170 - EFFECTIVENESS OF THE PREVENTIVE ACTIONS OF THE MALE AND FEMALE BREAST CANCER IN THE MUNICIPALITY OF GUARULHOS

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INTRODUCTION

Cancer is a group of diseases that have in common the uncontrolled growth of malignant cells that invade tissues and organs and can spread to other parts of the body, changing its name to metastasis (INCA, 2009).

In Brazil, the cancer is considered a public health problem. Breast cancer, along with cancer of the uterus, gets attention of national health policy, the high incidence of morbidity and mortality. Currently, cancer is the third cause of death in the Brazilian male population, after cardiovascular diseases and external causes (BRASIL, 2011). Between women and men over 40 years old, the disease constitutes the second cause death, surpassed only by cardiovascular disease (BRITO, 2005).

According to Brazil data (2014) from the mid-80 has been growing public policy being driven by “live program woman” their goals were: the fight against breast cancer in line with the guidelines of the national policy on prevention and control cancer – Pt 874/13. These guidelines in 2011 according to INCA been updated and defined in the establishing Law n°12.40-2011 clinical documents in character, reaffirming a priority on the issues of prevention, diagnosis and treatment.

Breast tumor can be: invasive, also dominated cancer in situ, it is one breast, without spread to other organs and there is no disruption of the lining of the tumor, so the cancer cells are has the potential to become invasive (PINHEIRO, 2013).

In the female population, breast cancer is the most common and is the leading cause of death among cancers in the world (BIM, 2010).

The Ministry of Health (2013), points breast cancer as a major death of women, there is a high investment in broadcasting prevention methods and guidance and health education for the public and health professionals know what the major factors are risk, thereby enhancing the promotion of health in primary and secondary sectors, breast cancer are associated with age factors, lifestyle and food, life history, genetic mutation (BRCA1 e BRCA2) still in Brazil most of the tumors are malignant and are detected at advanced stages and by the woman herself.

The prioritization of prevention strategies such as the collection of cervical cancer screening, self-examination, clinical examination, screening (mammography) detection and early diagnosis of breast cancer to reduce the morbidity and mortality rates (SILVA, 2011).

Breast cancer can affect males at a ratio of 1:100 women, according to Haas (2009) is incidence is increasing in younger men because the lifestyle and need not detect.

Breast cancer is the major cause of death in the world an Brazilian women, according to the National Cancer Institute INCA (2014) the expected estimate for the year 2014 for Brazil are 57.120 new cases of breast cancer, with estimated risk of 56,09 cases per 100.000 women. Excluding the non-melanoma skin tumors this is more common in women in the Southeast (71,18 / 100.000).

Breast cancer is classified into four stages, from 0 to 4. Depending on the extent of the disease: Stage 0: cancer cells are contained in the ducts, so usually curable; stage 1: tumor < 2 cm without the armpit lymph node involvement; stage 3: nodule with more than 5 cm, reaching neighboring structure, with muscle and skin, glands lymph, but still no signs of metastasis; stage 4: are tumor of any size with metastases usually with lymph node involvement, in Brazil, 60 to 70% of cases are diagnosed at stage 3 or 4 (FRAZÃO, 2013).

The Guarulhos Municipality has as a preventive campaign in October rose by the Ministry of Health this month is indicative help lecture, and a intensification largest in the collection of cervical cancer screening and self-examination in the (UBS) basic health units.

MATERIALS AND METHODS

It's a study of epidemiological, descriptive, cross-sectional, quantitative approach. The approach method used was deductive. The research was conducted in the municipality of Guarulhos, São Paulo. Fieldwork was conducted by the authors in daytime. The study was composed of residents of male and female in the municipality of Guarulhos in 2015, age 40-70 years who agreed to participate and to sign the commitment agreement in this research. The research were excluded those who don't fit the inclusion criteria and those that are experiencing cognitive or difficulty in understanding changes. Once established and clarified the objects were given a folder with educational information about the prevention of breast cancer. For data collection was used a questionnaire with two parts, the first part of demographic and clinical profile partner and the second part on data on research. After the questionnaires, data were expressed in graphics.

OBJECTIVES

Check what are the preventive and educational actions against existing breast cancer in Guarulhos, and what services are offered to the public.

RESULTS

Graph 1: Distribution percentages with respect to age, marital status and educational level of residents in the municipality Guarulhos, S.P. 2015.

Graph 2: Distribution percentages with respect to frequency behavior to a Basic Health Unit (UBS) of residents in the municipality of Guarulhos, S.P. 2015.

Graph 3: Distribution percentages with respect to ways to detect breast cancer, knowledge of self-examination and frequency that carries out self-examination, the residents of the municipality of Guarulhos, S.P. 2015.

Graph 4: Distribution percentages with respect to the knowledge of prevention of breast cancer, the examination by professional, receiving information about breast cancer in the past two years and where he was received information, the residents of the municipality of Guarulhos, S.P. 2015.

Graph 5: Distribution percentages with respect to guidance on prevention, services offered by the municipality, providing the health service and use of consultations, the residents in the municipality of Guarulhos, S.P. 2015.

CONCLUSION

It follows that, in the group studied, the majority of respondents know detect and know the self-examination and breast cancer prevention activities in the Health Unit.

After analyzing the data, it was found that most respondents received about breast cancer information in the last two years and received are media for guidance; the female respondents received guidance from a health care professional about prevention of breast cancer since no male respondent received guidance.

Most are unaware of the services offered by the municipality related to the prevention of breast cancer, and most have easy access to services offered by the municipality and use service for medical consultation.

Breast cancer in men also has a low incidence, but has showed increasing values. For its low prevalence has been rarely viewed as subject of study, therefore, this study finds it difficult to access assets for the same.

Health education, carried out individually or collectively by health professionals, leads the individual to a new consciousness and transforms it into an active agent of the care process, standing on their toes in the mirror and your conscience a twist to the fighting there breast cancer and its complications.

This study was an exhilarating experience and very rewarding for our personal, professional and academic development, showing the importance of self-examination breasts of independent, of sex and for planning interventions that disease and change the attitude of the population in the prevention and detection early breast cancer.

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EFFECTIVENESS OF THE PREVENTIVE ACTIONS OF THE MALE AND FEMALE BREAST CANCER IN THE MUNICIPALITY OF GUARULHOS

ABSTRACT

Objective: Check whether the actions of prevention of Breast Cancer are being effective. Methods: The method of approach used was the deductive. The instrument of the data queue was formed from a questionnaire with two parts, drawn up for the purposes of this study. The queue of data was performed by means of questionnaire. Results: The results showed that the average age of respondents included in the analysis of female sex was 51.1 years, and 54.8 years for males. In relation to ways of detecting breast cancer, 100% of women know to detect it and know the self-examination of breasts, in relation to men, 24% do not know the ways to detect breast cancer, and 40% do not know the car review. In relation to the realization of the self breast exam, 58% of those interviewed female, carried out it, being that the male sex, 100% do not perform it; 98% of women and 74% of the men, known to prevention activities in the health units; 78% of women, were examined by a professional and 100% of the men, were not. Conclusion: The data obtained from this study showed that the majority of the interviewed knows to detect and know the self-examination and breast cancer prevention activities carried out in the health unit; they received information about the breast cancer in the past two years, having received this orientation by means of communication. Female respondents received guidance from a health professional about prevention of breast cancer, whereas no interviewed male receipt guidelines. The most unknown to the services offered by the municipality relating to the prevention of breast cancer, and most have access to the services offered by the municipality and use it to make medical consultations.

KEYWORDS: Cancer, Breast, Actions to Prevent

EFFICACITÉ DES ACTIONS DE PRÉVENTION DU CANCER FEMININIO ET DU SEIN MASCULIN DANS LA VILLE DE GUARULHOS (SP), 2015.

RÉSUMÉ

Objectif: pourvérifierlesactions de prévention ducancerduseinsoient efficaces. Méthodes: laméthode utilisée étaitledéductif. L'instrument de collecte de données se composait d'unquestionnaireendeuxparties, établiaux fins de cetteétude. Lesdonnéeson tétérecueillie saumoyen d'unquestionnaire. Résultats: les résultatsontmontré que l'âgemoyendes répondant sinclus dansl'analyse, pourlafemelle de 51,1 ans et 54,8 anspourles hommes. Encequi concerne lesmoyens de détecterle cancerdusein, 100 % desfemmes savent comment détecter et connaîtrel'auto-examendesseins déjà, chez leshommes 24 % ne saventpas commentdétecterle cancerdusein et 40 % ne savaientpas de l'auto-examendesseins; 58 % desfemmes d'auto-examen, alors que, chez leshommes, le 100 % ne réalisentpas ; 98 % desfemmes et 74 % deshommessaventlesactivités de prévention menées dansl'unité de santé ;78 % desfemmesontété examinés par unprofessionnel et 100 % deshommes n'ont jamais été. Conclusion: les résultats obtenus dans cette étude suggèrent que la majorité despersonnes interrogées saventdétecter et saitl'auto-examen et activitéspourla prévention ducancerduseindansl'unité de santé,informations reçuessurle cancer depuis deuxans, aprèsavo irreçucetteorientation médias, orientation desfemmes interrogé esontreçu du professionnel de lasantésur la prévention du cancer dusein, Depuis aucuneindication reçueintimé emâle. La plupartsont pasaucourantdes servicesofferts par laville concernantla prévention ducancerdusein, et laplupar tontunac cèsfacile auxservicesofferts par

lamunicipalité et utilisépourleservice de consultationmédicale.

MOTSCLÉS: cancerdusein, prévention, l'auto-examendesseins.

EFECTIVIDAD DE LAS ACCIONES PREVENTIVAS DEL CÁNCER DE MAMA FEMENINO Y MASCULINO EN EL MUNICIPIO DE GUARULHOS

RESUMEN

Objetivo: Averiguar se las acciones de prevención del Cáncer de mama están siendo efectivas. Metodología: El método de abordaje utilizado fue el deductivo. El instrumento de coleta de los datos fue constituido a partir de un cuestionario con dos partes, elaborado para fines de este estudio. La coleta de los datos fue realizada por medio de cuestionario. Resultados: Los resultados obtenidos demostraron que la media de edad de los entrevistados incluidos en el análisis de sexo femenino fue de 51,1 años, y 54,8 años para el sexo masculino. En relación a las maneras de detectarse al cáncer de mamas, 100% de las mujeres saben detectarlo y conocen el auto examen de mamas, en relación a los hombres, 24% no conocen las formas de detectarse al cáncer de mamas y, 40% no conocen el auto examen. En relación a la realización del auto examen de las mamas, 58% de los entrevistados del sexo femenino, lo realizan, siendo que a los del sexo masculino, 100% no lo realizan; 98% de las mujeres y 74% de los hombres, conocen a las actividades de prevención realizadas en las Unidades de Salud; 78% de las mujeres, fueron examinadas por un profesional y 100% de los hombres, no fueron. Conclusión: Los datos obtenidos de este estudio demostraron que la mayoría de los entrevistados sabe detectar y conocen el auto examen y a las actividades de prevención del cáncer de mama realizadas en la Unidad de Salud; recibieron informaciones acerca del cáncer de manas en los últimos dos años, teniendo recibido esta orientación por los medios de comunicación. Los entrevistados del sexo femenino recibieron orientaciones de un profesional de salud sobre prevención del cáncer de mama, visto que ningún entrevistado del sexo masculino recibo orientaciones. La mayoría desconoce a los servicios ofertados por el municipio relacionado a la prevención del cáncer de mama, y la mayoría tiene acceso facilitado a los servicios ofertados por el municipio y lo utilizan para hacer consultas médicas.

PALABRAS CLAVE: Cáncer, Mama, Acciones de prevención

EFETIVIDADE DAS AÇÕES PREVENTIVAS DO CÂNCER DE MAMA FEMININIO E MASCULINO NO MUNICÍPIO DE GUARULHOS

RESUMO

Objetivo: Verificar se as ações de prevenção ao Câncer de mama estão sendo efetivas. Metodologia: O método de abordagem utilizado foi o dedutivo. O instrumento de coleta de dados foi constituído a partir de um questionário com duas partes, elaborado para fins deste estudo. A coleta de dados foi realizada por meio de questionário. Resultados: Os resultados obtidos demonstraram que a média de idade dos entrevistados incluídos na análise de sexo feminino foi de 51,1 anos, e 54,8 anos para o sexo masculino. Em relação às formas de detectar o câncer de mamas, 100% das mulheres sabem detectar e conhecem o autoexame das mamas, em relação aos homens 24% não conhecem as formas de detectar o câncer de mamas e 40% não conhecem o autoexame. Em relação à realização do autoexame das mamas 58% dos entrevistados, do sexo feminino o realizam, sendo que os do sexo masculino 100% não o realizam; 98% das mulheres e 74% dos homens conhecem as atividades de prevenção realizadas na Unidade de Saúde; 78% das mulheres das mulheres foram examinadas por um profissional e 100% dos homens não foram. Conclusão: Os dados obtidos deste estudo demonstraram que a maioria dos entrevistados sabe detectar e conhecem o autoexame e as atividades de prevenção do câncer de mama realizadas na Unidade de Saúde; receberam informações sobre o câncer de mama nos últimos dois anos, tendo recebido esta orientação por mídia. Os entrevistados do sexo feminino receberam orientações de um profissional de saúde sobre prevenção do câncer de mama, visto que nenhum entrevistado do sexo masculino recebeu orientações. A maioria desconhece os serviços ofertados pelo município relacionado à prevenção de câncer de mama, e a maioria tem acesso facilitado aos serviços ofertados pelo município e utilizaram serviço para consulta médica.

PALAVRAS-CHAVE: Câncer, Mama, Ações de Prevenção.