163 - SKIN CANCER X SUNSCREEN: WHAT THE POSTMEN KNOW ABOUT THEM?

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INTRODUCTION

The largest organ of the human body is the skin which forms a thick and elastic barrier that covers the body, protects the internal structures and the musculature. Beyond being highly affected by many diseases, the skin is damaged by external factors such as radiation, sunlight, toxins and also irritant, allergenic and infectious agents. Rich in D vitamin, its function is protection, thermoregulation, immunoresponse, barrier for water loss, discharge of residues and sensations. (NORRIS, 1998).

Throughout the life, the tumor that more affects the individual is the skin malignant neoplasm type. The most frequent are the basocelular carcinoma and the espinocelular carcinoma. The incidence of this pathology overcomes the incidence of cases of lung cancer, breast, colon, rectum, prostate, bladder among others. (CARVALHO *et all*, 2007).

Okida *et all* (2001) have carried out a study with people who attended the beach edge in 1992 and have reached the conclusion that these people have great chance to develop this pathology caused by ultraviolet radiation.

Souza *et all* (2004) have reported that ultraviolet rays cause lesion in the skin without people being aware of the damage caused by tanning.

Pinheiro *et all* (2003) have assessed the clinical, epidemiological and histological characteristics of the primary cutaneous melanoma in a study carried out at the University Hospital of Brasilia during five years, concluding that the pathology has a higher incidence in elderly individuals (61 to 80 years), female and clear skin.

Azevedo and Mendonça (1992) have concluded from their studies that individuals with clear skin tend to have skin cancer, which leads us to pay attention on the population of the southern area of Brazil, which requires monitoring to prevent this disease, whereas most university students of the metropolitan region of Porto Alegre (RS) exposes themselves too much to the sun at unsuitable schedules and without the use of solar protection (Nora *et all*, 2004; Weber and Costa, 2004). The frequency in visits to health professionals for the prevention of skin cancer is extremely low, even by patients at high risk.

In general, the individuals have a notion of harmful effects arising from excessive exposure to the sun, although they expose themselves in different frequencies, at critical schedules, with higher exposure of male young people. (Hora *et all*, 2003).

The prevention and early diagnosis are essential in the control of skin malignant melanoma (Figueiredo, 2003).

MATERIALS AND METHODS

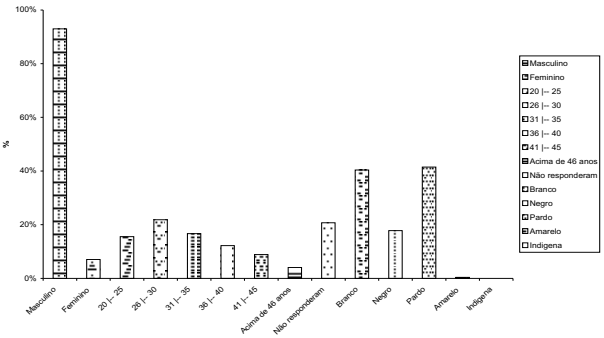
This is a epidemiological, transversal, descriptive and quantitative study of which participated 270 postmen (n=270) distributed between nine Domiciliary Distribution Centers in the Great S. Paulo. The data collection consisted of a questionnaire with 20 open objective questions of multiple choice and questions that could be marked more than once. Through these questions, the interviewees were asked on their age, working time, exposure time to the sun, use of sunscreen and knowledge about skin cancer. It has delivered to them an End of Free and Informed Consent based in the Resolution 196/96, C.N.S Ministry of Health. At the end, the results were exposed in tables and graphs of simple frequency and expressed in figures and percentages.

OBJECTIVES

To describe the degree of perception on skin cancer and the use of solar protection of employees which work as postmen in the Postal and Telegraph Brazilian Company in the Great S Paulo, S.P.

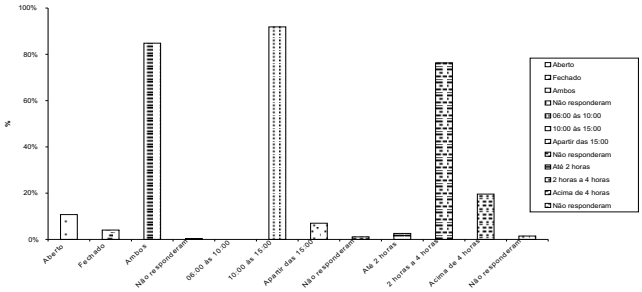
RESULTS

Graph 1 - Distribution in percentages in relation to sex, age and use of sunscreen of the interviewees who work as postmen in the in the Postal and Telegraph Brazilian Company in the Great S Paulo, S.P. 2006 2008.



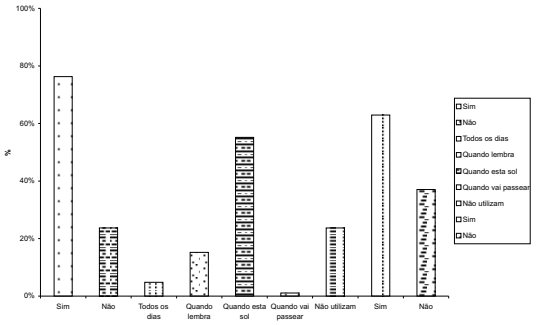
Most of the interviewees were male, aged 26 to 30 years and approximately 41% of them have brown ethnic.

Grafh 2 - Percentage distribution with regards to work environment, schedule and time of sun exposure of the interviewees who work as postmen in the in the Postal and Telegraph Brazilian Company in the Great S Paulo, S.P. 2006 2008.



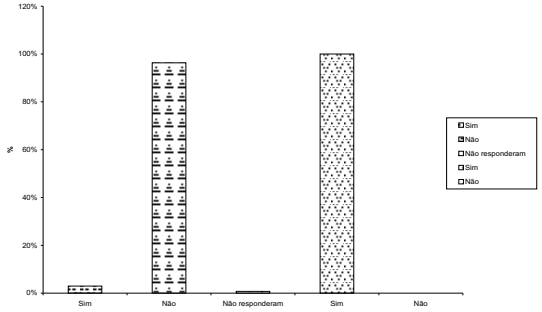
Most of the postman work both outdoor and indoor, generally are exposed to the sun from 10:00 until 15:00h and are more than 2 hours exposed.

Graph 3- Distribution in percentages on the use of sunscreen - when it is applied - and other types of protection used by the interviewees who work as postmen in the in the Postal and Telegraph Brazilian Company in the Great S Paulo, S.P. 2006 2008.



This graph shows that 76.30% of interviewees use sunscreen, generally on sunny days and also use other types of protection as: hat/bonnet, dark glasses and sun-shade.

Graph 3- Distribution in percentages with regards to the skin cancer in the family and the supplying of sunscreen to interviewees who work as postmen in the Postal and Telegraph Brazilian Company in the Great S Paulo, S.P. 2006 2008.



Only 2.96% of the interviewees stated that anyone in the family has or has had skin cancer. The Postal and Telegraph Brazilian Company provides sunscreen to employees that work as postman.

CONCLUSION

The research has showed that the staff has knowledge of what is skin cancer, they know about the importance of using the sunscreen but some of them have placed behind the form that do not use the sunscreen, because they have oily skin and have allergy to sunscreen. The providence to be taken for those staff would be a protector in the gel form which does not leaves the skin so oily and eventually a sunscreen, manipulated for their skin type.

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SKIN CANCER X SUNSCREEN: WHAT THE POSTMEN KNOW ABOUT THEM?

ABSTRACT

The skin cancer had a substantial increase in the world in recent three decades. The excessive exposure to the sun and the reduction of the ozone layer are some of the main factors to that. Some classes of workers that are exposed to ultraviolet rays without the use of solar protection may be affected by this pathology when there is no knowledge about the evils that ultraviolet rays can bring. This study has as objective to verify the degree of knowledge, as well as the adoption of preventive measures on skin cancer by officials of the employees of Postal and Telegraph Brazilian Company that work in function of postman. This is a descriptive, transversal, quantitative study of which 270 postmen have agreed to participate and replied to a form containing objective questions which were used as variables. After compiled, the data were presented in tables and graphs with simple frequency and expressed in figures and percentages. The ethical aspects have been respected in accordance with the Resolution 196/96 (CNS-MS). The results show that 62.96% work as postman for more than five years; 91.85% are exposed to the sun daily from 10:00 h to 15:00 h, 76.30% for approximately 7 hours per day; 100% reported the supply of sunscreen by the company, of which, 76.30% use it once a day. The results suggest that the postmen know about the importance of the use of sunscreen in the prevention of skin cancer but nevertheless many of them believe that by using the sunscreen once a day, they are already protected and those who do not use the sunscreen are aware of the risks and do not blame the company of lack of incentive.

KEYWORDS: Postmen, Skin Cancer, Sunscreen.

CANCER DE LA PEAU X PROTECTEUR SOLAIRE: LES FACTEURS DE LA POSTE ONT DÉJÀ RÉFLÉCHI SUR LE THÈME?

RESUMÉ

Dans ces trente dernières années, les médecins et les gens de tout le monde se sont préoccupés avec le cancer à peau, parce qu'il avance d'une manière disproportionnée. On rencontre des causes de cette maladie à la réduction de l'ozone dans l'atmosphère et à l'exposition solaire, dont les personnes n' ont pas le souci de faire l'ultra haute protection de la peau. Beaucoup des travailleurs, dans son travail , ont l' habitude de s'exposer aux reflets du soleil sans aucune protection de la peau, et sans savoir qu´il faut toujours faire cette protection. Pourtant, l' objectif plus important de ce travail c'est la recherche descriptive, transversalle et quantitative des personnes qui, tous les jours, s'exposent au soleil, peut -être sans aucune protection. L' Entreprise Brésilènne de Courrier et de Télégraphe a permit l investigation de l´ effet du soleil sur la peau des facteurs de la poste. Les professeurs et les éleves du Cours Supérieur de Phisiothérapie de l' UNIFIEO- Osasco, ont fait la recherche, à travers un formulaire avec des questinos sur le thème.Ses principaux résultats seront presentés par des tableaux et des graphiques avec des variables . Il faut respecter les principes d'étique , d' accord la Resolution nº.196/96 (CNS-MS) résultats: 62% des fonctionnaires travaillent dans la fonction de facteurs de la poste, il faisait déjá cinq ans; 91% des fonctionnaires s'exposent au soleil pendant toute la journée (de 10 heures matin à 3 heures après midi) ; 76,30% des fonctionnaires s'exposent au soleil pendant sept heures, tous les jours; 100% des fonctionnaires ont dit que l' Entreprise donne à chacun d'eux la Crème de Protection solaire; 76,30% des fonctionnaires ont dit qu'ils appliquent cette crème avant toute exposition solaire. Ont peut conclure, pourtant, que les facteurs connaissent l' ímportance de la protection de la peau , quand ils sont exposés au soleil, et les risques de la peau, quand ils n' appliquent pas le procteteur.

MOTS-CLÈS: facters de la post; cancer à peau; procteteur du soleil.

CÁNCER DE PIEL X PROTECTOR SOLAR: LO QUE LOS CARTEROS SABEN ACERCA DE LOS MISMOS?

RESUMEN

El cáncer de piel tuvo um aumento sustancial en todo el mundo en las últimas tres décadas, donde la excesiva exposición al sol y la reducción de la capa de ozono son algunos de los principales factores asociados con su desarollo. Algunas clases de trabajadores que están expuestos a la radiación UV sin el uso de protección solar pueden verse afectados por esta patologia, cuando no hay conocimiento acerca de los males que el mismo puede aportar. Este estúdio tiene como objetivo verificar el grado de conocimiento, así como la adopción de medidas preventivas sobre el cáncer de piel, por los funcionários de la Empresa Brasileña de Correos y Telégrafos, que trabajan en función de cartero. Este es um estúdio descriptivo, transversal, cuantitativo, del cual 270 carteros concordaron participar en la investigación, respondiendo a un formulario que tiene cuestiones objetivas que fueran utilizadas como variables. Los datos, depués de compilados se presentaron en cuadros y gráficos de frecuencia simple, expresados em cifras y porcentajes. Los aspectos éticos han sido respetados, de conformidad con la Resolución Nº 196/96 (CNS-MS). Los resultados observados muestran que 62,96% trabajan en la función de cartero ha más de cinco años; 91,85% son expuestos al sol diariamente, de 10:00 h. hasta las 15:00 h siendo que, 76,30% por aproximadamente 7 horas por dia; 100% informan el suministro de protector solar por la empresa de los quales 76,30% lo utilizan uma vez al dia. Concluyese al final, que los resultados obtenidos sugieren que los carteros tienen conocimiento de la importancia del uso de protector solar em la prevención de cáncer de piel, pero, sin embargo, muchos creen que al usarlo uma vez al dia, están ya protegidos y, aquellos que no lo utilizan, son concientes de los riesgos y no culpan a la empresa por la falta de incentivo.

PALABRAS CLAVE: Carteros, Cáncer de piel, Protector Solar.

CÂNCER DE PELE X PROTETOR SOLAR: O QUE OS CARTEIROS SABEM SOBRE OS MESMOS?

RESUMO

O câncer de pele teve um aumento substancial em todo o mundo nas ultimas três décadas, onde a exposição solar excessiva e a redução da camada de ozônio são alguns dos principais fatores associados ao seu desenvolvimento. Algumas classes de trabalhadores que ficam expostos aos raios ultravioletas sem o uso de proteção solar podem ser acometidas por essa patologia, quando não há conhecimento sobre os males que o mesmo pode trazer. O presente estudo tem como objetivo verificar o grau de conhecimento, bem como a adoção de medidas preventivas sobre o câncer de pele, pelos funcionários da Empresa Brasileira de Correios e Telégrafos, que trabalham na função de carteiro. Trata-se de um estudo descritivo, transversal, quantitativo, do qual 270 carteiros concordaram em participar da pesquisa, respondendo a um formulário, contendo questões objetivas que foram utilizadas como variáveis. Os dados, depois de compilados, foram apresentados em tabelas e gráficos de freqüência simples expressos em números e percentagens. Os aspectos éticos foram respeitados, de acordo com a Resolução Nº 196/96 (CNS-MS). Os resultados observados mostram que 62,96% trabalham na função de carteiro há mais de cinco anos; 91,85% ficam expostos ao sol diariamente, das 10:00 h às 15:00 h sendo que, 76,30% por cerca de 7 horas por dia; 100% relatam o fornecimento do protetor solar pela empresa dos quais, 76,30% o utilizam uma vez ao dia. Ao final, conclui-se que os resultados obtidos sugerem que os carteiros têm conhecimento da importância do uso do protetor solar na prevenção do câncer de pele, mas, ainda assim, muitos acreditam que ao usar uma única vez ao dia, já estão protegidos e, aqueles que não utilizam o protetor solar, têm consciência dos riscos e não culpam a empresa de falta de incentivo.

PALAVRAS CHAVES: Carteiros, Câncer de pele, Protetor Solar.