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Knowledge Of Risk Factors Of Prostate Cancer In Men Over 40 Years In A Hospital Outpatient Ward In Mexico

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ABSTRACT

Introduction: Prostate cancer (CAP) is one of the major health problems affecting the male population; its frequency increases with age and 90% of cases are diagnosed in people over 65 years. WHO estimates that the number of new cases of prostate cancer reaches 10 million annually in 2015 and the annual number of cancer deaths worldwide will double from 6 million in 2000 to 12 million in 2020. **Objective:** To identify the knowledge on Risk Factors of Prostate Cancer in Men over 40 years attending the outpatient ward of a second level hospital in Mexico. **Methodology:** The research was quantitative, descriptive, and transversal; the instrument was a questionnaire with 27 reactive's. Applying the measuring instrument to 120 users over 40 years old with suspected prostate cancer who attended the outpatient clinic during the month of May 2014 and who wished to participate. For the analysis of the information was used SPSS v21. **Results:** The study showed that respondents know some risk factors such as family history (30.8 %), alcohol (26.7%), promiscuity (48.3%), food (41.3%), contact with chemicals (43.3%) and physical inactivity (35.0 %), in knowledge of some types of studies to detect Prostate Cancer (CAP) 55.8 % of the population is unaware of any study, 42.5% say they are the Prostate Specific Antigen (PSA) and digital rectal examination (DRE), when asked about if they knew how studies of PSA and DRE are made, 58.3% and 54.2% mentioned no, but 38.3% and 40.8 % reported yes. **Conclusion:** men have a poor knowledge regarding risk factors, symptoms and types of studies existing to diagnose prostate cancer. There is evidence of poor awareness among the male population regarding this neoplasia.

Keywords: Cancer, Prostate Risk Factors and Knowledge.

Introduction

The World Health Organization estimates that the number of new cases of prostate cancer reaches 10 million annually in 2015; to 2020 considers that the annual number of cancer deaths worldwide will double to 6 million in 2000 to 12 million in 2020. The risk factors have a higher incidence of cancer in groups with minimal education and are closely associated with socioeconomic status. In addition, patients in the lowest social classes consistently have the lowest survival rates compared with those of the higher social classes. Early detection of prostate cancer in Latin America is very low, as patients usually identify with advanced disease; sporadically campaigns prostate cancer screening are made to detect the disease in early stages. Some epidemiological evidence and methodologies for early detection of prostate cancer are unclear and there is to date a form of primary prevention, so early diagnosis of this disease is a challenge for health science area. The Ministry of Health notes that in Mexico, prostate cancer presented a rate of 9.8; it is the second leading cause of death in men; It is responsible on average 12.5% of all cancer deaths in men. From 1990 to 2008 a trend of high rates of 14.6 to 19.5 per 100,000 populations was observed, representing an increase of 33.5% rate. It affects 30% of men over 50 years. By 2008 the problem most often begins after age 55, increasing with age. The 89% of deaths in the population were registered in people over 65 years. The states with higher mortality rates per 100,000 people present are Nayarit (33.0), Michoacán (29.6), Colima (28.7), Zacatecas (28.0) and Jalisco (26.2); for the state of Guerrero a rate of 22.3 was reported. Prostate cancer being one of the major health problems for the male population. Its frequency increases with age: 90% of cases are diagnosed in people over 65 years.

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Objective

General: Identify the knowledge about risk factors, symptoms and types of diagnostic studies of Prostate Cancer in Men over 40 years.

Methodology

The research was quantitative, systematic collection of numerical information was performed. The study variables were: knowledge of risk factors, symptoms, types of diagnostic studies, family history, promiscuity, diet, age, sedentary lifestyle, occupation, education level and marital status.

Study population: 120 male older than 40 years who attended the outpatient clinic of the General Hospital Raymundo Abarca Alarcon.

Inclusion criteria: men affiliated with the popular insurance who attended during the month of May 2014 to the outpatient clinic with suspected diagnosis of prostate cancer and who wanted to participate.

Technique or instrument of data collection: self-applied questionnaire was carried out with direct supervision of project members with previous training. We performed univariate and bivariate descriptive statistics; SPSS version 21 was used. The Microsoft Office Excel software was used to create the graphics.

Of the total population surveyed, most of the men corresponds to the age group 40-50 years, the most predominant school level was primary, are farmers, the majority married, according to risk factors of CAP, 73.3% mentioned that the consumption of snuff is a risk factor, 39.2% said that having a family member with CAP puts it directly. 48.3% believe that promiscuity is a risk factor, 58.3% claim eating styles, 56.7% believe that contact with chemicals is a risk factor and finally sedentary lifestyle with 65.0%.

Questions risk factors	Yes %	No %
Did you know that from age 45 you are more likely to develop cancer?	70%	30%
Did you know that if you use any kind of snuff makes you prone to getting prostate cancer?	73.3%	26.7%
Did you know that if you had family with prostate cancer exposes you directly?	39.2%	60.8%
Do you have the knowledge that the number of sexual partners is a risk factor for prostate cancer?	48.3%	51.7%
Did you know that if you have a poor diet in which canned products are frequently consumed, makes you prone to prostate cancer?	58.3%	41.7%
Did you know it is a high factor being exposed to chemicals, such as paint thinner, gasoline, insecticides, fertilizers, etc.?	56.7%	43.3%
Did you know that if you do not perform any activity such as walking or another is a factor for prostate cancer?	65.0%	35.0%

On their knowledge of the location of the prostate gland 65.0% mentioned it is located below the bladder and 61.7 % indicated that the gland is only in men.

Regarding the age of highest risk for CAP, 70% of the population mentioned that after 45 years and 30% have no knowledge.

As for the types of studies, 55.8 % of the population have poor knowledge not knowing any study to detect CAP, 19.2% say that both considering the APE and DRE. Most respondents know some symptoms of CAP as 76.7 %, difficulty start "peeing" refers to 68.3 % after urination drip, 68.3 % say that the number of times urinating, 75.0 % reported that the decline in the caliber and urine stream, 65.8 % have inflammation in the urethra and 71.7 % incomplete emptying of the bladder.

Questions Prostate Cancer Symptoms	F	T
Urgent need to urinate	36.7%	63.3%
Difficulty starting urination	23.3%	76.7%
Pain in the stomach	63.3%	36.7%
Urinating finish drip	31.7%	68.3%
Increase in the number of times they urinate for 24 hours	31.7%	68.3%
Knee pain	61.7%	38.3%
Decrease in the size and strength of the urine stream	25.0%	75.0%
Inflammation of the urethra	34.2%	65.8%
Incomplete bladder emptying	28.3%	71.7%

The reasons why men surveyed do not go to the appropriate health centers are due to lack of knowledge (41.7%) and embarrassment (25.8 %). The provided guidance on this condition refers to the doctor 35.0%, while 24.2% have been

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reported through television. Preventive measures more predominant, were medical examinations with 74.2%, and consumption of fruits and vegetables with 12.5%. The age of CAP tests performed in men with a family history say it is from 40 years (79.2%), while 14.2% do not know.

	Correct	Incorrect
How you would consider a Cancer?	68.3%	31.7%
Do you know what part of your body is the prostate gland?	65.0%	35.0%
Does the prostate gland is in the male and female?	61.7%	38.3%
Do you know what the studies to detect prostate cancer are?	42.5%	55.8%
Do you know how PSA study is performed?	38.3%	61.7%
Do you know what a diagnosed rectal examination is?	40.8%	59.2%
Did you know how the study of rectal examination is performed?	40.8%	59.2%

Discussion

The study showed that respondents know some risk factors such as family history (30.8 %), alcohol (26.7 %), promiscuity (48.3%), food (41.3%), contact with chemicals (43.3%) and (35.0%) sedentary lifestyle. Unlike the study by Muñoz Astudillo María Nelcy, et al in 2011, in which respondents identified the following risk factors: smoking (29%), promiscuous sexual behavior (8%), poor nutrition (5%) and inheritance (7%) In our research in knowledge of some types of studies to detect Prostate Cancer (CAP) 55.8% of the population is unaware of any study, 42.5% say they are the prostate-specific antigen (PSA) and digital rectal examination (DRE), when they were asked if they knew how these studies of PSA and DRE are made, 58.3% and 54.2% mentioned that no, but 38,3 % and 40.8% reported yes. In contrast to the study by Arbelaez R, et al in 2012, which reported that 68.7% of participants had an adequate knowledge; 43.4%, appropriate attitudes; and 38.6%, appropriate practices.

Conclusion

Respondents showed that they identify some risk factors and symptoms of CAP which may occur; however most people doesn´t know studies that exist to diagnose these tumors, due to lack of information.

Recommendations for future researchers

Investigate male taboos that hinder the detection of prostate cancer in their early stage.

The active and conscious participation of health personnel and target population is necessary; running awareness programs to men over 40 years, organize workshops in the most vulnerable communities, as well as outpatient hospitals to capture the population at risk.

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