

# Upaya pengurangan mortalitas penyakit jantung koroner pada dinas keprajuritan

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## Abstrak

### <b>ABSTRACT</b><br>

As the center of national defense and security system, The Indonesian Armed Forces requires a certain complement of strong troops within a relatively slender organization, but effective and efficient, consisting of professionally well trained soldiers. With such a kind of requisite, it was necessary to focused on the system to examine the health condition and physical fitness of the men power resources in accordance to standardized soldier's health test system, which should be easy and inexpensive, effective and efficient enough and could be applied in extensive mass health selection. Meanwhile there was a problem observed in Gatot Soebroto Hospital as the top referral hospital of The Armed Forces Health Service, indicated the increased CHD prevalence among the soldier's society within 10 years from January 1976 to December 1985 as the following reports :

- 1.The number of cardiac patients, both the ambulatory as well as the admitted patients, showed the tendency to increase from year to year.
- 2.In regards to the type of Cardiovascular Disease, CHD was found being the majority.
- 3.CHD was mostly found among active soldiers in the top of soldier's career in their productive ages beyond high positions in the armed services.
- 4.CHD showed high enough morbidity and mortality rates.
- 5.The clinical manifestations of CHD often appeared as unexpected episodes of AMI and often ended as unexpected cardiac deaths in their first attacks.

The underlying causes of high morbidity and mortality of CHD was hypothesized to be due to inadequate health examinations of candidates and soldiers during extensive mass health screening. In clinical observation it was seen that the health test system recently applied was still not effective enough, chiefly because it could not anticipate the tendency of CHD to appear during their active duty in the armed services.