191 - STUDY ABOUT THE PREVALENCE OF HIPERTENSION, DIABETES MELLITUS TYPE 2 AND PROSTAT CANCER IN PEOPLE WHO LIVE IN LAPA_ RIO DE JANEIRO.

Ana Paula Albergaria; Oswaldo Dias Jr. Carlos Alberto A.Ferreira; Márcia Albergaria
Universidade Estácio de Sá; Rio de Janeiro,R.J. Brasil.
Campus Akxe_ Universidade Estácio de Sá, RJ, Brasil.
nana@otimiza.com.br

INTRODUCTION:

The oldness is a historic, social and cultural phenomenon. It's a process that doesn't resume itself in demographic aspects only, and its complexity needs to be studied by many disciplines e under many angles.

The aging only emerged, while social phenomenon of high relevance, from our century, when it had the increase of the life expectancy and the advances in the area of the health, of the basic sanitation, of the technology and the ambient question.

The objective conditions of life of the population intervene directly on the aging, as much in the qualitative increase of the life expectancy how much in the quality offered to who becomes old through the social politics, mainly in the areas of the health, of the providence and the assistance (GOLDMAN, 2006).

Amongst the innumerable questions that interrelate with the aging, the ones with bigger importance are the social welfare and the health. The population aging represents, on the other hand, the success of the public health, capable in front of the curative and preventive performance, modify the mortality and increase the expectant of life. Por outro lado, do ponto de vista da economia, principalmente na previdência e na assistência à saúde, representa significativo impacto na política financeira, fazendo das questões ligadas à maior expectativa de vida, a construção de uma importante mudança na conduta econômica e social (LIBERMAN, 2005).

In view of the question of the health, currently we detect gradual increase in the prevalence of the chronic-degenerative illnesses. It knows that these illnesses are responsible for great part of the raised taxes of mortality in Brazil and the world, being the main cause of death in the individuals with bigger age of 60 years. It has been registered more than 598 thousand deaths in Brazil, in the year of 2004, according to data of the DATASUS. Amongst this pathology, most prevalent are the Arterial Systemic Hypertension and Diabetes Mellitus type two, that they raise the morbidity taxes seriously, bringing as principal consequence, a significant decrease in the life quality of the people who has this illnesses.

The structural alterations and the functional losses occur in all the agencies and systems of the human body. However, the main problems of health that comet the aged population, occur in relation to the central nervous system, locomotive device, cardiovascular system and respiratory system (BERGER, 1999).

It must be salient that the presence of multiple associates' affections in the same person (frequent situation in the aged ones) increases the probability of incapacity for one or more daily activities of life (AVD's). A narrow relation between aged incapacities exists in fact and, the three known pathologies as the ones that more cause incapacities in the people with more than 65 years of age, they are: artropatis, systemic arterial hypertension and cardiopatics, in a relation of prevalence of 47.2%, 41.4% and 30.4%, respectively. These incapacities are becoming each time more prevalent and have great importance, since their treatment is slow and normally it makes the necessity of whitewashing works, demanding great amounts of material resources and specialized professionals.

However, this knowledge is not significant in aged population groups less favored economically. This comment generated the necessity and, with the easiness of access to these citizens, of developing a work pilot of participative communication for future action in bigger scale.

As distinguishing point in the pilot, was included next to the chronic-degenerative illnesses, the Cancer of Prostate that comet mainly individuals with age superior to the 40 years, thus evolving the public-target (people with more than 60 years of age), and for being an illness still little known by the Brazilian population. This low level of information in such a way occurs for the paradigm caused for the fact of being an illness that affects the feeling of "masculinity" of the man, as for the little initiative on the part of the Government in promoting propagandas and spreading approaching this subject.

The systemic arterial hypertension is a very common illness in the whole world, but that unhappily it does not have cure. It is of easy detention and easy treatment, but when not treated it will be able to provoke sufficiently serious problems, as illnesses of the heart, neurological riots, loss of the vision, and stoppage of the kidneys all with serious consequences and of more difficult treatment. Comets the whole world, men and women (being more common in men that in women approximately until the 50 years due the hormonal changes of the menopause inverting itself from this age) of all the races (black are more comet than the whites) and of any social standard reaching young, adults and principally aged people since the prevalence of it increases with the age. The arterial hypertension, popularly called "high pressure", is related with the force that the heart has to make to stimulate the blood for all body. However to be considered a hypertension person, is necessary that the arterial pressure beyond higher than the normal one, remains high and in this situation, without importing the hour, the day or the type of developed activity, it is preoccupying and it must have a continued control (I FLOW, 2006).

Some times are provoked by another specific illness, but in the majority of the cases the Hypertension seems to be on to some factors of risk as: familiar history, tobacconist, dislipidemy, sedentarism, diabetes mellitus, obesity, alcoholism and a rich feeding in salt. How much to the signals and symptoms of this pathology we can detach: chronic headache (mainly occipital and per the morning), giddiness, vertigo, palpitation, dispnéia, pain in the chest, fatigue, weakness, blurred vision, humming, bleed, but not forgetting that the majority people can be presented of an asymptomatic form (HARRISON, 2002). Another chronic degenerative illness of significant incidence in the aged ones is the Diabetes Mellitus. It occurs when the pancreas produce little or no insulin, resulting in alterations in the organism, as the increase of the glicemy.

If it has total lack of insulin (Type 1) or if the insulin is insufficient (Type 2) the glucose is not capable to enter in the cells and is in excess in the blood. Eventually, it can be found in piss (Glicosury). The symptoms are defines as: poliúria, polidipsia, polifagic, fatigue, injuries that do not heal, recurrent infections, blurred vision, involuntary pondered loss, sleeping hands or feet and mental confusion (GREENSPAN, 2000).

The prostate cancer is most frequent in the men and as bigger causer of deaths in Brazil. According to Brazilian Society of Urology (BSU), is estimated that 400 thousand people with more than 45 years have this illness and that the majority does not know this. Annually, 35 a thousand cases are diagnosed, with eight thousand deaths. The alarming situation took the doctors of the society to institute the National Day of Combat to the Cancer of Prostate in 2004. The problem of the prostate cancer is serious in the whole world, and, in Brazil, that has a bigger aged population, it is not different. Currently, one in each six men with more than 45 years presents the illness. The biggest risks of the prostate cancer inhabit in the fact of the illness not to present symptoms in its initial phase, exactly when the man can be cured. If diagnosed precociously, it can be treated by surgery, with raised cure possibility, or x-ray. To identify it, beyond the rectal touch, the urologists also submit the patients to the blood collection, so that the specific prostate antigen

(SPA), substance produced for the prostate, either dosed (SBU, 2006)

OBJECTIVES:

This work had as objective to inform the people of the chosen region on Arterial Hypertension Systemic, Diabetes Mellitus and Cancer of Prostate; to demystify the preconception that has from men - that they make it difficult and in some cases hind them to carry through the prostate examination; e also to demonstrate the importance of the partner in convincing its company to go to the doctor and to carry through periodic preventive examinations, thus carrying through the promotion to the health and to verify the arterial pressure and to measure the glicemy of the volunteers in the meeting.

MATERIALS AND METHODS:

The study was characterized as pilot, description, of inquiry and participant.

To obtain the biggest possible number of people, with antecedence of five days, had been distributed invitations and carried through spreading under form of posters in the place that the verbal lecture would carry through (in the Lapa, quarter in the Center of the City of Rio De Janeiro) and in the around the meeting point.

Clarifying brochures with the main doubts regarding the illnesses had been used, and stiller, of the diagnosis. With informative purpose, 9 illustrated panels had been created, contemplating all the foreseen subjects for quarrel.

The prostate cancer brochures had been distributed and the doubts regarding the subject had been clarified. Although to having bigger feminine public in its part, the work served to explain the women of the importance of the examination, and to make them stimulate its partners to make the examination annually.

During the lecture the importance of a precocious diagnosis was salient, of the treatment and accompaniment of the illnesses, to prevent the progression and the complications of them. It was tried to adapt the language so that it was more clearly and simple the boarding of the subjects. It was looked to detach the difficulties that the carrying peoples of these pathologies had in modifying its habits of life, and to search solutions for this difficult adaptation to the customs of each one, as in the case of the hypertension people to remove the salt of their food.

After the debate, measured it pressure and the **glicemy** of each present person, was registered in a form for, from these date, to establish a comparative research.

As form of gratefulness for the participation of all, in the end of the event we offer a healthful, composed snack for foods that prevent the illnesses focused in the debate.

The used material to measure the pressure had been three devices of pressure of mark BD and three stethoscopes of marks BD (1) and Littman (2). For the test of glucose a measuring device Acutrend_CGT_ glucose of the Roche was used, dismissible a lanceted and its respective lancets. All the participants had signed the Term of Assented Participation established for the Health department for accomplishment of study with human beings.

RESULTS:

In the lecture 28 people were present, being 4 men and 24 women as illustrated in figure 1. We wrote down the results of the arterial pressure and the test of the glicemy in a form for a quantitative refined control of hypoglycemic, hyperglycemic and high pressure people.

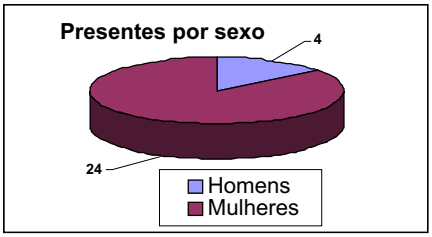


Figure 1: Distribution for sort of the participants of the meeting.

We identify during the application of the inquiry tool that, the majority of the people gifts was high pressure of long date, making regular medicine use antihypertensive. However only one lady told to be diabetic and that also took verbal medication for control of the illness.

When surveying the pressure of the present came to the result that only 6 people were with the pressure above of the considered value normal (< 140x90 mmHg), as shown in figure 2 below.

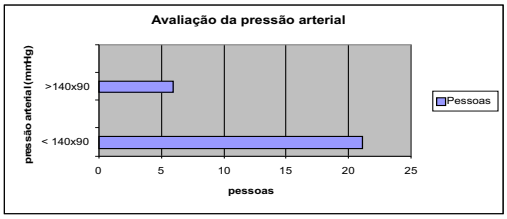


Figure 2: Incidence in absolute values of systemic arterial hypertension.

After to survey the pressure, was made the glucotest, aiming at the evaluation of the glicemy. The majority of the people was in schedule after-prandial and they were not diabetic. Of this form the glicemy had its waited result, inside of the normal band (50 to the 139 mg/dL), with only two people being in the hyperglycemic band, being one with 196mg/dL and another one with 146mg/dL, as figure 3.

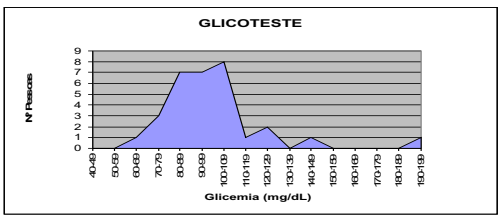


Figure 3: Distribution of the participants for glicemic level.

After the lecture of prostate cancer was observed that the present men had doubts in some subjects, and as soon as was

everything explained can be perceived that it after had a very good captation of the importance of the precocious diagnosis and the examination of routine the recommended age. The women had also been intent on its importance in the incentive to the examination.

With the carried through tests it was possible to only make a prompt survey of the pressure and glicemy, not being able to serve as diagnosis base for that joined rejection of the normal band.

CONCLUSION:

The qualitative data, independent of the quantitative, deriving information of the cycle of organized meeting approaching of three subjects of basic relevance to the reality of the Brazilian families in what it refers to the awareness of the symptoms, prevention and forms of treatment of the Diabetes Mellitus, the Arterial Systemic Hypertension and the Cancer of Prostate, were certainly the first one of innumerable steps that can be given and, in the present pilot study will occur, in the direction to minimize the aggravation of the process of aging in the perspective of the health as form of maintenance of independence for the citizens. 28 people had appeared, in its majority aged who had gently taken care of to the invitation and if they had shown sufficiently interested in the given information. A snack especially prepared was offered to them whose objective it was one more time to ratify not only the importance of if making a healthful feeding in the prevention of the Diabetes and the Hypertension, but mainly to show to them that what is nutritional also can be flavorful, exactly when invincible the fine salt and sugar is substituted by natural ingredients (tempers, vegetables and the proper flavor of the fruits). However, had been verified the inotropics and glicemic levels of the gifts, being distinguished those that had presented unsatisfactory levels that had been directed for the Program of Health of the family of the Hospital do Carmo, also located in the Lapa.

We conclude that although pathologies of great prevalence and good prognostic, many doubts had been raised concerning the subject, and the search was great, that is many people had demonstrated interest in learning a little more on these illnesses. It can be standed out that a bigger spreading would have to exist on these illnesses so that had a bigger search to the medical attendance with intention to prevent such pathologies.

According to collected data, we verify the same results that all information of health shows us: that it has a great number of aged carriers of Arterial Systemic Hypertension, and the majority makes regular treatment and has the controlled pressure. In relation to the Diabetes, none of the participants was diabetic, although 3 to present modified glicemic levels. And about the prostate cancer we did not carry through any type of collection about information concerning this illness, was only information object so that, soon, if it can detect the effectiveness of the used mechanism of information.

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Universidade Estácio de Sá - Campus Arcos da Lapa_ RJ; Brasil

Curso de Educação Física, Universidade Estácio de Sá

LAFIEX - Campus AKXE_ RJ; Brasil. nana@otimiza.com.br**;** mba@infolink.com.br

STUDY ABOUT THE PREVALENCE OF HIPERTENSION, DIABETES MELLITUS TYPE 2 AND PROSTAT CANCER IN PEOPLE WHO LIVE IN LAPA_ RIO DE JANEIRO.

ABSTRACT:

INTRODUCTION: The oldness is a historical, social and cultural phenomenon. Process that if does not summarize in demographic aspects, its complexity demands that it is studied by diverse discipline and under multiple angles. The aging alone emerged, while social phenomenon of high relevance, from our century, for the increase of the life expectancy and the advances in the area of the health, the basic sanitation, etc, (GOLDMAN, 2006). The presence of multiple diseases associates in the same person (frequent situation in the aged ones) increases the probability of incapacity for daily activities of life (AVD's) (BERGER, 1999). Narrow relation between aged incapacities and, and three known pathologies exists as the ones that more cause incapacities in the people with more than 65 years of age, are: artropatias, high blood pressure and cardiopathies. However, this knowledge is not significant in favored aged population groups less economically. **OBJECTIVES**: to inform to aged the region on High Systemic Pressure, Diabetes Mellitus and Prostate Cancer, to demonstrate to the importance of the partner in convincing its man to look the doctor and to carry through periodic preventive examinations and to verify the arterial blood pressure and measure the glycemic level of the volunteers. **METHODOLOGY**: the study if it characterized as pilot, description, of inquiry and participant. Pilot with 28 people counted in the meeting (4 men and 24 women) all with superior age the 65 years. The material to survey the pressure was: 3 devices of pressure of mark BD and 3 stethoscopes of the Littman marks. For the glicoteste the Acutrend_CGT device _ of the Roche. **RESULTS**: We identify during the application of the inquiry tool that, the majority of the people gifts was hipertensas of long date, making regular medicine use anti-hypertensives. However only it had a story of diabetes. How much á arterial pressure, only 6 people was with the pressure above of the considered value normal. The result of the glicoteste was the waited one, inside of the normal band (50 to the 139 mg/dL), with only two people being in the hyperglycemia band. **CONCLUSIONS**: With the carried through tests it was possible to only make a prompt survey of the pressure and glycemic level, not being able to serve as base diagnosis for that joined rejection of the normal band. In that she refers to the inventory we detect innumerable doubts concerning the subjects, and the search was great, or either, many people had demonstrated interest in more learning a little on these illnesses.

Key Words: Aging people; high blood pressure; diabetes mellitus type 2 and Prostate Cancer.

ÉTUDIEZ AU SUJET DE LA PRÉDOMINANCE DE HIPERTENSION, DE TYPE 2 DU DIABÈTE MELLITUS ET DE CANCER DE PROSTAT DANS L'OMS DE PERSONNES DE PHASE DANS LAPA _ RIO DE JANEIRO

SOMMAIRE:

L'oldness est un phénomène historique, social et culturel. Traitez que si ne récapitule pas dans des aspects démographiques, sa complexité exige qu'elle est étudiée par discipline diverse et sous des angles multiples. Seul le vieillissement a émergé, alors que phénomène social d'importance élevée, de notre siècle, pour l'augmentation de l'espérance de vie et les avances dans le secteur de la santé, de l'hygiène de base, etc.., (GOLDMAN, 2006). La présence des associés multiples des maladies chez la même personne (situation fréquente dans âgée) augmente la probabilité de l'incapacité pour des activités quotidiennes de la vie (AVD) (BERGER, 1999). La relation étroite entre les incapacités âgées et, et trois pathologies connues existe en tant que celles qui plus des incapacités de cause dans les personnes avec plus de 65 ans, sont : artropatias, hypertension et cardiopathies. Cependant, cette connaissance n'est pas significative dans les groupes âgés favorisés de population moins économiquement. OBJECTIFS : informer à a vieilli la région sur la hauts pression, diabète Mellitus et Cancer systémiques de prostate, de démontrer à l'importance de l'associé en convainquant son homme de regarder le docteur et d'exécuter les examens préventifs périodiques et de vérifier la tension artérielle artérielle et de mesurer le niveau glycémique des volontaires. MÉTHODOLOGIE : l'étude si elle caractérisait comme pilote, description, d'enquête et de participant. Pilote avec 28 personnes comptées lors de la réunion (4 hommes et 24 femmes) tous avec l'âge supérieur les 65 années. Le matériel pour examiner la pression était : 3 dispositifs de pression de la marque BD et 3 stéthoscopes des marques de Littman. Pour le glicoteste le dispositif d'Acutrend_CGT _ du Roche. RÉSULTATS : Nous identifions pendant l'application de l'outil d'enquête que, la majorité des cadeaux de personnes était des hipertensas d'à long terme, faisant la médecine régulière employer des antihypertensifs. De quelque manière que seulement elle a eu une histoire de diabète. Combien pression artérielle de á, seulement 6 personnes coûtait avec de la pression ci-dessus de la normale considérée de valeur. Le résultat du glicoteste était attendu, à l'intérieur de de la bande normale (50 aux 139 mg/dL), avec seulement deux personnes étant dans la bande de hyperglycemia. CONCLUSIONS : Étant réalisé des essais il était possible de faire seulement un aperçu prompt de la pression et le niveau glycémique, ne pouvant pas servir de diagnostic bas à cela a joint le rejet de la bande normale. Du fait elle se réfère au inventaire que nous détectons des doutes innombrables au sujet des sujets, et la recherche était grand, ou l'un ou l'autre, beaucoup de gens avait démontré l'intérêt pour plus d'étude peu dessus ces maladies.

Mots clés:Personnes en vieillissement ; hypertension ; type 2 de mellitus de diabète et Cancer de prostate.

ESTUDIE SOBRE EL PREDOMINIO DE HIPERTENSION, DEL TIPO 2 DE LA DIABETES MELLITUS Y DEL CÁNCER DE PROSTAT EN EL WHO DE LA GENTE VIVO EN LAPA _ RÍO DE JANEIRO.

RESUMEN:

El envejecimiento es un fenómeno histórico, social y cultural. Procese que si no resume en aspectos demográficos, su complejidad exige que sea estudiada por disciplina diversa y bajo ángulos múltiples. El envejecimiento solamente emergió, mientras que fenómeno social de la alta importancia, a partir de nuestro siglo, para el aumento de la esperanza de vida y los avances en el área de la salud, del saneamiento básico, del etc, (GOLDMAN, 2006). La presencia de los asociados múltiples de las enfermedades en la misma persona (situación frecuente en envejecidas) aumenta la probabilidad de la incapacidad para las actividades diarias de la vida (AVD) (BERGER, 1999). La relación estrecha entre las incapacidades envejecidas y, y tres patologías sabidas existe como las que más las incapacidades de la causa en la gente con más de 65 años de la edad, son: artropatias, tensión arterial alta y cardiopathies. Sin embargo, este conocimiento no es significativo en grupos envejecidos favorecidos de la población menos económicamente. OBJETIVOS: informar a envejeció la región en la presión, la diabetes Mellitus y el cáncer systemic altos de la próstata, de demostrar a la importancia del socio en el convencimiento de su hombre que mire a doctor y lleve a través de reexaminaciones preventivas periódicas y verifique la presión arterial arterial y mida el nivel glycemic de los voluntarios. METODOLOGÍA: el estudio si caracterizó como piloto, descripción, de la investigación y del participante. El piloto con 28 personas contó en la reunión (4 hombres y 24 mujeres) todos con edad superior los 65 años. El material para examinar la presión era: 3 dispositivos de presión de la marca BD y 3 estetoscopios de las marcas de Littman. Para el glicoteste el dispositivo de Acutrend_CGT _ del Roche. RESULTADOS: Identificamos durante el uso de la herramienta de la investigación que, la mayoría de los regalos de la gente era hipertensas de la fecha larga, haciendo que la medicina regular utiliza los anti-hypertensives. Al menos solamente tenía una historia de la diabetes. Cuánto presión arterial del á, solamente 6 personas estaba con la presión arriba del valor considerado normal. El resultado del glicoteste era esperado, dentro de la venda normal (50 a los 139 mg/dL), con solamente dos personas estando en la venda del hyperglycemia. CONCLUSIONES: Con llevado a través de pruebas era posible hacer solamente un examen pronto de la presión y el nivel glycemic, no pudiendo servir como diagnosis baja para eso ensambló el rechazamiento de la venda normal. En que ella refiere al inventario que detectamos dudas innumerables referentes a los temas, y la búsqueda era grande, o cualquiera, mucha gente había demostrado interés en más aprender poco encendido estas enfermedades.

Palabras claves: envejecimiento; tensión arterial alta; tipo 2 del mellitus de la diabetes y cáncer de la próstata

ESTUDO SOBRE A PREVALÊNCIA DE HIPERTENSÃO, DIABETES MELLITUS TIPO 2 E CÂNCER DE PRÓSTATA NOS MORADORES DO BAIRRO DA LAPA

RESUMO

INTRODUÇÃO: A velhice é um fenômeno histórico, social e cultural. Processo que não se resume em aspectos demográficos, sua complexidade exige que seja estudada por diversas disciplinas e sob múltiplos ângulos. O envelhecimento só emergiu, enquanto fenômeno social de alta relevância, a partir do nosso século, pelo aumento da expectativa de vida e dos avanços na área da saúde, do saneamento básico, etc, (GOLDMAN, 2006). A presença de múltiplas afecções associadas na mesma pessoa (situação freqüente nos idosos) aumenta a probabilidade de incapacidade para atividades de vida diárias (AVD's) (BERGER, 1999). Existe relação estreita entre incapacidades e idosos, e três patologias conhecidas como as que mais causam incapacidades nas pessoas com mais de 65 anos de idade, são: artropatias, hipertensão arterial sistêmica e cardiopatias. Entretanto, este conhecimento não é significativo em grupos populacionais idosos menos favorecidos economicamente. OBJETIVOS: informar aos idosos região sobre Hipertensão Arterial Sistêmica, Diabetes Mellitus e Câncer de Próstata, demonstrar a importância do(a) parceiro(a) em convencer sua companhia a procurar o médico e realizar exames preventivos periódicos e verificar a pressão arterial e mensurar a glicemia dos voluntários. METODOLOGIA: o estudo se caracterizou como piloto, descritivo, de inquérito e participante. Contou no encontro piloto com 28 pessoas (4 homens e 24 mulheres) todos com idade superior a 65 anos. O material para aferir a pressão foi: 3 aparelhos de pressão da marca BD e 3 estetoscópios das marcas Littman. Para o glicoteste o aparelho Acutrend_CGT_ da Roche. RESULTADOS: Identificamos durante a aplicação da ferramenta de inquérito que, a maioria das pessoas presentes eram hipertensas de longa data, fazendo uso regular de medicamentos anti-hipertensivos. Entretanto somente houve um relato de diabetes. Quanto á pressão arterial, apenas 6 pessoas estavam com a pressão acima do valor considerado normal . O resultado do glicoteste foi o esperado, dentro da faixa normal (50 à 139 mg/dL), com apenas duas pessoas estando na faixa de hiperglicemia. CONCLUSAO: Com os testes realizados foi possível apenas fazer um levantamento pontual da pressão e glicemia, não podendo servir como base diagnostica para aqueles encontrados fora da faixa normal. No que tange ao inventário detectamos inúmeras dúvidas acerca dos assuntos, e a procura foi grande, ou seja, muitas pessoas demonstraram interesse em aprender um pouco mais sobre essas doenças.

Palavras-Chave: Idosos; hipertensão; diabetes mellitus tipo 2 e câncer de próstata.