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Mortality caused by the cardiovascular diseases: Health situation in Poland in years 2010-2014

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Poland is a developing country, which is characterized by the phenomenon of an aging society. No simple replacement of generations and mortality (including premature mortality before 65 years old) can decrease Polish population every year. The predominant causes of death are cardiovascular diseases that create health, demographic, social and economic problems. Due to cardiovascular disease (CVD) women in Poland die more often than men (clearly marked adverse trend of large excess male mortality). Deaths caused by CVDs in relation to all the deaths in the general population in 2010 was 46.0% (in group of women 51.8%; in group of men 40.8%), in 2014 was 45.1% in general (50.3%-women, men-40.3%). CVDs predominate as the cause of death in overall population at the age above 69 years (over 44 years among men and 69 years among women). More often threaten the inhabitants of rural areas than cities - the exceptions are heart attacks. There is considerable intervoivodeship variation and disparities in deaths caused by CVDs, which shows another problem - inequality in health. According to the OECD, Poland is among the countries that have a problem with premature mortality of the population (CVDs for men - 26.3%). Hospital mortality total in Poland already underwent a slight decrease in CVDs in general population: reduction of 6.3% (1980) to 5.2% (2014). Mortality from heart attacks declined steadily in the years 1980-2014 from 22% to 6.3%. The tendency towards lower cardiovascular diseases mortality has been noted. This is hard evidence of significant improvements in efficiency of health care, faster and better diagnosis, better functioning cardiology branch - but also primary care. It is very important to invest in health literacy - only high awareness can improve health, but also - in CVDs - save the life.

Biography

Ewelina Janczewska completed his Bachelor's Degree in Medical Emergency. After that, she obtained Master's Degree in Public Health. She is pursuing PhD in Department of Emergency Medicine - Medical University of Warsaw since 2013. She teaches students the directions of medical and health sciences. She teaches first aid and treatment in sudden cardiac arrest (BLS, ALS). She is the Author of scientific publications; and is actively involved in many international conferences and congresses.

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