129 - LIFESTYLE HABITS, KNOWLEDGE AND PREVENTION OF UTERINE CERVIX CANCER

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INTRODUCTION

Uterine cervix cancer (UCC), or Cervical cancer, is a malignant neoplasm that originates from a progressive intraepithelial lesion which may evolve into an invasive cancer in the period of 10 to 20 years, if untreated. Its development is related to the transmission of infectious agents such as the human papillomavirus (HPV),being this one of the main risk factors, and to the women's sexual behavior, such as the multiplicity of partners, early initiation of sexual activity , bad conditions of personal hygiene, use of oral contraceptives and smoking. During the evolutionary period, the disease passes through preclinical stages which may be detected and cured (CASSARIN; PICCOLLI, 2011).

According to Souza (2012), the UCC has a cure rate which may almost reach 100%. This happens when the pathology has a lasting preclinical stage, and the testing for the early detection, the Papanicolaou smear test, is easy to perform, has a low cost, as well as being an efficient method. Despite the great possibilities of cure, according to the National Cancer Institute (INCA,2014), the UCC is the third most frequent tumor in the female population, behind only from breast and colorectal cancer, and the fourth cause of death of women by neoplasms in Brazil. This is due to the low adhesion rate of women if fertile age to the preventive Papanicolaou smear test, which is one of the main forms of detection of precursory lesions, which results in diagnosis already in an advanced stage.

According to Santos; Macedo; Leite (2010) there are important factors regarding the prevention of UCC such as, for example, the identification of the risk population, the continuous monitoring , adequate assistance, guidance and clarification of doubts regarding the prophylaxis , always aiming at a higher adhesion rate of the population guaranteeing benefits to the women's health. Due to this fact, it was aimed to identify the lifestyle habits, knowledge and prevention of UCC among users of the primary health care center of Caico-RN.

METHOD

Descriptive research, with quantitative approach, carried out in the Basic Health Unit (BHU) Silvino Dantas, located in the municipality of Caico/RN. All the women participated in the study (100%; n=80), fulfilling the inclusion criteria: to be present at the moment of the research, to be registered in the BHU, to accept to participate in the study, and after signing the Free Informed Consent Form (FICF). Those without physical or mental conditions to answer the questionings were excluded from the research.

For the data collection happened after the project was submitted and approved by the Research Ethics Committee of the Integral College of Patos , according to the CAAE number 31140214.80000.58.81. For this purpose, was used a structured questionnaire, containing objective questions, contemplating bio-socioeconomic data, referring to the Lifestyle habits and prevention of UCC. The data was collected in the month of August of 2014, in the afternoon and evening shifts, posteriorly to the explanations about the objective of the study and had been offered the FICF which guaranteed the anonymity and the withdrawal from the study at any moment. Posteriorly preceded the data collection the first day of collection was 13th August 2014 in the evening shift, and 37 questionnaires were completed , the second day was 14th August 2014 in the afternoon shift, and the interview with 43 women was carried out. The collected data was submitted to simple statistical analysis by means absolute and percentage values.

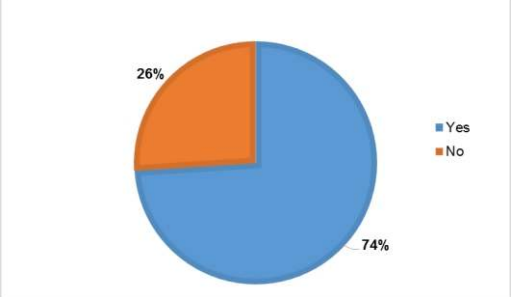
RESULTS AND DISCUSSION

Regarding the age of the participants, it was observed that 40,0% (n=32) of them were inserted in the age group 18 to 29 year-olds, which indicates that young women give importance to health monitoring. This is important as the UCC has a higher incidence in young women, mainly in the age group of 20 to 29 year-olds and with increased risk among 45 to 49 year-olds (BRASIL, 2006).

Concerning the marital status, 60,0% (n=48) of them were single. This data is concerning, as single women are more susceptible to changing partners, which according to Pinto; Oliveira (2007), constitutes a risk factor for the emergence of precursory lesions of UCC.

With regard to the women's professions, they are inserted in different sectors of the labour market, including some jobs which require a higher level education, being 24,0 % (n=19) traders and sellers, each. As for the educational level, 66,0% (n=53) had complete high school education level. It is subtended that they may have an understanding of the forms of prevention of UCC, as the greater educational level , greater are the attitudes related to prevention and the risk factors.

Chart 1 – Distribution regarding sexually active life



With regard to the women's sexual life it was observed that the majority (74%; n=59) of the interviewed women had an active sexual life (Chart 1). This data reveals a concern, as without a periodic and adequate monitoring, the women who maintain

intimate relationships, especially those who started early in sexual activity, as well as in the use of oral contraception, are more vulnerable to the development of sexually transmitted infections (STI's), which contribute to the development of UCC, according to the World Health Organization (WHO, 2007)

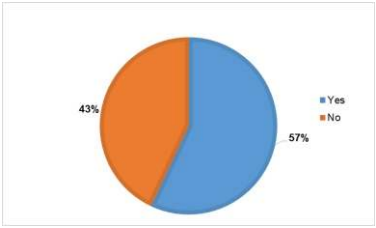
Meira et al. (2012) state that the sexual revolution brought changes in the women's lifestyles , thus increasing the risk factors associated to uterine cancer, through sexual practices with multiple partners, increasing the chances of developing UCC.

Table 1 – Distribution regarding the habit of smoking and drinking

Variable	Answer	N	%
Smokes	Yes	7	9,0
	No	73	91,0
Drinks	Yes	34	42,0
	No	46	58,0

The majority of the women who were interviewed do not smoke (91, 0%; n=73) which is a positive point, as smoking represents a risk factor for the development of UCC (WHO, 2007). However, a large proportion of the women drink (42,0%; n=34), this represents a risk of them developing other pathologies related to the use of alcoholic drinks.

Graph 2 – Distribution regarding the practice of physical exercise

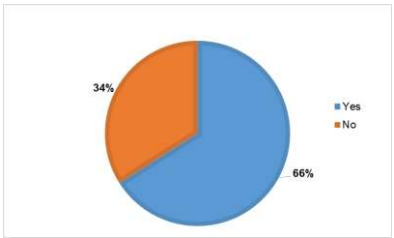


As for the practice of physical activity, it is perceived that the majority of women (57,0%; n=47) do some physical exercise, which denotes their concern in caring for their health. Such data is important , as according to the INCA (2014), the practise of physical exercise and the change in the dietary pattern reduces the incidence of cancer.

Specifically on the question about forms of prevention of UCC, 60,0% (n=48) answered that they had knowledge about the matter. However, this data is still concerning, seen as 40,0% (n=32) do not know how the disease is originated. This data reveals two possibilities: a) the women attended to by the UBS were not adequately guided or b) they do not have interest in knowing about the disease due to fear of developing it. Such reasons also were identified in other academic studies, such as the ones by Souza (2012) and Cardoso et al. (2010).

With regard to the function of the preventive screening examination, almost the totality of the interviewed women answered that the knew what the test was for (96,0%; n=77) and 4,0% (n=3) that do not know, however some of them answered verbally that the Papanicolaou helps to detect the STI's, in other words, without associating it to the prevention of UCC. The cytological examination is a secundary prevention strategy, it detects cancerigenous cells and inflamatory processes , this exam has been performed for almost four dcades. It is a priority for women who already have a sexually active life, and have never carried out the examination and those who are in the 35 to 49 year-old age group. The Health Ministery preconizes it to be carried out yearly. The preventive consists on the tracking of the assymptomatic and symptomatic population (QUEIROZ, 2013; SANTOS; MACEDO; LEITE,2010).

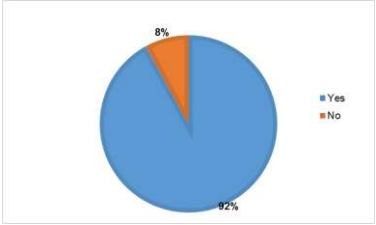
Graph 3. Distribution regarding the periodicity of the gynecological examinations



Regarding the periodic realization of the preventive examination, the majority of the women answered that they do it with an adequate frequency (66,0%; n=53), but 34,0% (n=27) do not do it. For this reason, it is verified that even though they acknowledge its importance, an elevated percentage still do not have the screening examinations with the adequate frequency. This data is concerning , as the preventive examination is the main strategy of tracking of the precursory lesions and diagnosis of the disease, which if diagnosed in the initial stage, the chances of cure come close to 100,0% (INCA, 2014).

The recommendations about the forms of prevention of UCC are one of the conducts of the nurse during the women's nursing consultation. This type of procedure is one of the actions performed by nurses in the basic health units and has as an objective to approach the woman in a complete way and has as one of its basic pillars the actions of control of the uterine cervix cancer and breast cancer. According to the INCA (2014) educational activities are of extreme importance, seen as many women, because of their values and culture, do not recognize the measures of prevention and early detection of cancer.

Graph 4 – Distribution concerning the occurence of STI



Regarding the occurrence of STI's, it was observed that 92,0% (n=74) answered that they had never had such diseases, what can be justified by many reasons, such as the use of condoms during the sexual intercourse; non-multiplicity of partners; absence of an active sexual life , or the treatment of the diseases still in the initial stage. This data is important, as has already been stated, a history of STI's represents a risk factor for the development of the UCC. For Santos; Macedo; Leite (2010) and the INCA (2014) the HPV is a sexually transmitted disease being one of the main causes of the development of the neoplasm.

With regard to the existence of cases of UCC in the family, 14,0% (n=11) of the women answered that they already had family members with diagnosis of the disease. Such data shows two aspects , being one positive and one negative. The first one is that the women who had had cases in the family, generally, tend to take more preventive measures, as they seem to know the neoplasm properly. And the negative one is the genetic/hereditary factor, once that the people who have cancer cases in the family, when associated to other factors (smoking, alcoholism, partner changes etc..) are more susceptible to developing the disease (WHO, 2007).

CONCLUSION

The completion of this study was important to identify which aspects of lifestyle habits, the knowledge and the prevention of UCC of the users of the UBS Silvino Dantas of the municipality of Caico/RN, the data point out that a good part of women have a healthy Lifestyle habits which favor the prevention and frequently practice these habits.

Despite the fact that some women reported not having done the preventive screening examination in a periodic manner, this fact may be due to the lack of appropriate guidance directed to them. Thus, it is necessary the execution of actions aiming to provide guidelines and educational actions (talks, distribution of leaflets and letters, etc..) about the forms of prevention of the disease, which represents a public health problem. The present work made it possible to reach the planned objectives.

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LIFESTYLE HABITS, KNOWLEDGE AND PREVENTION OF UTERINE CERVIX CANCER

ABSTRACT

Objective: indentify the lifestyle habits, knowledge and prevention of Uterine Cervix Cancer (UCC) among users of the primary health care unit of Caico-RN. Method: descriptive study, with a quantitative approach developed in the UBS Silvino Dantas, localized in the municipality of Caico/RN. The project was approved by the Research Ethics committee of the Integral College of Patos-PB CAAE n 3114021480005881. The population was constituted of 80 women registered in the unit and who accepted to participate in the research. An instrument produced by the researcher, was used for the collection of data , and was applied in the health unit abovementioned , in distinct days of the month of August 2014. The analysis of the data was carried out by simple statistics through graphs and tables and analyzed according to the pertinent literature. Results: participated in the study young women, most of them single, with average educational levels, the majority of them (74%) had an active sexual life, 91,0% did not smoke, 42,0% drunk and 57,0% practiced physical exercise, 66,0% knew about aspects of UCC, 66,0% had the preventive screening examination periodically, 74,0% never had sexually transmitted infections and 14,0% presented a family history of UCC. Conclusion: The women have healthy lifestyle habits which favor the prevention of neoplasms, and know about and have the gynecological examination with frequency.

KEYWORDS: Uterine Cervix Cancer. Preventive Examination. Lifestyle Habits.

HABITUDES DE VIE, LA CONNAISSANCE ET LA PREVENTION DU CANCER DU COL UTÉRIN

RÉSUMÉ

Objectif: identifier les habitudes, la connaissance et la prévention du cancer du col utérin (CCU) chez les utilisateurs de soins de santé primaires Caicó-RN. Méthode: Étude descriptive à une approche quantitative développée chez UBS Silvino Dantas, situé dans la municipalité de Caicó / RN. Le projet a été approuvé par le Comité d'éthique en recherche de la gestion intégrée des écoles Patos-PB CAAE nº3114021480005881. La population était composée de 80 femmes inscrites dans l'unité qui a accepté de participer. A été utilisé pour collecter des données, un instrument développé par le chercheur, appliqué à l'unité

de santé mentionné ci-dessus, dans différentes de Août 2014 jours analyse des données a été réalisée à l'aide de simples statistiques par des graphiques et des tableaux et analysées d'après la littérature. Résultats: l'étude a porté sur les jeunes femmes, notamment célibataire, et la scolarité moyenne, la plupart d'entre eux (74%) avaient vie sexuelle active, 91,0% ne fumait pas, buvait de 42,0% et 57,0% pratiqué exercice physique, 66,0% connaissaient les aspects de la CCU, 66,0% réalisée régulièrement le test de Papanicolaou, 74,0% n'ont jamais été les infections sexuellement transmissibles et 14,0% avaient des antécédents familiaux de CCU. Conclusion: les femmes ont des habitudes de vie saines qui aident à prévenir le cancer, à connaître et à faire l'examen pelvien souvent.

MOTS-CLÉS: Cancer du Col Utérin. Examen Préventif. Habitudes de Vie.

HÁBITOS DE VIDA, EL CONOCIMIENTO Y LA PREVENCIÓN DEL CÁNCER DE CUELLO UTERINO

RESUMEN

Objetivo: Identificar los hábitos, el conocimiento y la prevención del cáncer de cuello uterino (CCU) entre los usuarios de la atención primaria Caicó-RN. Método: Estudio descriptivo, con abordaje cuantitativo desarrollado en UBS Silvino Dantas, ubicada en el municipio de Caicó / RN. El proyecto fue aprobado por el Comité de Ética en Investigación de la gestión integrada Escuelas Patos-PB CAAE nº3114021480005881. La población estuvo conformada por 80 mujeres inscritas en la unidad que aceptaron participar. Fue utilizado para recoger los datos, un instrumento desarrollado por el investigador, aplicada en la unidad de salud se ha mencionado anteriormente, en diferentes agosto de 2014 días se llevó a cabo el análisis de datos mediante estadísticas sencillas a través de gráficos y tablas y analizados de acuerdo con la literatura. Resultados: El estudio incluyó a mujeres jóvenes, especialmente solteras, y la escolaridad media, la mayoría de ellos (74%) tenía vida sexual activa, el 91,0% no fumaba, bebía el 42,0% y el 57,0% practica ejercicio física, 66,0% conocía los aspectos de la CCU, el 66,0% realiza regularmente la prueba de Papanicolaou, el 74,0% nunca ha habido infecciones de transmisión sexual y el 14,0% tenía antecedentes familiares de CCU. Conclusión: las mujeres tienen hábitos de vida saludables que ayudan a prevenir el cáncer, a conocer y hacer el examen pélvico a menudo.

PALABRAS CLAVE: Cáncer de Cuello Uterino. Examen Preventivo. Hábitos de Vida.

HÁBITOS DE VIDA, CONHECIMENTO E PREVENÇÃO DO CÂNCER DO COLO DO ÚTERO

RESUMO

Objetivo: identificar os hábitos de vida, conhecimento e prevenção do Câncer de Colo de Útero (CCU) entre usuárias da atenção primária a saúde de Caicó-RN. Método: estudo descritivo, com abordagem quantitativa desenvolvido na UBS Silvino Dantas, localizada no município de Caicó/RN. O projeto foi aprovado pelo Comitê de Ética em Pesquisa das Faculdades Integradas de Patos-PB CAAE nº3114021480005881. A população foi constituída por 80 mulheres cadastradas na unidade e que aceitaram participar da pesquisa. Foi utilizado para a coleta de dados, um instrumento elaborado pela própria pesquisadora, aplicado na unidade de saúde acima citado, em dias distintos do mês de agosto de 2014. A análise dos dados foi realizada através da estatística simples através de gráficos e de tabelas e analisados conforme a literatura pertinente. Resultados: participaram do estudo mulheres jovens, com maior destaque as solteiras, e com escolaridade mediana, maior parte delas (74%) tinha vida sexual ativa, 91,0% não fumavam, 42,0% bebiam e 57,0% práticavam exercício físico, 66,0% conheciam aspectos do CCU, 66,0% realizavam periodicamente o exame preventivo, 74,0% nunca tiveram infecções sexualmente transmissíveis e 14,0% apresentaram histórico familiar de CCU. Conclusão: as mulheres têm hábitos de vida saudáveis que favorecem a prevenção da neoplasia, a conhecem e fazem o exame ginecológico com frequência.

PALAVRAS-CHAVE: Câncer de Colo de Útero. Exame Preventivo. Hábitos de Vida.