

Supplementary material

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What is the impact of the lifestyle on the risk of coronary heart disease?

Mark only one oval.

- none
 limited
 significant
 don't know

How long after myocardial infarction patient can return to normal activity?

Mark only one oval.

- As soon as they leave the hospital- if PCI was a success they're healthy
 after 6-8 weeks
 after 6 months
 return to normal life is not possible
 don't know

What is normal fasting blood glucose level

Mark only one oval.

- 50 - 70 mg% (2,8 - 2,9 mmol/l)
 70 - 99 mg% (3,9 - 5,5 mmol/l)
 100 - 125 mg% (5,6 - 6,9 mmol/l)
 126 - 150 mg% (7,0 - 8,3 mmol/l)

Is it possible that quitting smoking will help to limit the extend heart disease, if it's already present?

Mark only one oval.

- Yes
 No
 Don't know

What kind of products you need to eat and what you should avoid after myocardial infarction?

Mark only one oval per row.

	should eat	should avoid
More than 5 gram of salt (one teaspoon)	<input type="radio"/>	<input type="radio"/>
Products containing large amounts of fiber (eg. wholemeal bread)	<input type="radio"/>	<input type="radio"/>
Fatty acids of animal origin	<input type="radio"/>	<input type="radio"/>
Fatty acids of vegetable origin (eg. oil)	<input type="radio"/>	<input type="radio"/>
Unsaturated trans fatty acids (margarine, confectionery products)	<input type="radio"/>	<input type="radio"/>
more than 200g of fruits per day	<input type="radio"/>	<input type="radio"/>
fish at least 2 times per week	<input type="radio"/>	<input type="radio"/>
oily fish once a week	<input type="radio"/>	<input type="radio"/>
monosaccharides (eg. sweets, honey)	<input type="radio"/>	<input type="radio"/>
more than 200g vegetables per day	<input type="radio"/>	<input type="radio"/>

Can patients with coronary artery disease consume alcohol beverages?

*10g of alcohol = 275ml beer 5% = 100ml wine 13% = 30ml vodka 40%
 Tick all that apply.

- Absolutely not
 A small amount of alcohol (20g for men, 10g a day for women) is allowed
 Alcohol - even in large quantities - has no influence on heart
 Don't know

What is the maximal recommended blood pressure value?

Mark only one oval.

- 120/80
 140/90
 During physical activity/ under stress blood pressure can be over 140/90
 There is no clear limit, patient's blood pressure is fine when he feels well
 Don't know

Which of the plasma lipids is the most important cause of atherosclerosis?

Mark only one oval.

- Low density cholesterol (LDL)
 High density cholesterol (HDL)
 Triglycerides
 Don't know

Physical activity recommended for patients with coronary artery disease means:

Mark only one oval.

- regular (3-5 times per week) moderate aerobic exercises (30-45 min per day)
 high-intensity, prolonged exercises because only those can have an impact on health
 no exercises are recommended, because they can be dangerous for a patient with coronary artery disease

Which of the following factors can increase the chances of coronary artery disease?

Mark only one oval per row.

	No	Yes	Don't know
Hypertension	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High cholesterol level	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smoking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sedentary life style	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diet that is rich in unsaturated fats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Male sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family history of heart disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low incomes, poor education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work and family stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Depression, social isolation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Figure S1 Questions assessing patient knowledge of coronary artery disease

How many servings of the following products do you usually consume daily
Zaznacz tylko jedną odpowiedź w rzędzie.

	max. 1 per day	2-3	4-5	6 and more
Grain products (eg. 1 slice of bread, 1/2 cup of cereal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low-fat dairy products (eg. 1 cup of milk / yogurt, cottage cheese 45g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meat, fish, poultry (eg. 100g sausage, pork chop)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruits (eg. 1 apple / banana, a glass of fruit juice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetables (eg. 1 tomato, a glass of vegetable juice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nuts, legumes (eg. A handful of nuts, 1/2 cup cooked peas)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fats and oils (eg. 1 teaspoon of oil / margarine)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweets (eg. 1 teaspoon of sugar, a chocolate bar)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

On average, when your blood pressure is taken at home the top (systolic) number is around:

Zaznacz tylko jedną odpowiedź.

- <140
 140-159
 160-179
 >180
 I don't measure the blood pressure at home

How many times (on average) do you exercise for about 30-45 minutes in one week?

Zaznacz tylko jedną odpowiedź.

0	1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What kinds of rehabilitation have you attended?

Zaznacz wszystkie właściwe odpowiedzi.

- stationary rehabilitation
 outpatient cardiac rehabilitation
 rehabilitation at home
 participation in the Patients' Club / School of the Heart
 I did not attend any form of rehabilitation

Do you ever forget about taking your prescribed medication?

Zaznacz tylko jedną odpowiedź.

- No, never
 Yes, but less than once a month
 Yes, several times a month
 I take prescription drugs only when I have symptoms

Which of following recommendations you are not able to keep?

Zaznacz wszystkie właściwe odpowiedzi.

- Diabetes control
 Blood pressure control
 Low-fat and low-calorie diet
 Weight control
 Smoking cessation
 Physical activity lasting 30-45 minutes a day, 3-5 times a week
 Taking all of the prescribed medication
 I keep all the recommendations

Figure S2 Questions assessing the level of control of risk factors for coronary artery disease