



I want to be healthy

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Rights, Equality and Citizenship
Programme of the European Union



MEDIMURSKA ŽUPANIJA



GRAD ČAKOVEC



ZAVOD ZA JAVNO ZDRAVSTVO
MEDIMURSKE ŽUPANIJE



Crveni krst Srbije
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PRO HEALTH for Roma - Addressing discrimination and improving access to health care for ROMA communities
Funded by the Rights, Equality and Citizenship Programme of the European Union (2014-2020)
and co-funded by the Croatian Government Office for Cooperation with NGOs



I WANT TO BE HEALTHY



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How to access
the right
to healthcare
in the Republic
of Croatia?

Every citizen of the Republic of Croatia has the right to healthcare if he/she registers in a timely manner to the office of Croatian Institute for Health Insurance (Hrvatski zavod za zdravstveno osiguranje – HZZO) in accordance to his/her place of living (address found on the certificate of residence).



IMPORTANT! If you do not report to the HZZO office, you only have the right to emergency aid, which is not recommended because you cannot access all healthcare services that way.

Every citizen of the Republic of Croatia has the right to health insurance:

- if the child is reported to the office of HZZO within **30 days since his/her birth**
- if he/she reports to the office of HZZO within **30 days since turning 18**
- if he/she reports to the office of HZZO within **30 days since terminating employment**
- if he/she reports to the office of HZZO within **90 days since the end of academic year in which he/she finished schooling**
- if he/she reports to the office of HZZO within **30 days since exiting prison**
- if he/she reports to the office of HZZO within **30 days since the death of his/her spouse**
- if the person who **terminated regular schooling (student, pupil) reports to the office of HZZO within 30 days**



Important! If you miss those deadlines, it will be very difficult to regain the right to health insurance! Also, it is important to bring your identification card whenever you visit state offices, as well as the office of HZZO.

Who should you contact in case of loss of the health insurance card? If you lose your health insurance card, you should report that to the office of HZZO.

ADDRESS BOOK:

Croatian Institute for Health Insurance

Regional Office in Čakovec

Address: Eugena Kvaternika 2, 40 000 Čakovec

E-mail: pisarnica-cakovec@hzzo.hr

Phone: 040 372-900

Working hours: every working day
from 8:00 AM until 4:00 PM

Branch Office in Mursko Središće

Address: Josipa Broza Tita 3, 40 315 Mursko Središće

Phone: 040/638-601

Working hours: every working day
from 8:00 AM until 4:00 PM

Branch Office in Prelog

Address: Glavna ulica 35, 40 323 Prelog

Phone: 040/645-285

Working hour: every working day from
8:00 AM until 4:00 PM



If you report to HZZO on time, you will be able to access all rights of an insured person:

a / Examination by a chosen general practitioner, gynecologist, dentist, and paediatrician

Every insured person has the right to choose and be examined by a general practitioner, gynecologist, dentist, or paediatrician immediately after reporting to the office of HZZO. **However, if you do not have a chosen general practitioner, gynecologist, dentist, or paediatrician, it is important to report to a chosen general practitioner, gynecologist, dentist, or paediatrician.** There is an official form that you will receive in the ordination of the chosen doctor. You need to fill and submit the form, as well as present a valid identification card.

In case of elevated temperature, headache, and other aches, first visit or call your chosen doctor. You can only call the emergency aid in case of event when yours or somebody else's life is in danger: accidents with serious injuries, heavy external bleeding, loss of conscience etc.

After the examination, if your chosen doctor thinks that you need certain medication, he/she will „order“ it for you in a pharmacy and you will be able to take it in any pharmacy after presenting the pharmacist with your health insurance card.

Every person that has reported to the HZZO and has his/her doctor also has the right to medication which are on the list of free medication. Some medication isn't covered by mandatory health insurance, and everybody has to pay for them.

You can also order medication that you take daily by calling your doctor and all you have to do is take them from a pharmacy after presenting your health insurance card.

b / Examination by a specialist

If you need an examination by a specialist (for example cardiologist, neurologist etc.), your general practitioner (or gynecologist or paediatrician) will refer you to a health institution where you will make an appointment. The examination is free.

How to make an appointment for an examination by a specialist?

You can make an appointment with a specialist when your doctor says that you need an additional examination, screening, or treatment. Then he/she will give you a **red referral letter** which you should take to the health institution that your doctor suggests. When you arrive in the hospital, search for a counter of the department you were referred to and submit your referral letter there. After that you will get an appointment and your referral letter will be returned to you. On the day of the appointment take your referral letter and health insurance card with you. You can also make an appointment via e-mail or phone.

Good to know! From 1st of October 2020, electronic referral letter system will be launched. Ask your doctor for more information about it.

c / Hospital treatment

You can be referred to a hospital by a general practitioner, gynecologist, dentist, or paediatrician, and you must take it with you on the day of the operation, examination, or treatment.

You can only come to the hospital without referral paper in an emergency situation!





IMPORTANT TO KNOW! After hospital treatment you must report to your general practitioner with a discharge letter, personally or through a family member, but no later than three days after being discharged from the hospital. That way your doctor will be able to give you needed medication or referral letters.

What is additional health insurance?

If you wish, you can pay monthly for additional health insurance which you can arrange in the office of HZZO or in some other insurance office (Wiener, Croatia Insurance...). The price of additional health insurance is around 70 kunas per month. **If you pay for additional health insurance, you have the right to use additional health services for free**, for example you won't have to pay 10 kunas of participation when you visit your doctor, you won't have to pay for surgeries in hospitals, you won't have to pay for some additional medication, screenings etc.



IMPORTANT TO KNOW! If you are a beneficiary of social welfare, you have the right to free of charge additional health insurance. You can access that right through the decision of the Social Welfare Centre, which must be in accordance with the Policy of procedure, conditions, and ways of determining the right to payment of additional health insurance from the state budget.



How to access the right to healthcare in Serbia?



1/ What is healthcare?

After the enforcement of the Law on Healthcare in 2019, it was determined that **every citizen of the Republic of Serbia, as well as foreigner and apatrid who is permanently or temporarily situated in the Republic of Serbia, has the right to healthcare** and the responsibility to guard and better his/her health and the health of other citizens, as well as the conditions of living and working. It was also determined that any person transiting territory of Republic of Serbia has the right to emergency medical aid.

By aforementioned law, **healthcare is defined as a set of organized and all-inclusive social activities undertaken with the aim of enabling the highest possible level of maintenance and improvement of the public health.** Healthcare encompasses enforcement of measures and activities aimed at maintenance and improvement of the health of Serbian citizens, prevention, eradication, and early detection of illnesses, injuries, and other health disorders, as well as timely, effective, and efficient treatment, healthcare, and rehabilitation.



2/ Access to healthcare

Access to healthcare in Serbia is founded on the principle of solidarity in financing and the principle of equality of access to healthcare. Health insurance is paid for by citizens in different amounts, depending on the income, and healthcare is used according to the need. This way allows for **establishment of the principle of solidarity which enables all citizens the right to accessibility and equality in using healthcare, no matter if or how much they pay for health insurance, depending on their income.** For most socially marginalized categories of population, health insurance is paid for from the state budget of Serbia.

3/ Acquisition of the conditions for accessing health insurance

A person may become insured with the date of the emergence of any basis for accessing health insurance. **The Law on Health Insurance has clearly defined who is considered to be eligible for accessing health insurance, e.g.:**

- an employed person,
- beneficiaries of monetary help received on the basis of unemployment,
- temporary or seasonal workers or workers working through service contract or some other contract different from classic work contract,
- pension beneficiaries and other persons determined by the law.

The rights derived from mandatory health insurance are also ensured to family members of insured persons, if they are not insured on other basis. Close family members are considered to be: spouse or extramarital partner, children born in wedlock or outside of wedlock, adopted children, stepchildren and temporarily adopted children.

If a person doesn't meet the conditions for accessing health insurance or acquiring the status of insured person through an insured family member, he/she may also access health insurance in some of cases listed below:

- children until turning 18, and pupils and students until the end of schooling, but no further after turning 26, in accordance to the law;
- people that are planning on having a family, as well as during pregnancy, childbirth, and until 12 months after childbirth;

- people older than 65;
- disabled people whose disability was confirmed in accordance to the law;
- beneficiaries of monetary social aid, or beneficiaries of accommodation in a social welfare institution or in another family, or beneficiaries of special monetary aid for parents, in accordance to the law;
- unemployed people whose monthly income is below income determined in accordance to the law;
- Roma people who do not have permanent or temporary residence in Serbia due to traditional way of life;
- domestic violence victims;
- and other cases determined by the law.

4/ How to apply for health insurance?

- You may apply for health insurance as an employed person or family member of an employed person **by submitting a single application to the Central Register of Mandatory Social Insurance** (short: CROSO): <https://portal.croso.gov.rs/criscr/faces/Login.jsp?v>. **The employer is responsible for submitting a single application to the CROSO portal for the employed person, as well as his/her family members.** A single application must be submitted no later after the beginning of work of the employed person.
- If you are not employed or otherwise eligible for health insurance, you need to contact the Republic Foundation for Health Insurance (RFZO) in order to access the right to health insurance on some other basis listed in part 3. You may apply for insurance **via branch office of RFZO according to your place of residence.**

**Branch Office for Sremski County
headquartered in Sremska Mitrovica**

Svetog Dimitrija 4

22000 Sremska Mitrovica

phone: 022/610-564

fax: 022/610-589

e-mail: sremska.mitrovica@rfzo.rs



5/ Evidence needed for the application for health insurance when the person eligible for health insurance or members of his/her family are not insured due to employment (examples):

- **Children until turning 18, pupils and students until turning 26:**
 - Excerpt from the Register of Births
 - Confirmation of the Ministry of the Interior about reported place of residence or valid identification card – copied or scanned;
 - Confirmation or other type of evidence given out by a reception station or other social welfare institution with evidenced identification data about the person;
 - Confirmation about schooling for persons aged 18-26;

- **Women who are planning for family, pregnant women, mothers until 12 months after childbirth:**
 - Valid identification card – copied or scanned, or confirmation about place of residence given out by the Ministry of the Interior, if they she does not have an identification card;
 - Confirmation given out by a gynecologist in charge of the pregnancy (chosen gynecologist or private practitioner) about the pregnancy, childbirth, or family planning, or an excerpt from the Register of Births used as proof that the child is no older than 12 months;

- **People older than 65:**
 - Valid identification card – copied or scanned, or confirmation about place of residence given out by the Ministry of the Interior, if they she does not have an identification card;
 - Confirmation given out by RF PIO that the person is not a beneficiary of pension in the country or abroad;
 - Verified personal statement about non-possession of income from abroad;
 - Confirmation of the Social Welfare Centre that the person is not a beneficiary of material aid;
 - Evidence about the health insurance of the spouse or extramarital partner.

- **Disabled people whose disability was confirmed in accordance to the law:**
 - Valid identification card – copied or scanned, or confirmation about place of residence given out by the Ministry of the Interior, if they she does not have an identification card;
 - A copy of the decision or confirmation of the institution in charge about physical or mental disability.

- **Unemployed people whose monthly income is below income established by the law:**
 - Valid identification card – copied or scanned, or confirmation

about place of residence given out by the Ministry of the Interior, if they she does not have an identification card;

- Personal statement about family members and income per family member, together with the evidence of income of all family members.

6/ Making of/replacement of the health insurance card

The process of **the making of a new health insurance card or replacement of the old insurance card** can be commenced in the Branch Office of RFZO in Sremska Mitrovica.



**Branch Office for Sremski County headquartered
in Sremska Mitrovica**

Svetog Dimitrija 4, 22000 Sremska Mitrovica

phone: 022/610-564/ fax: 022/610-589

e-mail: sremska.mitrovica@rfzo.rs



If an insured person possesses a health insurance card, it will be valid until he/she receives a new health insurance card. If an insured person does not possess a health insurance card, he will be given a Confirmation which is valid until he/she receives a new health insurance card, but no longer than one month after applying.

Price for making a new health insurance card:

- 400,00 dinars per card if the person receives the health insurance card in the Branch Office in charge, or Branch Office of the Republic Foundation for Health Insurance;
- 481,00 dinars per card, if the person wishes to have the health insurance card delivered via mail to his/her home address.

НАЛОГ ЗА УПЛАТУ	
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сврха уплате Уплата трошкова за издавање здравствене картице	рачуни примаоца 840-742362843-74
прималац Републички фонд за здравствено осигурање	модел и локва на број (одобрење) <input type="text"/> <input type="text"/>

Reference number for the City of Sremska Mirovica: 75-234.



7/ Ways of checking the status of health insurance card verification

On the page of the Republic Foundation for Health Insurance, (link: <https://www.rfzo.rs/index.php/osiguranalica/provera-overe-zdrisp>) it is possible to check:

- the date on which the health insurance card expires;
- the date of annulment of the health insurance card (if it has been annulled);
- as well as information about the Branch Office in charge.



8/ Choosing a doctor

Choosing a general practitioner:

In order to choose a general practitioner you will need a new health insurance card (verified) and your identification card.

You will need to fill a form (Obrazac – Izjava o izboru i promeni izabranog lekara) given out on the information desk in any of the Ambulances in Sremska Mitrovica. You can make an appointment with a chosen doctor by calling any phone number listed below.

**Ambulance of General
Medicine I**

Address: Dr Dušana Popovića
26, Sremska Mitrovica

Phone: 022/615-130;
064/8-770-147

Working hours: Monday-Friday
7:00 AM–8:00 PM

**Ambulance of General
Medicine II**

Address: Petra Preradovića 2,
Sremska Mitrovica

Phone: 022/615-110;
064/8-770-140

Working hours: Monday-Friday
7:00AM–8:00 PM

**Ambulance of General
Medicine III**

Address: Promenada 1,
Sremska Mitrovica

Phone: 022/615-110;
064/8-770-140

Working hours: Monday-Friday
7:00 AM-8:00 PM

On call: Saturday-Sunday
7:00 AM - 8:00 PM

Health Station Laćarak

Address: 1. novembra 239,
22221 Laćarak

Phone: 022/630-130;
064/8-770-120

Working hours: Monday-Friday
7:00 AM-8:00 PM

On call: Saturday
7:00 AM-2:00 PM

**Health Station Mačvanska
Mitrovica**

Address: Mačvanski kej 49,
Mačvanska Mitrovica

Phone: 022/623-338;
064/8-770-133

Working hours: Monday-Friday
7:00 AM-8:00 PM

On call: Saturday
7:00 AM-2:00 PM

Ambulance Jarak

Address: Školska 2, 22426
Jarak

Phone: 022/662-255;
064/8-770-141

Working hours: Monday-
Wednesday-Thursday-Friday
7:00 AM-2:00 PM;

Tuesday 1:00 PM-8:00 PM

You can also choose a general practitioner in other ambulances on the territory of Sremska Mitrovica. A doctor is chosen for a period of one year, and after this period is ended, the contract is automatically prolonged unless the patient insists on changing the chosen doctor.

Choosing a paediatrician:

Parents choose a doctor for a minor. In order to that, an identification card of the parents and the child is needed. The chosen paediatrician will monitor the child since the first day of life until turning overage. You can choose a doctor at any location listed below. You may call for an appointment on any of the phone numbers listed.

Children's Dispensary

Address: Jupiterova bb, 22000

Sremska Mitrovica

Phone: 022/610-222 lokal:104;

064/8-770-118

Working hours: Monday-Friday

7:00 AM-8:00 PM

On call: every other weekend

7:00 AM-8:00 PM

Paediatric Ambulance in Laćarak

Address: 1.Novembra 239,

22221 Laćarak

Phone: 022/671-142;

064/8-770-121

Working hours: Monday-

Tuesday-Thursday-Friday

7:00 AM-2:00 PM,

Wednesday 1:00 PM-8:00 PM



Choosing a gynecologist:

Every woman older than 15 has the right to choose a gynecologist. Chosen gynecologist monitors female reproductive health. You can make an appointment with a chosen doctor by calling any phone number listed below.

Service for female healthcare

Address: Jupiterova bb, 22000 Sremska Mitrovica

Phone: 022/610-222 lokal: 113; 064/8-770-585

Working hours: Monday-Friday 7:00 AM-8:00 PM

On call: every Saturday 7:00 AM-2:00 PM



Upon your first arrival, your gynecologist will open a medical record and you will be able to access health services from your chosen doctor. You can choose a gynecologist by filling and signing a personal statement about choice and/or change of doctor. The validity of this personal statement will be automatically prolonged every year until you request a change of the chosen gynecologist.



Advice
and important
information
about health



There are two important terms connected to health status of a human being:

ILLNESS

Illness is a disorder of normal occurrences in the body. Illness usually decreases the quality of or endangers our life, or leads to death. Aside from its cause and mechanisms, illness has its beginning, duration, and end. The beginning of the illness can be sudden and intense, with pronounced symptoms, and these illnesses are called acute illnesses. It can also be gradual, without sudden symptoms, and long-lasting (even for years), and these illnesses are called chronic illnesses.

HEALTH

„**Health** is a state of complete physical, mental, and social well-being, and not just the absence of illness and exhaustion” speaks clearly about the importance of mental health, alongside physical health.



WHY IS IT IMPORTANT TO BE HEALTHY?

when we are healthy and when we care adequately about our health and the health of our family, we are setting a firm foundation for a good quality of life and for using life's opportunities and chances; there is a well-known saying: „It is better to prevent than to cure” – try to live healthy even before you show signs of illness; we will be able to complete any task more easily if we are physically and mentally healthy.

THIS INFORMATIONAL GUIDE SERVES AS SUPPORT AND HELP IN CARING FOR THE COMMUNITY!

1/ General advice on health

RESPONSIBILITY FOR HEALTH IS ALSO IN OUR HANDS!

- SLEEP FOR 7-8 HOURS PER DAY.
- WALK AT LEAST 30 MINUTES PER DAY AND STAY ACTIVE.
- DRINK AT LEAST 1,5 LITRE OF WATER PER DAY.
- AVOID ALCOHOL AND DRUG CONSUPTION AND SMOKING TOBACCO (it is all risky behavior that harms your health).
- MAINTAIN PERSONAL HYGENE AND HYGENE OF YOUR LIVING SPACE:

- a / Shower every day.
- b / Brush your teeth every morning and before going to bed, and if you can, after every meal. Brush your teeth for at least 2 minutes.
- c / Wash your clothes after wearing it.
- d / Clip your fingernails and toenails regularly.
- e / Cover your nose and mouth when coughing or sneezing. This is very important if you want to prevent the spreading of bacteria and viruses that cause illnesses. Use paper tissues and throw them in the trash bin after use. It is recommended to wash your hands with soap and water after coughing or sneezing.
- f / Never share your razors, towels, eating utensils, or make-up with others.
- g / Throw the garbage in trash bins and containers. This is very important to avoid parasites, as well as spreading of different bacteria and other causes of illnesses.



- **MANY ILLNESSES ARE SPREAD VIA DIRTY HANDS! WASH YOUR HANDS WITH SOAP AND WATER IN SITUATIONS LISTED BELOW:**

- a / after using the toilet;
- b / before, during, and after preparation of meals;
- c / before eating;
- d / before and after caring for an ill person;
- e / after blowing your nose;
- f / after coughing or sneezing;
- g / after touching animals or animal faeces;
- h / after touching objects that are often touched by other people (e.g. handrails, money etc.).

ADVICE WHEN VISITING YOUR DOCTOR

- **Answer your doctor's questions honestly.** Your doctor will not judge you, and in order to be able to treat you properly, he/she needs to know all the facts.
- Do not be ashamed. **Counselling with a doctor is personal and confidential.** Doctors, alike other medical staff, are not allowed to share the information you gave them with others.
- **Tell your doctor about all the difficulties you are dealing with.** Maybe you will think that some of them are unimportant, but any information is important.
- **Notify your doctor if you are allergic** to certain medication or if you ever had an unusual reaction to any medication, food, or other things.
- **You must notify your doctor if you take any medication, if you are suffering from a chronic (long-lasting) illness, or if you were diagnosed earlier with any illnesses or you were hospitalized or had a surgery in the past.**
- **Never share your medication with others.** The doctor has prescribed the medication and its dosage exclusively for you and your health problem.

- **Only take medication at the recommendation of your doctor** and only if it is needed. Medication have side-effects and it can harm your health if you do not take them according to your doctor's prescription.
- **Always take medication according to your doctor's prescription** and take medication until finished, or until you are told to take it, no matter if you feel better. If you do not take full dosage of antibiotics a part of bacteria that caused the illness can survive and you can fall ill again. In that case it will be more difficult to treat the illness, and you may also get unwanted side-effects.

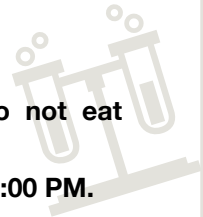
Please let emergency cases, as well as pregnant and nursing women to see the doctor before you while waiting for you appointment.

ADVICE ON LABORATORY TESTS

- Before taking blood samples **it is important to not eat anything for 12 hours.**
- The last meal can be a light dinner, **no later than 7:00 PM.**
- After that, until taking samples, **it is only allowed to drink water.**

INSTRUCTIONS FOR TAKING URINE SAMPLES

- Immediately after waking-up wash your genitals with soap and water.
- Do not wipe yourself with a towel after washing.
- Open a sterile container for samples, and be careful to not lean the lid against any surface. Urinate the middle (strongest) stream of urine in the sterile container.
- **Take the urine sample as soon as possible to the microbiological laboratory.**



2/ Frequent infectious diseases

Common cold and flu

If you have a runny nose while having normal body temperature and you feel heaviness in your head:

- Don't go to the doctor immediately. If it is just a common cold, you will feel better soon and the illness will come to pass on its own. **If you get a fever, or your health status worsens in any way, call you doctor and take his/her advice.**
- **Never take antibiotics without a doctor's receipt.** Antibiotics do not work against viruses!
- Rest and drink a lot of fluids (water, tea). If possible, increase the consumption of fruit and vegetables.

If you are coughing, have a sore throat, runny nose, fever, headache, if you feel general weakness and exhaustion, or difficulty with breathing:

- **Call your doctor and take his/her advice.** He/she will tell you if you need to come for an examination. You can buy medicine for lowering fever, coughing, and sore throat in the pharmacy. If you do not get better, see your doctor.
- Rest and drink a lot of fluids.
- If you do not have nose drops at hand, you can rinse your nose with clean, warm (salty as well) water.

If you have a fever, dense and copious mucus after coughing, difficulty with breathing, swollen tonsils, cough that resembles barking; if you are coughing blood or have lost conscience:

- **Call your doctor immediately!**
- Do not take antibiotics without the recommendation of your doctor.
- Drink a lot of fluids, rest, and if you have a fever, take medication for lowering body temperature and use wet towels (not too cold), or take a shower to lower the fever. You need to also do this procedure with children with fever because **children are especially sensitive to fever.**

Stomach flu

If you have diarrhea or nausea, if you are vomiting or feeling weak:

- If you have more than 5 bowel movements or vomiting per day, and if you also have a fever, seek medical help!
- **If you are vomiting blood or you have bloody diarrhea, seek medical help as soon as possible!** If the illness started suddenly and if a child has a headache alongside vomiting, as well as changes in skin (spots on calves or trunk), immediately seek medical help!
- Replenish the fluids in your body by drinking water and tea (avoid coffee, milk, and juices).
- **Children are very sensitive to fluid loss after vomiting and diarrhea.** Take advice from your doctor on how to replenish the fluids in their body. You can do it by yourself by following the doctor's advice, or you can buy pre-made medication for replenishing fluids in the pharmacy.
- In the beginning eat only soup without fatty substances, rice cooked in salty water with mucus, toast, and salty cracker, bananas and mashed apples left out on the air to become darker. On day two you may eat cooked chicken or fish, cooked pasta and polenta, old bread and apple compot.

- Avoid eating fresh fruit, vegetables with a lot of pesticides, beans and peas, cake and other candies, fatty meat, spicy food; do not pour sauce over meat or pasta, and avoid fried food.
- Eat and drink in small quantities many times a day.
- Rest and wash your hands regularly.

Head lice

Head lice are harmless parasites because they do not transmit any diseases. They live predominantly on the scalp of humans, and they present most often in pre-school and school children and their close contacts. It is widespread around the world, and it happens in rich, as well as poor areas.

Head lice are transmitted:

- by direct contact head-to-head with a person who has head lice and by using the same combs, brushes, hairpins, hats, headscarves, caps, towels, pillows etc. Head lice do not jump from human to human.

When to suspect head lice:

- If there is persistent itching on the head, or if there are infected small injuries on the scalp.
- If we notice head lice by careful examination of the scalp (the parasite is greyish-brown and 2-3mm long) which are moving fast, or we find nits – the eggs of head lice which are white and glued to the hair. They are most often found on the hindhead and behind the ears. Unlike dandruff, nits are difficult to remove.

How to get rid of head lice:

- Great persistence is needed for getting rid of head lice. There are several medical products (mostly shampoos) on the market, and you have to buy them in a pharmacy and read the instructions before using the products.

- Wash the hair with anti-lice shampoo, and comb the hair with a toothcomb dipped in a solution of vinegar or lemon and water, and you can additionally take off the nits by hand. The process of washing the hair during the first week needs to be repeated twice, and after that once per week as long as there are no living lice or nits on the scalp. After that, the scalp should be examined once per week. The procedure needs to be done to all family members.
- Wash the sheets, clothes, scarves, caps, brushes, and combs (on the temperature higher than 60 degrees Celsius) and vacuum all the carpets.

Lice can appear rarely on the body and genitals, and you will recognize it by feeling itchy (sometimes there is a rash as well) on the body parts affected by lice. The itching gets worse at night. In that case:

- Seek medical help!
- Avoid touching members of the household and other people in order to avoid spreading of the disease.
- Avoid sharing your clothes, towels, and sheets with others.
- Wash all clothes and sheets well and let it dry in the sun.
- Avoid scratching because the rash could get infected.

Varicella

Varicella is a very common childhood infectious disease caused by the virus Varicella-Zoster. The disease is very infectious and it is transmitted via direct contact, air, and droplets. **About two weeks after exposure, the infected person will show following symptoms:**

- exhaustion and fever;
- headache;
- runny nose;
- body rash.

The rash presents itself at first on the trunk and face, and then it spreads to the rest of the body. In the beginning it looks like small red spots (pimples) which soon turn to boils.

Using aspirin in children during a viral disease, especially varicella, is connected to the risk of developing Reye's syndrome, a potentially deadly illness. Therefore do not use aspirin for lowering fever in children younger than 12, and rather use paracetamol or some other medication recommended to you by your doctor or pharmacist.

Symptoms are usually mild in children. Complications such as bacterial skin infections, pneumonia, ecephalitis (brain infection) etc., are much more frequent in adults.

Isolation of the patient is necessary until ALL boils turn to scabs. During that time resting is recommended. Scabs are not infectious in varicella. Hospitalization may be necessary in more serious cases.

Vaccination is the best way to prevent this disease. Vaccination of all children older than 12 months is recommended if they haven't already had varicella.

Other infectious diseases

If you notice that your skin or eyes have gone yellow and/or you have a stomachache, seek medical help immediately!

If you have been coughing for a long time, coughing blood, having chest pain and/or fever, having night sweats, if you have been tired and lost weight against your will, seek medical help immediately!

3/ Chronic illnesses and other health problems

Diabetes (sugar sickness)

If you have diabetes, it would be good if:

- you follow your doctor's recommendations about adequate diet and if you avoid eating a lot of sweets, bread, pasta, fatty food etc.;
- drink enough fluids, especially water;
- you keep active, exercise and/or walk at least 30 minutes a day;
- you lose weight if you are overweight or obese;
- you do regular check-ups at your doctor's and follow advice on how to eat adequately, on regular physical activity, and recommendations about taking medication and controlling blood sugar levels.



High cholesterol/triglycerides/blood fatty acids

If you have high cholesterol/triglycerides/blood fatty acids, it would be good if:

- you avoid fried food, hard cheese and full-fat milk, sauces, margarine, egg yolk, cookies, cake, pies, bread, pasta made of white flour, fatty meat, especially fatty pork and beef, and sausages and other meat products;
- you eat more fruit, vegetables, fish, and lowfat meat (chicken, turkey, rabbit meat etc.);
- you walk, exercise, and keep active at least 30 minutes a day;
- you lose weight if you are overweight or obese;
- you do regular check-ups at your doctor's and follow advice on how to eat adequately, on regular physical activity, and recommendation about taking medication.

High blood pressure

If you have been diagnosed with high blood pressure, it would be good if:

- you avoid food rich with salt and if you don't put additional salt in your food;
- you stop smoking;
- you lose weight if you are overweight or obese;
- you avoid delicatessen, salty bakery goods, salty snacks, fast food such as hamburgers, pizzas etc., pre-made soups, sour processed salad, hard and smoked cheese, fatty meats, especially fatty pork and beef, and sausages and other meat products;
- you keep active, exercise and/or walk for at least 30 minutes a day if you are an adult;
- you avoid alcoholic beverages;
- you check your blood pressure at home and visit your doctor if it is too high.

Injuries and wounds

If you have an injury/cut or you have been injured in another way:

- If the injury is bleeding, press it with sterile gauze or other clean cloth for 10-15 minutes and try to keep that area clean. After the bleeding has stopped put a bandage in place.
- If the bleeding hasn't stopped, seek medical help!

Also seek medical help if:

- You think that there are left-over particles of dirt or glass in the wound, and if the wound isn't healing and is deep.
- The wound is inflicted by a dirty or metal object.
- If the wound was inflicted by a dog bite, cat bite, or a bite of another animal, it is needed to immediately wash the wound with soap and water under a stream of water in order to remove the saliva and secrete of the animal. The doctor will take care of the wound, and if needed you will receive a vaccination for tetanus and you will be prescribed an antibiotic therapy. You will also be referred to an antirabic ambulance to determine if you need to be vaccinated for rabies.



4/ Mental health and addiction

Mental health

There is a well-known saying – „Healthy body – healthy spirit” – which speaks about the importance of both physical and mental health. Mental health is an important part of general health of any individual.

A person who is in good mental health is satisfied, positive, accepting of other people, capable of creating and maintaining good relations with other people, productive at work place, and handles life misfortunes and stress well.

Unlike such people, people who have mental health issues are often scared, desperate, upset, troubled by insomnia and loss of interest in everyday life. They are sad, anxious, irritable, less capable of taking care of their close ones, as well as performing their work duties. People with mental health issues may develop addiction to medication, alcohol, and other psychoactive substances (drugs). Signs that point to serious mental health disorders and definitely call for a treatment are ideas of prosecution, loss of contact with reality, hallucinations, hearing voices, self-harm, suicidal thoughts, suicide attempt.

Mental health issues can emerge at any age, even in childhood. The signs can be different, depending on the age of the child and the type of mental issues:

- changed behavior, return to patterns of behavior of a younger child, the child is wetting his/her bed again, thumb sucking, babbling like a baby, refusal to be parted from the parents;
- crying, refusing to talk and communicate in other ways, overt shyness;
- sleep problems, difficulty falling asleep, nightmares and night terrors;
- eating disorders (refusal of food or overeating, purging, laxative misuse,

- excessive exercising);
- frequent headaches and stomachaches;
- difficulty concentrating and paying attention, learning difficulties, restlessness, impulsiveness;
- retreating from the company of peers;
- aggressive behavior, unprovoked anger, defiance, irritability;
- statements that refer to thinking about suicide;
- taking addictive substances etc.

If you notice that you or somebody close to you has mental health issues, speak to your chosen general practitioner, and if the child has mental health issues, speak to a chosen paediatrician or school doctor who will refer you to a mental health specialist (psychologist, psychiatrist) if needed.



IMPORTANT TO KNOW!

In the Republic of Croatia, you can contact experts in the Department for the Protection of Mental Health, Prevention and Outpatient Treatment for Addiction Issues in the Public Health Institute of Međimurska County directly without a referral letter.

In the Republic of Serbia, prevention of mental health issues is organized at the level of Health Centres (primary healthcare), while hospitals are in charge of the treatment. When you first notice aforementioned symptoms, it is important to speak to a chosen doctor in the Health Centre. Depending on his/her assessment, the doctor will refer you to see a specialist in the General Hospital in Sremska Mitrovica – Psychiatric Ambulance, Stari šor 65, 22 000 Sremska Mitrovica.

ADDICTIONS

Addiction is a state in which we cannot function without something. There is an irresistible need to consume some substance or to continue some habit. Addicts say that the effect these substances or habits have on them are responsible for that need, but also the fear of going through withdrawal symptoms in the phase when they miss whatever they need.

Signs of addiction:

- Addicts need more and more of the substance and they use more and more money to obtain it.
- When they are left without the substance they are addicted to, addicts go through uncomfortable signs of withdrawal crisis: sweating, shivering, muscle pain, nausea, vomiting, headache, stomachache etc. Those symptoms are often very painful and difficult to deal with, and they force addicts to break the promise they gave to themselves and others and to keep consuming the substance.
- Addicts are taking the substance for a long time and they keep increasing the amount despite attempts to reduce the quantity and frequency of consuming the substance.
- They dedicate most of their time and thinking to the purchase and consumption of the drug, while they fail at work and in family matters.
- They lose interest for socializing with close people if they are outside of addict social circle, as well as for previous hobbies and activities that aren't connected to consuming the substance.
- They keep consuming the substance or continue a bad habit even if they are aware that this is dangerous for their health and distract them from functioning at work or at home.





DO NOT FORGET!

Alcohol is also a psychoactive substance that can cause addiction. Nicotine in cigarettes also causes addiction!

A person can become addicted to the internet, playing video games, betting, and gambling!

a/ Smoking

Tobacco smoke contains over 7000 different chemicals, and the most well-known is nicotine which causes addiction and many other health issues.

Smoking is the main risk factor for many illnesses that kill around 10% of the world population prematurely:

- Respiratory illnesses (chronic bronchitis, chronic obstructive pulmonary disease)
- Heart and vessel diseases (heart attack, stroke, gangrene)
- Malignant diseases (lung cancer, oral cancer, throat cancer, stomach cancer, pancreas cancer, bladder cancer, kidney cancer...). It was proven for around 70 ingredients of tobacco smoke that they cause cancer.
- It is especially harmful to smoke during pregnancy: pregnant women that smoke often give birth to children with lower weight at birth
- Tobacco smoke is also harmful for non-smokers that live in the area where people smoke (passive smoking). Passive smoking in toddlers and young children may lead to many respiratory issues. It is considered that around 65 000 of children die because of diseases that are a result of exposure to tobacco smoke,

Experts have assessed that in Croatia around 10 000 people per year die as a consequence of diseases connected to smoking, which is almost 1 person among 5 deceased persons.

If you are a smoker, rethink it and make the right decision – **stop smoking**. In order to make it easier for yourself to do that, seek help from experts. Take advice from your general practitioner who will give you instructions or connect you to another specialist on this topic.

b) Alcohol

Alcohol is the oldest and most wide-spread vice of addiction in this area. Frequent consumption of alcoholic beverages can lead to addiction, disease, and even death. We consider people addicted to alcohol when they show following symptoms:

- Insatiable need to drink alcoholic beverages
- Loss of control over drinking, inability to stop drinking once started
- Higher tolerance levels – a need to drink larger quantities of alcohol
- Neglecting everyday duties, family, friends, work
- Signs of physical dependence (withdrawal crisis when the person stops drinking – shaky hands, sweating, nausea, feeling weak, headache etc.)
- Continuing to drink despite knowing that it is harmful for them

Alcohol is very harmful to health. It harms:

- the nervous system (symptoms include changes in behavior, mental and moral degradation, balance and walking disorders),
- the digestive system (liver cirrhosis, pancreas disease, gastritis, stomach ulcer, digestive system cancer),
- the cardiovascular system (heart attack and stroke),
- the reproductive system (impotence, infertility, pregnancy anomalies),
- mental health.

Alcohol is also a frequent cause of the deaths of young people:

- in traffic accidents;
- because they hurt themselves on purpose or not, or commit suicide while intoxicated;
- because they can become victims of an attack by an intoxicated person;

If you notice alcohol addiction in yourself or somebody you know, seek medical help. Talk to your chosen general practitioner and he will eventually refer you to a specialist.

c) Drugs

A drug is any substance that leads to physical or mental changes upon being ingested. Narcotic drugs are those drugs that affect the brain processes and alter thoughts, feelings, and behavior of the consumer.

There are many types of drugs that work in different ways, but there is **CERTAINLY NO HARMLESS DRUG.**

Marijuana obstructs the brain processes, disturbs the balancing of movements, feeling of balance, obstructs reactivity, and changes perception of time (ATHLETES AND DRIVERS, BE CAREFUL!!!). It is harmful for lungs just as much as tobacco. It causes difficulties with short-term memory and learning, and in some people it also causes panic attacks and anxiety. IT CAN BE THE FIRST STEP TOWARDS OTHER DRUGS.

Ecstasy can be a real murderer. It can cause dangerous loss of fluids and exhaustion, and long-term it can also damage the liver and the brain. It causes insomnia, exhaustion, anxiety, and it is also possible to lose touch with reality. It increases the risk of trying other drugs.

LSD is a drug that significantly damages brain function, increases the risk of developing mental health disorders, increases the risk of accidents and significantly increases the risk of trying other drugs.

Cocaine causes physical and psychological addiction, damages the body, and increases the risk of hepatitis and HIV infection. There have been cases where cocaine users died due to heart failure or brain hemorrhage.

Heroin causes heavy physical and psychological addiction, damages mental and physical health, increases the risk of hepatitis and HIV infection and the risk of chronic diseases of the liver, kidneys, and lungs. There is a high risk of dying of an overdose or because of using dirty needles/substance.

New drugs are synthetic chemical substances that imitate the effect of traditional drugs. They are easily accessible, and the youth are unaware of their harmful effects, even though there have been cases of death due to poisoning by „new drugs”. They exist on the market under different names, and in our area the most commonly used are synthetic cannabinoids that the users call „galaxy”.

MESSAGES FOR PARENTS:

Changed behavior of the child is the most evident sign of drug experimentation or addiction. Symptoms are as following:

- Avoiding conversation and contact with parents and other family members, pulling away from others, hiding things, messages, and turning off computer screen when somebody enters the room
- Frequent inexplicable mood changes (aggressive, irritable behavior, unprovoked anger etc.)
- Problems in school that didn't exist previously – bad academic success, missing class, warnings from the school because of behavioral and learning difficulties
- Loss of interest for former company and activities, socializing with people prone to risky behavior
- Coming home drunk

- Neglecting personal hygiene
- Frequent lying, justifying not having done their duties, asking for a bigger allowance, borrowing or stealing money from parents, brothers, sisters, relatives, friends
- Missing money or other valuable things from the house, issues with the police etc.

Especially watch for:

- red, tearful eyes, dilated or constricted pupils, yellow fingers and nails
- frequent dizziness, looking intoxicated, difficulty walking, bad movement coordination, looking drunk, headaches, nausea and vomiting, rapid heartbeats, pressure and chest pain, shaky hands, sudden exhaustion

Do not tolerate experimentation. Seek help, talk to experts. Show your parental love and care in a good way.

Adress book:

Croatia:

Department for the Protection of Mental Health, Prevention and Outpatient Treatment for Addiction Issues
Public Health Institute in Međimurska County
Phone: 040/ 314 400
www.zzjz-ck.hr

Serbia:

SCHOOL DISPENSORY
Counselling Centre for the Youth
Address: Jupiterova bb, 22000 Sremska Mitrovica
Phone: 022/610-222 lokal: 105
Working hours: Monday-Friday 7:00 AM-8:00 PM



5/ Reproductive health

Sexuality is a part of being a human being throughout the life. There are a lot of topics connected to reproductive/sexual health: choosing the right birth control, preventing and treating sexually transmitted infections, emergency situations such as sexual harrassment or sexual abuse, questions about unwanted pregnancy, questions of pregnancy in minors etc. All these topics are equally important for both men and women and they are important at every age. **You shouldn't feel shamed to ask questions about reproductive health.** Contact your chosen doctor or gynecologist, and school children and the youth can also speak to their school doctor. It's important that all women undertake gynecological examinations regularly, and it's especially important while pregnant. Another important question is the question of gender and sexual equality. **Sexual orientation is a choice of every individual, and any type of discrimination because of a person's gender, sex, or sexual orientation is forbidden and punishable by law.**

Gynecological examination

Women are recommended to undertake a gynecological examination once per year, unless the gynecologists suggests something different. Seeing a gynecologist is a chance to take advice on all questions related to reproductive health, and especially about birth control and protection against sexually transmitted infections. It is common to do a pap smear once per year, and it is used to detect cervical cancer.

If you feel itching, burning, pain, or foul smell of the genitals, you should:

- visit your doctor – in most cases you will need treatment;
- wash and dry the affected area at least twice per day;
- change underwear frequently (let it be cotton if possible);
- not wear tight trousers or tight underwear;
- avoid sex while you have these symptoms;
- notify your sexual partner about aforementioned symptoms because both partners will need treatment.

Birth control

Birth control includes all methods that prevent pregnancy. Here are some: condoms, contraceptive pills, rings, spirals etc. Women decide which birth control they want to use in an arrangement with their partners or on their own.

Condom (male or female) is the only birth control that also protects against sexually transmitted infections. If you use the spiral or some other form of birth control, it's important to also use a condom in order to prevent sexually transmitted infections. If you have a permanent partner and you are faithful to him/her, and you are sure that he/she is also faithful to you, and if you want to stop using condoms, talk to your gynecologist so you will be able to choose another type of birth control.

Emergency birth control

If you had unprotected sex or you had a condom break or slide off, you can use emergency birth control in order to avoid unwanted pregnancy. „The morning after pill” is effective if taken up until 5 days after unprotected sex, but the sooner it is taken, the more effective it will be. You can buy the pill in any pharmacy without a doctor's receipt. **However, emergency birth control is not a regular contraceptive method, so it is important to use other birth control.**



Sexually transmitted infections

Sexually transmitted infections (STIs) are transmitted by vaginal, oral, or anal sex. The most common STIs are gonorrhea, syphilis, hepatitis B, genital herpes, and HPV.

There are a few ways of preventing and treating STIs:

- Protect yourself and your partner by wearing a condom every time you have sex.
- Condom is the only contraceptive method that protects you from STIs
- **Contact your doctor when you think you were exposed to risk of getting an STI** and avoid frequent changes of sexual partners.
- **Warn your partner if you know that you have an STI.**
- If you notice burning, itching, foul smell, genital discharge, talk to your doctor. React even at mild symptoms, and use protection regularly because many STIs, like chlamydia in women and men, **do not cause any evident issues.**
- If you have any doubts, talk to your doctor because **delaying treatment can lead to complications and unwanted consequences** (cancer, infertility etc.).
- There are **vaccines** available for some STIs: hepatitis B and HPV.

HIV/AIDS

HIV is an STI that reduces the body's immunity and because of this it cannot fight off any diseases. When HIV enters the body, the person becomes HIV positive. In the beginning there are no signs that HIV is in our bodies, but if we are infected, we can transmit it to other people. After the virus destroys body's capability to fight off disease, we start to show signs of AIDS and we become very susceptible to different infections and diseases.

How is HIV transmitted? HIV is transmitted via blood, sperm, vaginal discharge, and from an infected mother to the child during childbirth, and more rarely in pregnancy and through breastfeeding. HIV is most often transmitted through sex. This is why it is important to use condom every time we have sex because we cannot know if the other person is infected or not. There are 2 types of condoms: male condom (external) and female condom (internal).

HIV is not transmitted through sweat, tears, urine, hand-shaking, kissing, touching surfaces in public spaces or by touching personal items such as sunglasses etc., as well as through insect bites.

Test for HIV/AIDS

If you are in a long-term relationship and you want to stop using condoms, it's important to get yourself and your partner tested. If the tests are negative, and if you didn't have unprotected sex during the last 7 weeks with someone who might be infected, you do not have HIV/AIDS. In that case, you may stop using condoms without any risk for you or your partner.

Sexual abuse and/or harrassment

If somebody is forcing you to have sex or keeps talking you into having sex, you can report him/her. In the case of sexual attack or rape, call the police and report the event. The police's duty is to start a procedure. The police will take you to be examined by a doctor in that case in order to prevent or treat possible STIs which you may have gotten as a result of having been raped, as well as to get support to be able to deal with the trauma more easily.

Pregnancy

It is necessary to undertake the first examination in pregnancy as soon as possible, and no later than after 8 weeks in healthy pregnant women.

In high-risk pregnancies the first examination is recommended no later than after 6 weeks. In healthy pregnant women, examinations are done:

- Since the 28th until 36th week every three weeks, and after that every week until childbirth.
- After the 38th week every week until childbirth, or the 40th week of pregnancy.

After 40 weeks of pregnancy a woman should be examined every two days.

Pregnant women that do not give birth until the 41st week of pregnancy are examined every day until childbirth.

A pregnant woman with normal pregnancy can prolong pregnancy until 10 days after the predicted day of childbirth without any danger for the child. Examinations are free of charge and important to maintain the health of mother and child.

The child's father can be present during health examinations during pregnancy, as well as during childbirth.

If a pregnant woman notices any of these signs, **she must go to the hospital as soon as possible:**

- **Bleeding**, even if very slight
- **Her water broke** or she suspects that it has broken
- She feels **pain in the lower back or lower abdomen** that do not stop after half an hour of resting.
- **The child has stopped moving, or moves more rarely than before.** First movement of the child should be felt in the 5th month of pregnancy.
- Her body temperature is **higher than 37,5 °C.**

- **Headache that doesn't stop** after taking a pain killer
- Swelling of the legs and feet.

For all other health issues, e.g. if you feel nausea, dizziness, burning during urination or you feel weak, talk to your doctors.

Advice for new-borns and children younger than 12 months of age

- If the child is suffering from any issue, such as fever, coughing, diarrhea, vomiting, absence of bowel movements or urination longer than one day, refusal of food, sleepiness, long-term apathy towards playing, this is a sign to ask for medical attention immediately! If the doctor isn't available, you should take your child to the emergency room.
- Breastfeeding reduces the probability that the child will become ill. It also strengthens the bond between mother and child.

Infertility

Infertility is an inability to achieve pregnancy. Seek medical help if you have been trying to get pregnant without success longer than one year. If you are older than 35, seek help after 6 months. Help is also needed for women who become pregnant, but they have a history of spontaneous miscarriages. Today infertility is successfully treated just as many other problems, and you need to speak to your gynecologist for recommendations and advice.



Right to voluntary termination of pregnancy (VTP)

CROATIA

If you don't want to continue the pregnancy, you can voluntarily terminate the pregnancy (abortion). In the Republic of Croatia the right to abortion is a woman's human right, but you need to pay for it (around 2000 kunas). Consult your doctor to find out about different options available.

SERBIA

In the Republic of Serbia, termination of pregnancy can only be done at request of a pregnant woman. For termination of pregnancy in a person younger than 16, a written consent of the parents or carers is also needed.

If the consent cannot be obtained from parents or carers because of their unavailability, it is necessary to get the consent of the Social Welfare Centre. Termination of pregnancy cannot be done if it would endanger a woman's health or life.

According to the Law on the Procedure of Pregnancy Termination in a Health Facility, **termination of pregnancy can be done at a pregnant woman's request until the 10th week of pregnancy, without listing reasons for termination of pregnancy.**

In special cases, termination of pregnancy can be done after the 10th week of pregnancy:

1. when there are medical indications that there is no other way to save a woman's life or remove serious harm to a woman's health;
2. when it can be expected that the child will be born with profound physical or mental difficulties, according to scientific and medical knowledge;

3. when conception was a result of a crime (rape, sexual intercourse with a person unable to defend him/herself, sexual intercourse with a minor, sexual intercourse through misuse of social status, grooming and incest)

Termination of pregnancy **until the 10th week of pregnancy** can be performed in a Health Centre, or an ambulance of a specialist in gynecology and obstetrics.

Termination of pregnancy **until the 20th week of pregnancy** is performed in a health institution that has a hospital unit in gynecology and obstetrics, an operating room, and a service for blood transfusion.

Termination of pregnancy **after the 20th week of pregnancy** is performed in: a clinic, institute, clinical-hospital centre, or clinical centre.



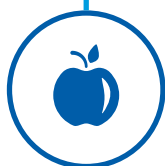
6/ Prevention and early detection of cancer

Cancer is a disease caused by the uncontrolled growth of body cells which start to form a tumor that can spread to different body parts. It is most frequently seen in middle-aged and older people, even though cellular changes that cause cancer appear much sooner. This is why cancer prevention is important at any age, and it is also important to detect the disease as soon as possible, when symptoms of the disease are not present yet, because the chances for full rehabilitation are the highest in that case. Men most frequently get lung cancer, prostate cancer, and bowel cancer, while women most often get breast cancer, bowel cancer, and cervical cancer.



IMPORTANT TO KNOW!

In order to minimize mortality of most prevalent types of cancer, National Programs for Early Cancer Detection are being enforced in the Republic of Croatia and Republic of Serbia. Therefore we invite you to respond to invitations to participate in these programs because they might save your life! You can find out more about this from your doctor.



HOW TO REDUCE THE PROBABILITY OF GETTING CANCER?

In the end we would like to point out everything that you can do for yourself and your family in order to reduce the risk of getting cancer:

1. Do not smoke and do not allow smoking in your home. Smoking, as a singular risk factor, is responsible for every third case of cancer and it has been proven that 80-85% of cases of lung cancer is a result of smoking. Aside from lung cancer, smoking is responsible for oral cancer, throat cancer, and it is an additional risk factor for developing bladder cancer, kidney cancer, pancreas cancer, and cervical cancer.
2. Maintain healthy weight. Being overweight and obese increases risk of developing cervical cancer, bowel cancer, breast cancer (in women experiencing menopause) and prostate cancer in men. More than 1/3 of all cases of cancer is a consequence of obesity, inadequate diet, and physical inactivity. Almost 1/5 of adult population in Serbia is obese.
3. Be physically active in everyday life. Limit time spent sitting. **Physical activity and balanced diet are ways to prevent** bowel cancer, breast cancer, and prostate cancer.
4. Eat healthy:
 - Eat plenty of whole grains, legumes, vegetables, and fruit.
 - Reduce the amount of sugary foods, fatty foods, and avoid sugary drinks.
 - Avoid delicatessen, limit the intake of red meat and salty food.
5. If you consume alcohol of any kind, be moderate. **Consuming alcohol increases your chances of developing** oral cancer,

throat cancer, breast cancer, bowel cancer, and liver cancer. People who drink one litre of wine or two litres of beer per day have four or six times higher risk of developing cancer of the digestive organs compared to people who consume alcohol sometimes or never.

6. Avoid overexposure to sun between 10 AM and 4 PM, especially in children. **Every overexposure to sunlight or artificial sources of light**, such as solariums, increases your risk of getting all kinds of skin cancer. Use sun protection (creams and oils with an SPF factor, hats).
7. Follow health and safety instructions at work place in order to protect yourself from substances that cause cancer.
8. For women:
 - Breastfeeding reduces risk of developing cancer in mothers. If you can, breastfeed your child.
 - Hormonal replacement therapy increases your risk of getting certain types of cancer. Limit the duration of hormonal replacement therapy.
9. Include your children in the vaccination program for:
 - hepatitis B (for new-borns)
 - humane papiloma virus (HPV) (for girls)
 - **Every tenth case of cancer is a consequence of a viral infection** (humane papiloma viruses (HPV) – responsible for development of cervical cancer, some retroviruses, hepatitis B and hepatitis C – responsible for development of liver cancer, bacteria *Helicobacter pylori* – responsible for stomach cancer etc.)
10. Become a part of organized programs for early cancer detection!



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