

## PAPER DETAILS

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# The Effects of Coronary Heart Diseases Prevention Program for Women in Menopause Period on Heart Health

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**Objective:** This study was conducted as semi-experimental research for the purpose of determining the risk factors related to heart disease and the effect of protective individual consultation and education on the level of knowledge about cardiovascular disease risk factors, and on the perception of risk in heart disease and on heart disease risk scores.

**Method:** The research population consisted of women in menopause who presented at the Aydınevler Family Health Center in Maltepe, İstanbul over the period June 11 - July 20, 2012 and consented to participate in the study; a separate sample was not selected. The research was concluded with 47 in the study group and 41 in the control group. The women in the study group received consulting and education on the risk factors of heart diseases and related means of protection. The data were collected using a Personal Information Questionnaire, the Cardiovascular Disease Risk Factor Knowledge Level Scale (CARRF-KL), the Perception of Risk of Heart Disease Scale (PRHDS), and the results of height, weight, waist, hip measurements, blood pressure measurements and blood lipids tests.

**Results:** It was found that the women in the study group exhibited a significant drop in their Framingham Cardiovascular and TEKHARF scores in the post-test and that the women's mean scores on the PRHDS and CARRF-KL in the post-test were significantly higher than on the pre-test.

**Conclusion:** The results showed that the program addressing protection against coronary heart disease was effective in improvement of women's heart health.

**Key words:** Menopause, coronary heart disease, prevention, program