



Zdravlje i bolest

Doc. dr. sc. Ozren Polašek
Katedra za javno zdravstvo



Zdravlje je stanje potpunog fizičkog, duševnog i socijalnog blagostanja, a ne samo odsustvo bolesti i iznemoglosti
(Svjetska zdravstvena organizacija, 1948.)

40% 32% 17%

Bolja definicija zdravlja?



Zdravlje kao ravnoteža i optimalno funkcioniranje?



Zdravlje kao neopterećenost bolešću i življenje punog života?



Zdravlje i starenje?



- grčki (renesansni) ideal čovjeka: čovjek koji se suprotstavlja boli i brigama i bori se za bolje; to znači potpunu osobu i suživot drugima
- bitna je vrijednost zdravlja da nam omogućuje da živimo potpun život



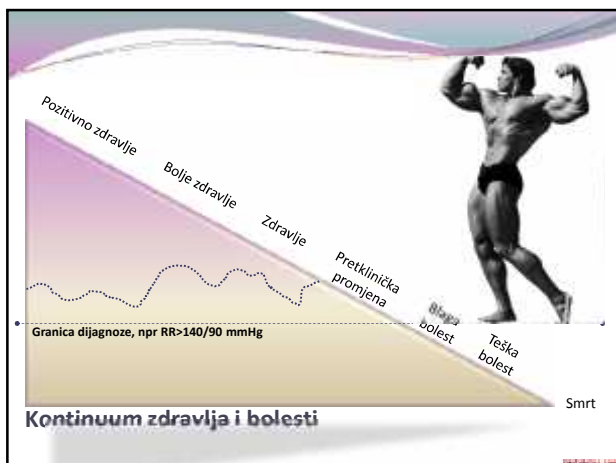
- Galen: Zdravlje je stanje u kojem ne trpimo bol niti smo ometeni u obavljanju funkcija u svakodnevnom životu... politiziramo, kupamo se, pijemo i jedemo i činimo druge stvari koje želimo



Inverzno zdravlje

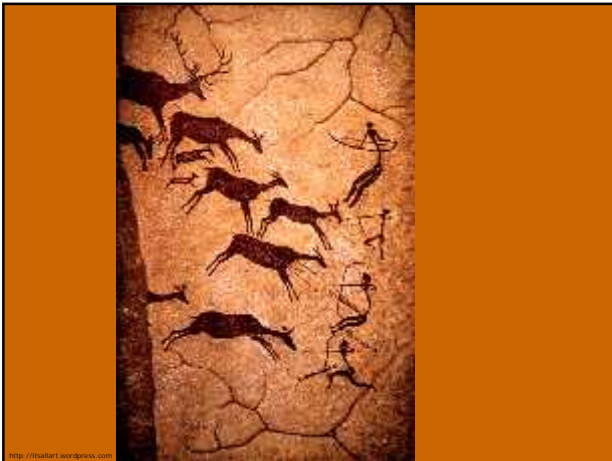
- Obrnuti način određivanja zdravlja
- 5D – ukoliko ne postoji jedan od 5D onda je osoba zdrava
 - Death (smrt)
 - Disease (bolest)
 - Discomfort (nelagoda)
 - Disability (nesposobnost)
 - Dissatisfaction (nezadovoljstvo)

Gdje prestaje zdravlje?

Zdravlje je ishod naslijeđa, ponašanja i okoline (društvene, fizičke i biološke, ali i zdravstvenog sustava)





1932

New Instrument Makes Eye Muscles Stronger

ATTEMPTING to correct the eyes of a patient is usually a task of considerable difficulty. The new instrument described here was developed recently by a scientist in the laboratory of the University of Toronto.

Zdravlje i briga o zdravlju

Source: <http://blog.modernmechanika.com>

Solar Bath Apparatus Helps Cure Diseases of the Head

NOT THE peculiar looking device in the photo at left is not a camera, nor even a telescope, although partially resembling both. It is a new solar bath apparatus for the head and has made a great hit with the medical fraternity of Germany. The main purpose of the device is to cure skin diseases of the head, like eczema of the nose and throat or of the ears. It reposes on a stationary upright and has an opening in under side for a patient's head. Affected persons sit in a chair while taking treatments. An ultra-violet ray machine within throws artificial sunlight upon all parts of the head. Eventually, when fully tested and approved, it is expected to cure many of the illnesses of the head.

1933

Solar bath apparatus supplies ultra-violet rays to head.

Source: <http://blog.modernmechanika.com>

Old Age Rejuvenator Centrifuge

TESTIMONY: These drops have been used for years by thousands of the Franchises of Florida. The weight of their use is shown by the fact that there is no other kind of drop being offered in a similar way to these. It is a natural remedy, entirely safe, and it is the only one that adds to the strength, restores the vitality, and gives the system a new lease of life.

WHOLESALE DEPT.: LLOYD MANUFACTURING CO., 300 HUDSON ST., ST. LOUIS, MO.

RETAILERS: Ask your druggist for this Old Age Rejuvenator.

1884

COCAINE TOOTHACHE DROPS
Instantaneous Cure!
PRICE 15 CENTS.
Prepared by the
LLOYD MANUFACTURING CO.
300 HUDSON ST., ST. LOUIS, MO. U.S.A.
For sale by all Druggists.
(Registered March 1893.)

1884

COCA-COLA SYRUP & EXTRACT

THE GREAT NATIONAL BEVERAGE

WIRE DRINK
Coca-Cola

It refreshes, invigorates, and builds up the system. It is the most delicious and healthful beverage ever known. It is sold in all parts of the world, and is the favorite drink of millions of people. It is the only beverage that is sold in such large quantities.

1903

FAT IS FOLLY

when it can be reduced easily, conveniently and best of all, safely, by the use of

La Parle OBESITY SOAP

This Obesity Soap used like an ordinary soap positively reduces fat without dieting or gymnastics. Admittedly harmless, never fails to reduce flesh when directions are followed.

Send for book of testimonials. Box of 6 cakes sent prepaid on receipt of \$2.00.

Newport Chemical Co., St. James City, N.Y.

1903

1896

LADIES

If you desire a transparent, CLEAR, FRESH complexion, free from blotch, blemish, roughness, coarseness, redness, freckles, or pimples, use

DR. CAMPBELL'S SAFE ARSENIC COMPLEXION WAFERS

—AND—

Fould's Medicated Arsenic Complexion Soap.

The only real true beautifiers in the world. Warranted to give satisfaction in every case or money refunded. Wafers by mail, \$1; six large boxes, \$5. Soap, per cake, 50 cents.

Address, H. B. FOULD, 214 Sixth Avenue, New York.

SOLD BY DRUGGISTS EVERYWHERE.

FACE THE FACTS!

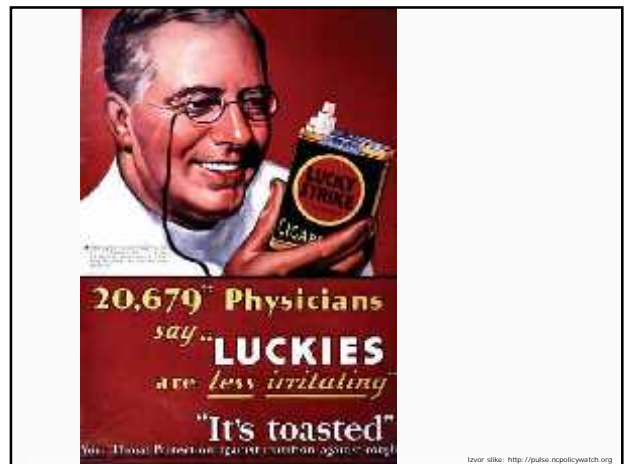
When tempted to over-indulge "Reach for a Lucky instead"

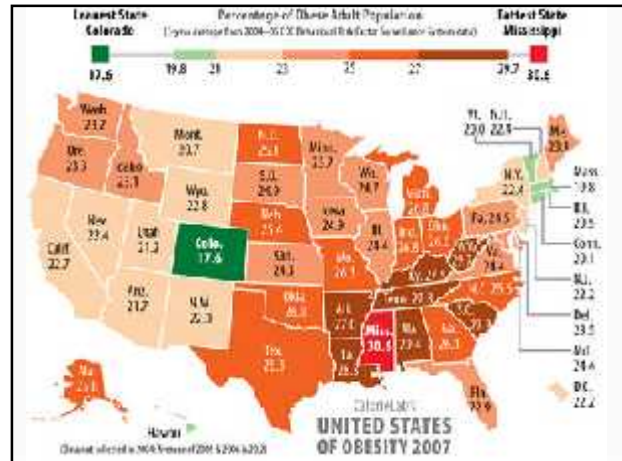
"It's toasted"

Your throat protection against tobacco—against cough.

1903







Interestingly, the prevalence of overweight (BMI > 25 kg/m²) in men of all ages decreased from 45.7% in 1997-1999 to 43.3% in 2003 (-5.3%) while the prevalence of obesity (BMI > 30 kg/m²) increased from 12.6 to 20.2% (+60.3%). In women the prevalence of overweight increased from 31.6 to 33.6% (+6.3%) while the prevalence of obesity increased from 14.9 to 20.6% (+38.3%). However, the age-stratified prevalence of obesity showed the highest increase in the youngest age group (18-34 years) where the increase in men was 83.6% while in women the prevalence of obesity increased by **320%** from 1.5 to 6.3%.

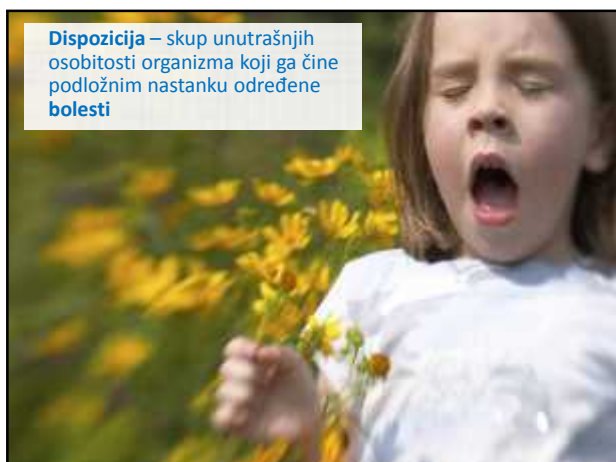
The World's Top 10 Fattest Countries

Country: Croatia, 61.4%

Croatia, where cardiovascular disease is the leading cause of death, is also a victim of the globalization of the food market, which tends to supplant traditional diets as cheaper processed foods from the U.S. and Europe flood store shelves.

Source: <http://www.oxparity.com>







Bolja definicija?

- Dinamički proces blagostanja obilježen tjelesnim i duševnim mogućnostima, koje zadovoljavaju zahtjeve života prilagođenog dobi, kulturi i osobnoj odgovornosti


1. Bircher J. Towards a dynamic definition of health and disease. Med. Health Care Philos 2005;8:335-41



Zdravlje i bolest

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 **Doc. dr. sc. Ozren Polašek**
Katedra za javno zdravstvo