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Irazusta Asitazarán, Amaia (UPV/EHU. E.U de Enfermería. Dpto. de Enfermería I. Sarriena, s/n. 48940 Leioa); **Hoyos Cillero, Itziar; Díaz Ereño, Elena; Irazusta Astiazaran, Jon; Gil Goikouria, Javier** (UPV/EHU. Fac. de Medicina y Odontología. Dpto. de Fisiología. Sarriena, s/n. 48940 Leioa); **Gil Orozko, Susana** (UPV/EHU. Fac. de CC. de la Actividad Física y el Deporte. Dpto. de Educación Física y Deportiva. Portal de Lasarte s/n. 01007 Vitoria-Gasteiz): **Alimentación de estudiantes universitarios** (Nutrition of university students) (Orig. es)

In: *Osasunaz*. 8, 7-18

Abstract: The objective of the study is to get to know the nutritional habits of students in the University of the Basque Country (UPV/EHU) by means of dietetical and anthropometrical. Among the data obtained, especially noteworthy is the high incidence of overweight (25%) as well as the lack of balance in macronutrient contribution with respect to a balanced diet. Diets followed show a low carbohydrate intake and a high lipid and protein intake.

Key Words: Nutrition. Nourishment. University Students.

Ojanguren Ulacia, Juan Antonio (Centro de Salud "Alde Zaharra". Esterlines, 12. 20003 Donostia): **Gizarte larrialdia ezagutzaren gizartean** (Social emergency in the society of knowledge) (Orig. eu)

In: *Osasunaz*. 8, 21-51

Abstract: On the 21st century knowledge-society, new indicators have emerged. These indicators have repercussions on health-systems. As a result, sanitary requests and costs have increased, as well as chronic diseases' prevalence. The C.R.E.A. project appears under these circumstances. This is a standardized methodology which aim is to resolve medical and social emergencies through lateral-intelligence strategies, put into practice by health professionals.

Key Words: Social emergency. Lateral Intelligence. Knowledge-society.

Zubillaga, Elena; Azkune, Arkaitz; Oruesagasti, Jaione; Benavente, Jasone; Sánchez, Eloy; Zamarreño, Iñigo; Sarasqueta, Cristina; Maiz, Aranzazu; Bustindui, M^a Jesús; Vivanco, Javier; Zubillaga, Gabriel (Donostia Ospitalea. Neumología eta barne medikuntza zerbitzuak. Begiristain Doktoarearen Pasealekua, 107-115. 20014 Donostia): **Biriketako gaixotasun butxatzaile kronikoa barne medikuntzan edo pneumologian** (Chronic obstructive lung illness in internal or respiratory medicine) (Orig. eu)

In: *Osasunaz*. 8, 53-65

Abstract: In 2005 in the Hospital of San Sebastian, in Internal Medicine, the patients with chronic obstructive pulmonary disease (COPD) were elderly, there were more women among them, comorbidity was higher and the mortality rate was also higher. The Pneumology practitioners fulfilled the Clinical Guides better when discharging patients. There was room for improvement in the quality of both services.

Key Words: COPD. Quality improvement. Internal Medicine. Pneumology. Fulfilment of the Clinical Guides.

Zubia Olaskoaga, Felix; Cabarcos Gravalos, Edurne; González Gómez, Nagore (Donostia Ospitalea. Neumología eta barne medikuntza zerbitzuak. Begiristain Doktoarearen Pasealekua, 107-115. 20014 Donostia): **Miokardioko infartu akutua Gipuzkoan** (Acute myocardial infarctions in Gipuzkoa) (Orig. eu)

In: *Osasunaz*. 8, 67-84

Abstract: In this work it is our intention to get to know the characteristics of acute myocardial infarction in Gipuzkoa, by means of the study of the characteristics of patients interned in the Intensive Care Unit in the Hospital of San Sebastian. Its risk, clinical, treatment and evolution factors have been brought together in this work, and research has been made on the differences between men and women. Women who have suffered acute myocardial infarction are older than the men who have gone through the same experience, and amongst the women the cardiac insufficiency and mortality rates are higher.

Key Words: Acute myocardial infarction (AMI). Revascularisation. Mortality.

Sanjurjo Crespo, Pablo (Hospital de Cruces. Unidad de Enfermedades Metabólicas. Plaza de Cruces, s/n. 48903 Barakaldo): **Colesterol y prevención de la enfermedad cardiovascular desde la edad pediátrica** (Cholesterol and prevention of cardiovascular illness as from a paediatric age) (Orig. es)

In: *Osasunaz*. 8, 89-103

Abstract: Cholesterol is not the only factor, that is a relevant factor of risk in the development of cardiovascular ailments as from childhood (PECVI). The most important grounds for interest of PECVI are: 1- that demonstrated presence of artery histological injury as from the 3rd – 5th year of life 2- the relation thereof with the presence of one or more of factors of risk and 3- that the majority of risk factors are at present as from childhood and projected towards adult life.

Key Words: Cholesterol. Risk factors. Prevention of Cardiovascular Ailments.

Alustiza Martínez, Elena (Centro de Salud de Zestoa y Getaria. Casa del Mar. Puerto. 20808 Getaria): **La obesidad, una epidemia emergente, prevención y tratamiento desde la infancia** (Obesity, an emerging epidemic, prevention and treatment as from childhood) (Orig. es)

In: *Osasunaz.* 8, 105-117

Abstract: Obesity is a frequent illness that is serious, difficult to cure and that affects the whole of society. It is a first-category challenge for public health and all entities related with health matters should play a relevant role both in terms of prevention and treatment and in awareness-raising in society. It is necessary to join forces from institutions, schools, the media, etc. in order to manage to put a brake on this emerging epidemic.

Key Words: Obesity. Prevention. Treatment. Child.

Arroyo, Marta; Ansotegui, Laura; Rocandio, Ana M^a (UPV/EHU. Fac. de Farmacia. Dpto. de Nutrición y Bromatología. P^o de la Universidad, 7. 01006 Vitoria-Gasteiz); **Cabria, Ana** (Hospital García Orcoyen. Servicio de Pediatría. Santa Soria, 22 - planta baja. 31200 Estella): **Sobrepeso, obesidad y bajo peso en niños tratados por el Servicio de Urgencias de Pediatría** (Overweight, obesity and underweight in children treated by the Paediatric Emergency Service) (Orig. es)

In: *Osasunaz.* 8, 119-126

Abstract: This work contains a transversal study on 235 children aged between 2 y 14.9 years old. 6% of the total sample were underweight, and 17% were overweight suffered from obesity. We therefore conclude that the paediatrics services should have a more active role in the control and prevention of alterations of the nutritional state.

Key Words: Children. Body mass index. Underweight. Overweight. Obesity. Prevalence. Estella.

Iturrioz Mata, Ainhoa (Centro de Salud Egia. Tejeria, 2. 20012 Donostia); **Gorrotxategi Gorrotxategi, Pedro** (Centro de Salud Beraun. Avda. de Galtzaraborda, s/n. 20100 Errenteria): **Diagnóstico precoz de la obesidad en atención primaria** (Early diagnosis in obesity in primary care) (Orig. es)

In: *Osasunaz.* 8, 127-137

Abstract: Childhood obesity has experienced a significant increase over the last few decades. The parameter to define it between 2 and 18 years of age is the percentile of body mass index (BMI). This is the adequate tool for early detection of overweight conditions in primary care and should be used as from 2 years of age, during regular testing of healthy children.

Key Words: BMI. Overweight. Obesity. Children. Teenagers.

Huarte Loza, Emma (Hospital S. Millán-S. Pedro de la Rioja, Sección de Nefrología. Avda. Autonomía de La Rioja, 3. 26004 Logroño): **Aspectos nutricionales en diálisis** (Nutritional aspects in dialysis) (Orig. es)

In: *Osasunaz.* 8, 139-149

Abstract: Patients with chronic kidney insufficiency usually suffer malnutrition, fundamentally once the dialysis has been initiated, as factors pertaining to the dialysis technique are added to other previously existing factors. Malnutrition implies a higher risk of global morbidity-mortality, fundamentally of a cardiovascular character. Factors such as the quality of the dialysis, the loss of nutrients and more recently the existence of a chronic underlying inflammatory reaction (bio-incompatibility), contribute to the development of malnutrition. An early nutritional intervention that is proportional to the patient's individual situation becomes necessary

Key Words: Dialysis. Hypothrepsia. Nutritional intervention. Types of undernutrition. Intradialysis parenteral nutrition.

Mayor Iturburuaga, Juan Manuel (Hospital de Galdakao-Usansolo. Barrio Labeaga s/n. 48960 Galdakao): **La alimentación en el enfermo renal, desde el punto de vista de la enfermería. ¿Cómo reforzar el cumplimiento?** (Nutrition in kidney ailments, from a nursing point of view. How to reinforce the fulfilment of the treatment?) (Orig. es)

In: *Osasunaz.* 8, 151-169

This article is about determining nutrient needs within the alterations and demands that take place in the various phases of Chronic Renal Failure and the importance of the role of nurses in the adequate information, training and control of the patients' needs in terms of nourishment.

Key Words: Nutrition in Chronic Renal Failure. Advanced. Nutrition in Haemodialysis. Nutrition in Peritoneal Dialysis. Nutrition in transplants.

Salaberria, Karmele; Rodríguez, Susana; Cruz, Soledad (UPV/EHU. Fac. de Psicología. Dpto. de Personalidad, Evaluación y Tratamientos Psicológicos. Avda. de Tolosa, 70. 20018 Donostia-San Sebastián): **Percepción de la imagen corporal** (Perception of corporal image) (Orig. es)

In: *Osasunaz.* 8, 171-183

Abstract: This work includes a review of the concept of body image and its main components. Also, mention is made of the alterations thereof, like for example dismorphophobia, vigorexia and the central role nutritional ailments have in a negative body image. Mention is also made of the factors implied in the formation of a negative body image, and the main instruments of evaluation are introduced. A basic perspective of the most effective psychological rules and techniques is also offered.

Key Words: Body image. Body image ailment. Aetiology of a negative body image. Evaluation. Psychological treatment.

González Aramendi, José Manuel (Oreki Fundazioa. La Asunción Klinika. Ctra. Izaskun, 20400 Tolosa): **Uso y abuso de esteroides y anabolizantes** (Use and abuse of anabolic steroids) (Orig. es)

In: *Osasunaz*. 8, 185-197

Anabolic steroids are syntactic derelict of the testosterone hormone, which are widely used, from early childhood to old age, both for sporting purposes and for achieving an athletic body image. Their consumption is associated to the appearance of secondary affects, which in some cases are as serious and irreversible, and unknown by the vast majority of their users. Many sporting supplements are contaminated with these substances.

Key Words: Anabolic steroids. Health. Image. Sport. Conduct. Supplements.

Arroyo Izaga, Marta; Rocandio Pablo, Ana M^a; Ansotegui Alday, Laura; (UPV/EHU. Fac. de Farmacia. Dpto. de Nutrición y Bromatología. P^o de la Universidad, 7. 01006 Vitoria-Gasteiz); **Salces Beti, Itziar; Rebato Ochoa, Esther** (UPV/EHU. Fac. de Ciencia y Tecnología. Dpto. de Genética, Antropología Física y Fisiología Animal. Sarriena, s/n. 48940 Leioa): **Imagen corporal en estudiantes universitarios: comportamientos dietéticos y actitudes nutricionales** (Body image in university students: dietetic behaviours and nutritional attitudes) (Orig. es)

In: *Osasunaz*. 8, 199-215

Abstract: This article evaluates the relationship between the nutritional state, diet-related attitudes and behaviours, and the perception on body image in university students. There was a higher amount of cases of overweight in men than in women. However, the tendency to “go on a diet” was higher in women, which may be due to the existing social pressure to maintain a stylised image.

Key Words: Nutritional state. Diet-related attitudes. Diet-related behaviours. Body image.

López Pérez Ana M^a (Hospital Universitario Sant Joan Reus, Grup Sagessa. C/Sant Joan, s/n. 43201 Reus): **El cuerpo como presa de todos los males** (The body as the prey of all ills) (Orig. es)

In: *Osasunaz*. 8, 217-232

Abstract: Obesity is becoming an epidemic that is difficult to eradicate. This is a multifactor matter derived from the change in the style of life that is the consequence of capitalist society that emphasises consumption in individuals. A very thin body image is worshipped and obesity is stigmatised provoking the need, at any price, to get a socially-accepted body.

Key Words: Obesity. Morbid obesity. Batiatric surgery. Body. Stigma. Body image.

Ruiz Litago, Fátima; Gravina Alfonso, Leire; Gil Goikouria, Javier; Díaz Ereño, Elena (UPV/EHU. Departamento Fisiología. Facultad de Medicina y Odontología. Campus de Leioa. Barrio Sarriena, s/n. 48940 Leioa); **Gil Orozko, Susana** (UPV/EHU. Fac. de CC. de la Actividad Física y el Deporte. Dpto. de Educación Física y Deportiva. Portal de Lasarte s/n. 01007 Vitoria-Gasteiz); **Hoyos Cillero, Itziar** (UPV/EHU. Dpto. de Fisiología. Fac. de Medicina y Odontología. Campus de Leioa. Barrio Sarriena, s/n. 48940 Leioa): **Ingesta de energía y macronutrientes en jóvenes deportistas de diferentes edades** (Ingest of energy and macronutrients in young sportspeople of various ages) (Orig. es)

In: *Osasunaz.* 8, 233-247

Abstract: The purpose of this work was to evaluate the nutritional habits of teenage soccer players. Our results show energy ingests that are significantly higher in the younger groups. The distributions of the ingest of macronutrients do not match recommendations, and have a low carbohydrate content. Such nutritional habits get worse with age, and it would be recommended all to promote nutritional education during the training of soccer players.

Key Words: Soccer. Age. Nutritional ingest. Macronutrients.

Bejarano, Azucena; Nogales, M^a Ángeles; San Vicente, Julia; (Hospital Txagorritxu. Jose Achótegui s/n. 01009 Vitoria-Gasteiz): **Proceso de elaboración de la “guía de alimentación en hemodiálisis”** (Process of elaboration of the “haemodialysis nutrition guide”) (Orig. es)

In: *Osasunaz.* 8, 249-252

Abstract: In this article we explain the process of elaboration of the “Haemodialysis Nutrition Guide”. We have observed a considerable degree of acceptance by our patients and service personnel. It has been published both in Basque and Spanish, and it has four sections -introduction, composition of foods, model diets and tables. This guide has been a useful tool for nursing personnel to increase knowledge on nutrition for patients in haemodialysis.

Key Words: Guide. Nutrition. Haemodialysis. Nursing. Kidney-ailment patients. Basque. Spanish.