2. При отсутствии улучшения повторить нитроглицерин через 5–10 мин.
3. При отсутствии улучшения вызвать скорую помощь. Помните – быстрейшая госпитализация в больницу может спасти Вашу жизнь!
4. Разжевать 150–325 мг аспирина без кишечнорастворимой оболочки.

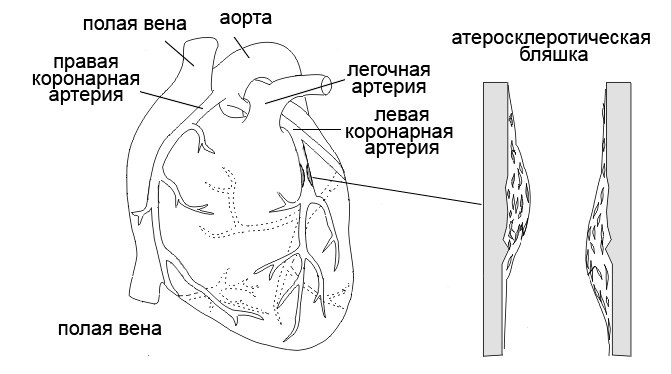


Рисунок 1. Сосудистая система сердца.

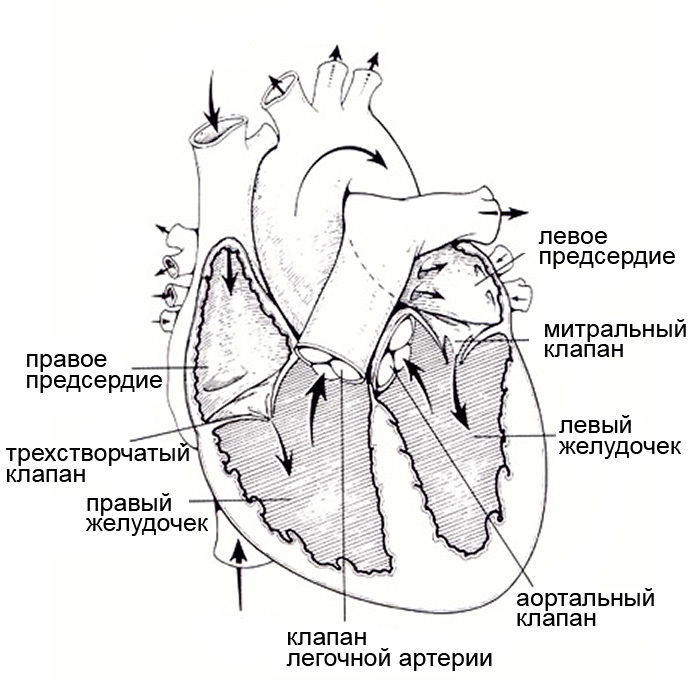


Рисунок 2. Структура сердца.

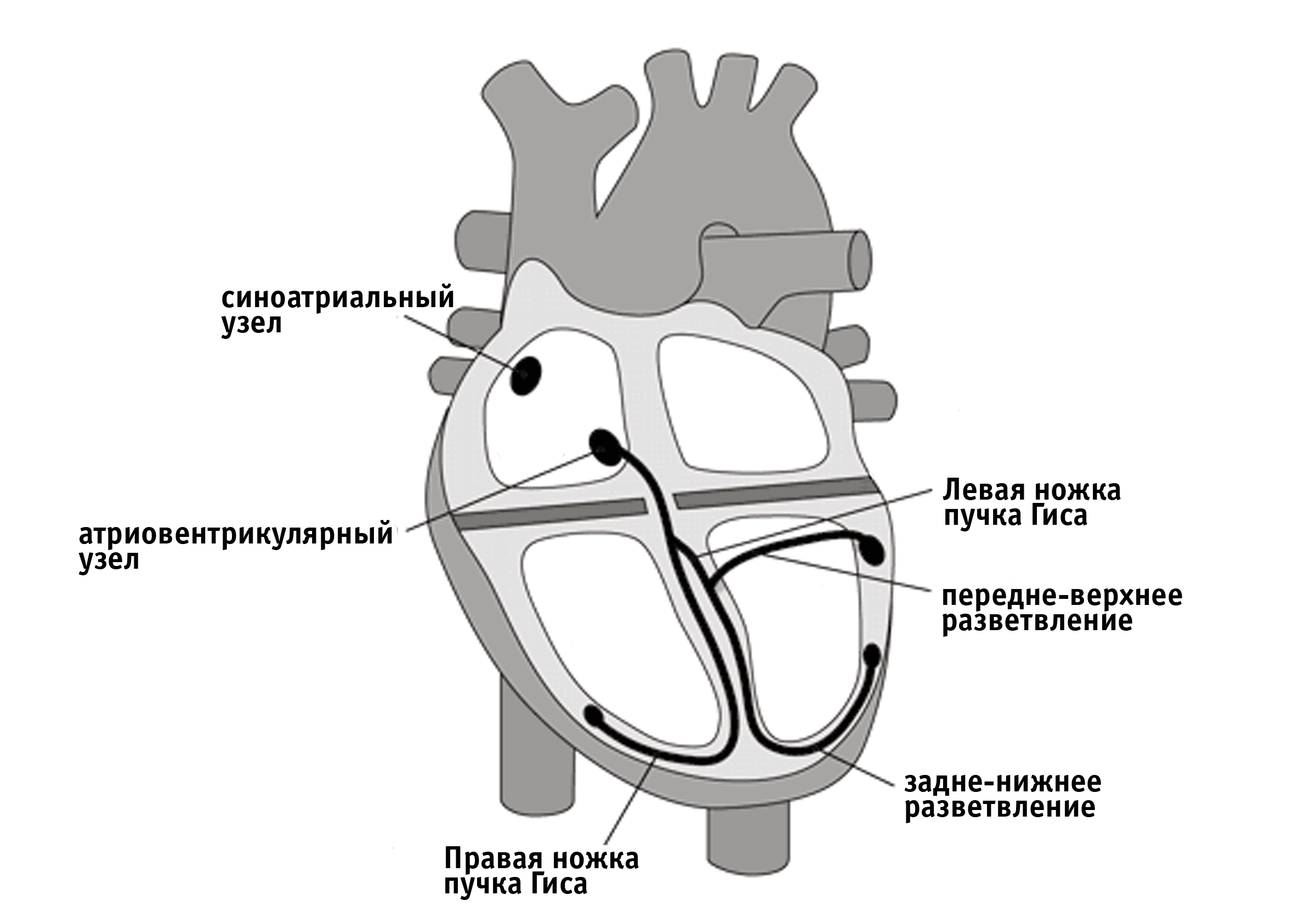


Рисунок 3. Проводящая система сердца.