

**Subject:** Preventive Medicine

**Study Year:** 4<sup>th</sup> year

**Study Programme:** Dental Medicine

**Term:** Summer term

**Academic Year:** 2025/2026

<i>Date</i>	<b>Lectures – Friday /OCW/ 11.30 – 13.00 PB</b>	<i>Plan of practices in preventive medicine</i>
<b>13.02.2026</b>	Preventive medicine, definition, organization, education, public health <i>Doc.MUDr. Viola, Vargová, PhD.</i>	Discussion of different models of health care, insurance, public health, funding
<b>27.02.2026</b>	Physical exercise – how much is too much <i>MUDr. Peter Horváth</i>	Smoking, laws, regulations, advertisement
<b>13.03.2026</b>	Prevention of obesity, nutrition <i>MUDr. I. Majerčák, MPH.</i>	Echocardiography, preventive examination
<b>27.03.2026</b>	Preventive cardiology <i>Prof. MUDr. Daniel Pella, PhD./ doc.MUDr. Š. Tóth, PhD.</i>	Prescription of physical exercise in civilization diseases, body fat measurement/BMI/WHR
<b>10.04.2026</b>	Metabolic syndrome as a cardiovascular risk factor <i>Doc.MUDr. Š. Tóth, PhD.</i>	Discussion of tropical diseases, management, epidemiology. Antibiotics, prescription, statistics, future outlook
<b>24.04.2026</b>	Cancer – epidemiology, statistics, prevention <i>Doc.MUDr. Viola, Vargová, PhD.</i>	Alcohol, recreational drugs
<b>08.05.2026</b>	Prevention of Internal diseases from the perspective of patients with dental diseases <i>Doc.MUDr. Viola, Vargová, PhD.</i>	Basic tests of physical fitness  Test.

### **Requirements for completion :**

#### **1. For successful completion of the practical exercises/seminars is required:**

- To participate at all of practical exercises, theoretical and practical performance of all exercises/seminars.
- To get at least 60 % of total score for ongoing review of written test or the theoretical training to practical exercises.
- Two absences are allowed /justified/

**2. For successful obtained of the credits from subject is necessary:**

- To gain the credit from practical exercises (paragraph 1 above).
- Evaluation: Study rules of procedure UPJŠ in Košice, the Faculty of Medicine, Part II, Art13
- The final classification includes the evaluation of the written test and the results obtained in practical exercises

**The compulsory and recommended literature:**

The author	Title	year
Dzurenková, D., Marček, T., Hájková, M.:	Essentials of Sports Medicine. Bratislava: CU, 2000.,22 pp.	2000
Marček, T. et all.:	Sports Medicine (Manual of Practical Sports Medicine). Bratislava: CU, 1995. 76 p.	1995
Harries, M., Williams, C., Stanish, W.D., Micheli, L.J.:	Oxford Textbook of Sports Medicine. Oxford: Oxford University Press, 1994. 748 p	1994