



Zdravlje i bolest

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

40% 32% 17%

izvor slike: <http://www.women-gaga.wordpress.com/2008/01/>


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



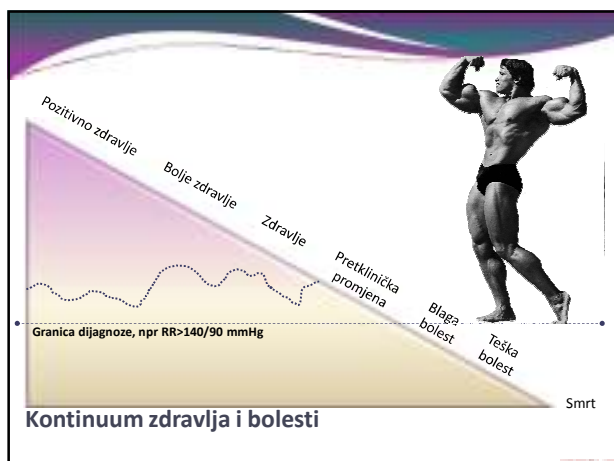
- Galen: Zdravlje je stanje u kojem ne trpimo bol niti smo ometeni u obavljanju funkcija u svakodnevnom životu... politiziramo, kupamo se, pijemo i jedemo i činimo druge stvari koje želimo



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)





This is how you look on you use the new instrument before strengthening the muscles of the eyes

1932

New Instrument Makes Eye Muscles Stronger

... apparatus it supplies with the most particularly useful photographic film having also a bit of difficulty focusing his central camera, the said photograph above actually shows a patient strengthening his eyes with the aid of a new optical instrument described recently by scientists attached to the research staff of the American Optical Company, St. Roch...

Zdravlje i briga o zdravlju

Izvor slike: <http://blog.modernmechanik.com>

Solar Bath Apparatus Helps Cure Diseases of the Head

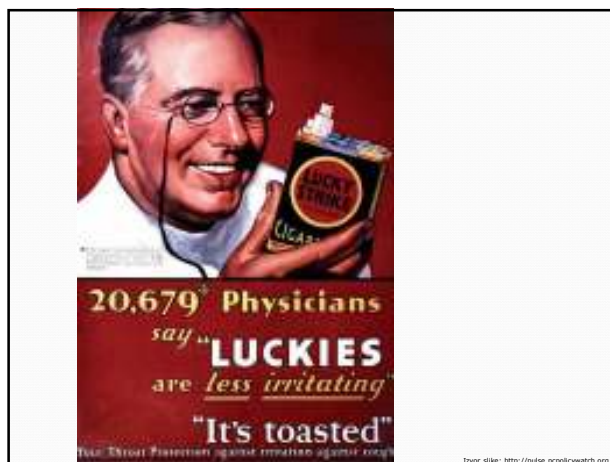
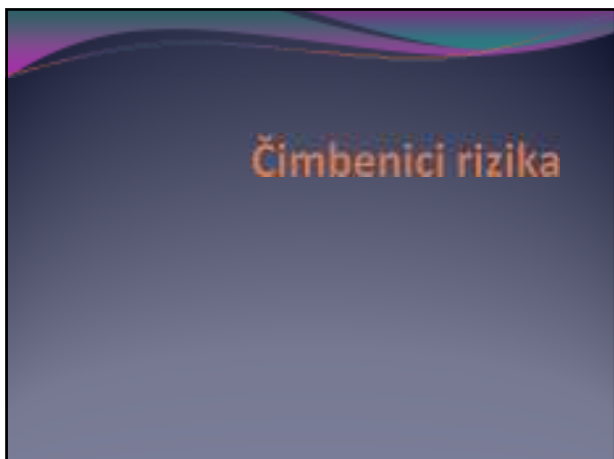
1933

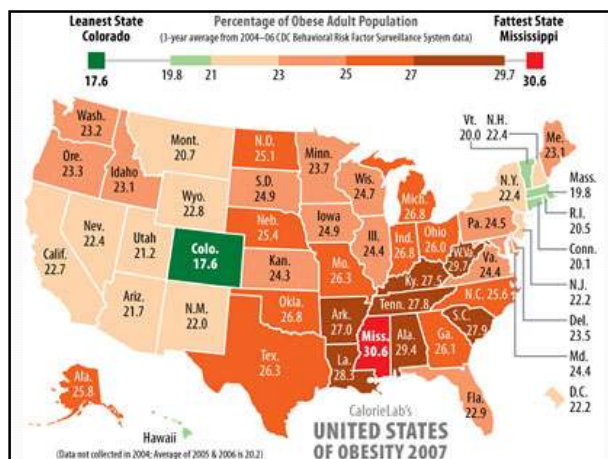
NO, THE peculiar looking device in the photo at left is not a camera, nor even a telescope, although partially resembling both. It is a new solar bath apparatus for the head and has made a great hit with the medical fraternity of Germany. The main purpose of the device is to cure sicknesses of the head, like catarrh 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 person sits 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 improved, it is expected to cure many of the illnesses of the head.

Solar bath apparatus supplies ultra-violet rays to head.

Izvor slike: <http://blog.modernmechanik.com>

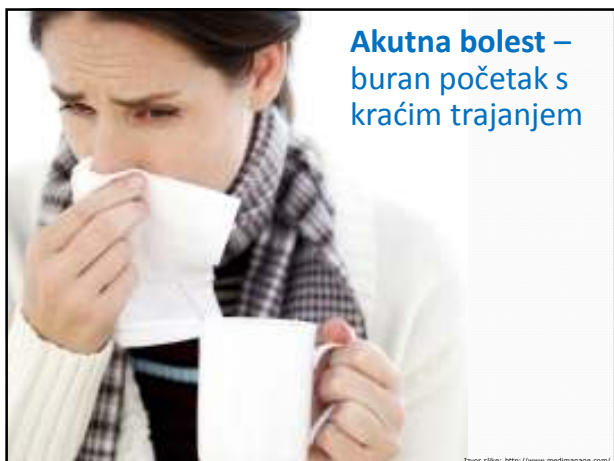
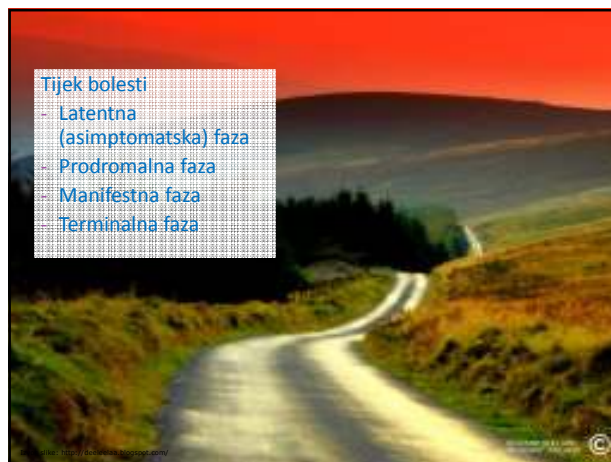
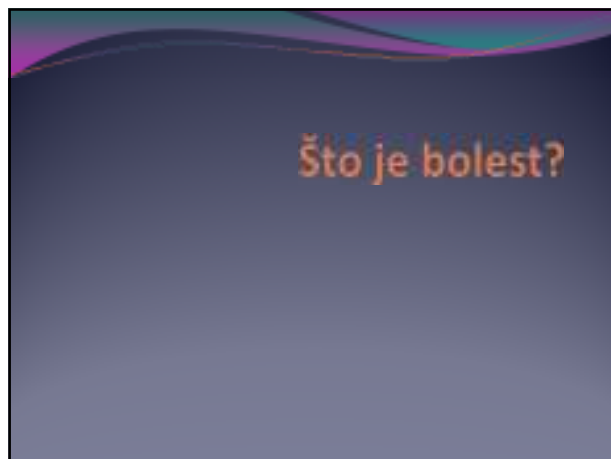
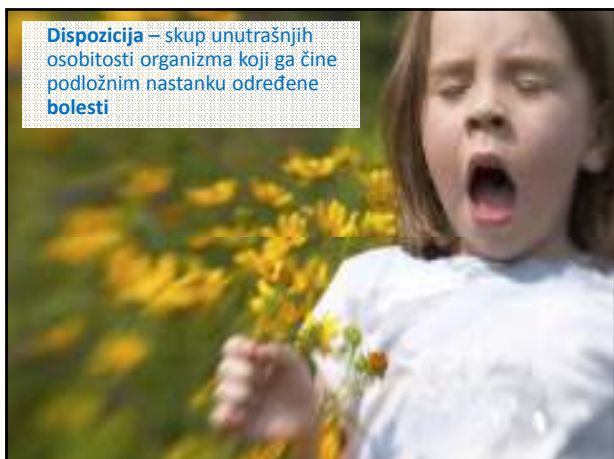






Interestingly, the prevalence of overweight (BMI ≥ 25 kg/m²) in men of all ages decreased from 45.7% in 1997–1999 to 43.3% in 2003 (–5.3%) while the prevalence of obesity (BMI ≥ 30 kg/m²) increased from 12.6 to 20.2% (+60.3%). In women the prevalence of overweight increased from 31.6 to 33.6% (+6.3%) 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%.





Što je zdravlje?

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



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Svi grafički i video materijali u ovoj prezentaciji korišteni su isključivo u obrazovne svrhe, a dobiveni su pretraživanjem sadržaja na Internetu. Neki dijelovi prezentacije preuzeti su iz drugih javno dostupnih prezentacija u izvornom ili prilagođenom obliku. Neki materijali su promijenjeni da bolje odgovaraju sadržaju koji predstavljaju. Prezentacija predstavlja stavove autora, i nikako ne odražava službene stavove Medicinskog fakulteta Sveučilišta u Splitu. Autor zahvaljuje svim osobama koje su doprinjele postavljenjem svojih sadržaja na Internet.

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