



ФОНД ЗА ЗДРАВСТВЕНО
ОСИГУРУВАЊЕ НА МАКЕДОНИЈА
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ANNOUNCEMENT

Preventive appointments at primary healthcare physicians In the first quarter, over 40 000 insureds have been examined



By introducing the preventive targets in primary health care, in the field of general medicine, we are enabling the streamlining and proper utilization of the Fund's assets, as well as improving the quality of health care in the country. Namely, the Health Insurance Fund of Macedonia introduced three objectives as an obligation for the primary healthcare physicians, that is to say, preventive measures for early and timely detection of three most common non-infectious diseases: cardiovascular, renal disease and diabetes mellitus, as well as secondary prevention of possible complications therefrom that must be provided by the physicians.

For this purpose, the primary healthcare physicians should perform preventive examinations of the insureds aged 35 to 56 years old in 2016 and 2017. Target are 664 000 insureds, and in the first quarter of 2016, 40 000 insureds received preventive examinations.

To put it in numbers, of around 40 000 insureds, who visited their primary healthcare physician in the first three months of 2016 and were examined for cardiovascular disease, about 19 000 women and 5 700 men are at low risk. About 10 000 men and 5 000 women have medium risk of cardiovascular disease, and 172 men and 1 woman have high risk of fatal cardiovascular episode in the next ten years. By following the advice of physicians, practicing healthier diet and increased physical activity, and in some cases receiving treatment, fatal cardiovascular outcome (stroke, heart attack, and death caused thereby) will be avoided.

For the purpose of preventing nephrological diseases, 42 066 insureds were examined, and 41 900 persons have low risk of getting a nephrological disease. 166 people have a moderate risk, and there are no persons at high risk. The examinations of primary healthcare physicians for nephrological disease, we found that although our insureds have low risk of a nephrological disease, they must immediately reduce their intake of salt, sugar and fatty foods, since 145 people have blood pressure above 160 and 120, the urine of 1 847 people contained protein, and 28 690 persons have GFR (glomerular filtration rate of the kidneys), which is a worrying condition indicating the beginning of losing the kidney function.

Although they are not currently in the risk category, the reduction of the kidney function GFR is the biggest risk factor for getting a kidney disease and complete loss of the kidney function.



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Concerning the third disease preventively examined by primary healthcare physicians, the following state was revealed, of 39 510 examined, 34 000 persons have low risk of getting diabetes, 5 400 persons have easily elevated level, and 122 people have high risk. An interesting indicator is that 2 911 persons have excessive body mass index, above 30 points (BMI), that is to say, these insureds suffer from obesity. The physicians suspected hidden sugar in 100 persons and referred them for oral glucose tolerance test, and 34 of them were diagnosed with

diabetes, and 21 with pre-diabetic condition.

A characteristic common denominator among these three most common non-infectious diseases is that by reducing the intake of salt, sugar and fatty foods, the risk of these diseases is also reduced. It is not about ordinary cooking salt and sugar we use in coffee or tea, but salt in food, in chips, in salami, sugar in carbonated and non-carbonated soft drinks, alcohol, fat in all forms of our food intake. Reducing the intake of all these things, will reduce the risk of these diseases.

We appeal to the citizens to appear for their scheduled preventive examinations, and to primary healthcare physicians to conduct their job conscientiously and with dedication, and be diligent in conducting the preventive measures and activities. The Fund performs annually controls of the accuracy of performed preventive examinations.

In order to better inform the insureds who already have one of the chronic diseases, the Fund has prepared and printed educational materials - leaflets. This educational material is part of the overall set of measures of the Government for healthcare and prevention of the insureds. In order to make them readily available, the Fund delivered the educational leaflets to the primary healthcare physicians to distribute them to their respective patients. The total number of printed educational materials are 350 000 leaflets, of which 180 000 are targeted at patients with diabetes, 150 000 for patients who are at high risk of cardiovascular diseases, 10 000 are for patients with kidney disease on pre-dialysis, and 5 000 are for dialysis patients and on the benefits of a kidney transplant.

In order to complete the care and informing of insureds, the Fund is implementing an additional project, care for the chronically ill, where teams of Fund employees are calling and reminding the chronically ill patients to perform their regular examinations and follow ups and to follow the advice of physicians in order to prevent deterioration of their health.

We would like to emphasize that so far, the Fund's teams contacted more than 34 600 citizens in order to inform and remind them to observe the guidelines of physicians, and about the importance of regular follow ups and application of prescribed therapy. The citizens' turnout is encouraging because all of them expressed satisfaction that someone has contacted them to inform and remind them of the importance of caring for one's health.