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Instructions for abstract

- Length max. 300 words.
- Format Word.
- Abstract must be written in one of the conference' languages **and** in English language.
- Topic with capitals (Times New Roman, 10, bold, centred).
- Name and surname of all authors (Times New Roman, 10, bold, centred).
- Address (Times New Roman, 10, normal, centred), name of institution, city, state. In case of more institutions, please, number them this way – ¹, ², ³, ...
- E-mail of corresponding author (Times New Roman, 10, cursive, centred).
- Text (Times New Roman, 10, normal). In case of research article, the text must be clearly separated: Introduction, Methods, Results and Conclusions.
- Keywords (Times New Roman, 10, bold), number of keywords is 5 required (Times New Roman, 10, normal).
- Simple line spacing.
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SAMPLE OF ABSTRACT

AWARENESS OF PATIENTS SUFFERING FROM SELECTED CHRONIC DISEASES OF THE IMPORTANCE OF PHYSICAL ACTIVITY IN TREATING THEIR DISORDERS

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This study aims to determine the level of awareness and meeting of recommendations regarding their physical activity in the selected disease risk groups in eastern Slovakia. **Methods.** The study comprised 893 participating patients (353 males and 540 females). The basic condition to fulfil for participating in the research was the occurrence of one or more diagnoses out of three underlying chronic diseases (cardiovascular disease, oncology disease, metabolic disease) that do not prevent physical activity (PA). **Results.** The patients acknowledged that they obtained only general information on the importance of PA in the treatment of their conditions. Almost one third of them were provided more detailed information by their doctor, while up to 20% of the respondents did not have any or only partial information. The majority of respondents have sufficient information on the minimum requirements for PA in relation to their diagnosis, with oncology patients having the most comprehensive information. The patients received information on physical activity in their neighbourhood predominantly from the media and further on from the family members and acquaintances or their doctors or medical staff. **Conclusion.** Regular physical activity represents essential advantages for the health of patients suffering from chronic diseases. With this in mind, the doctor, being a trustworthy person to the patient, should be able to inform the patients on the frequency, intensity and the most suitable PA concerning their diagnosis and severity of their medical condition.

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Keywords: physical activity, awareness, cardiovascular diseases, oncological diseases, metabolic diseases