



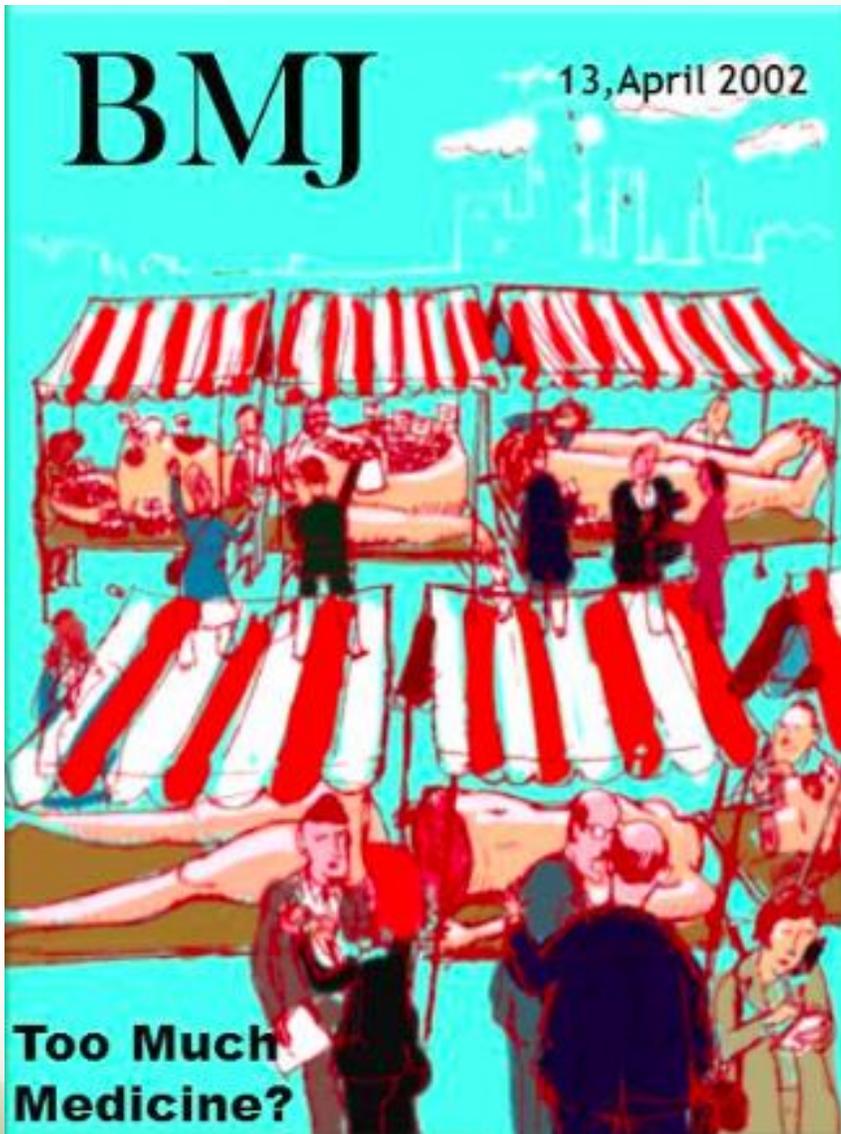
**Telessaúde**  
UFSC



apresentam

# **PREVENÇÃO QUATERNÁRIA NA APS: MENOS INTERVENÇÕES DESNECESSÁRIAS NO CUIDADO**

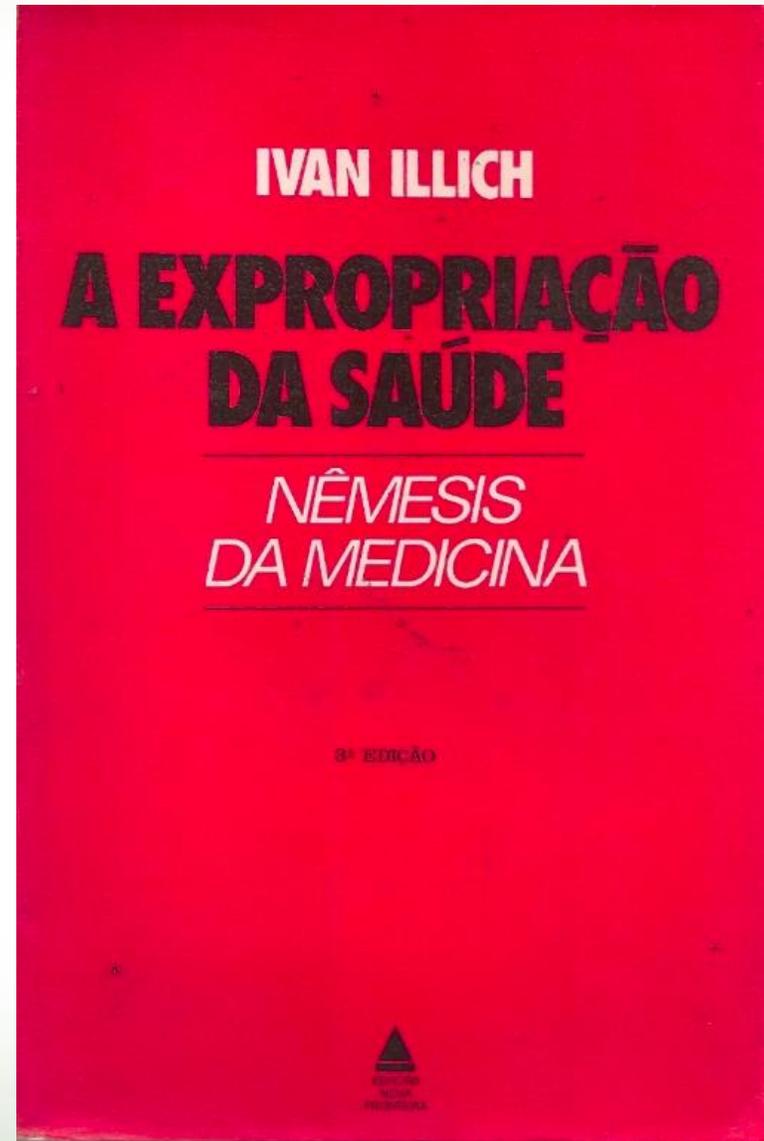
**Paulo Poli**



- Editorial
- Ação é necessária para parar o *Disease Mongering*
- Uma boa morte é uma morte médica?
- A medicalização do nascimento
- A medicalização do envelhecimento
- Genética e medicalização
- Quando uma doença é uma não-doença?

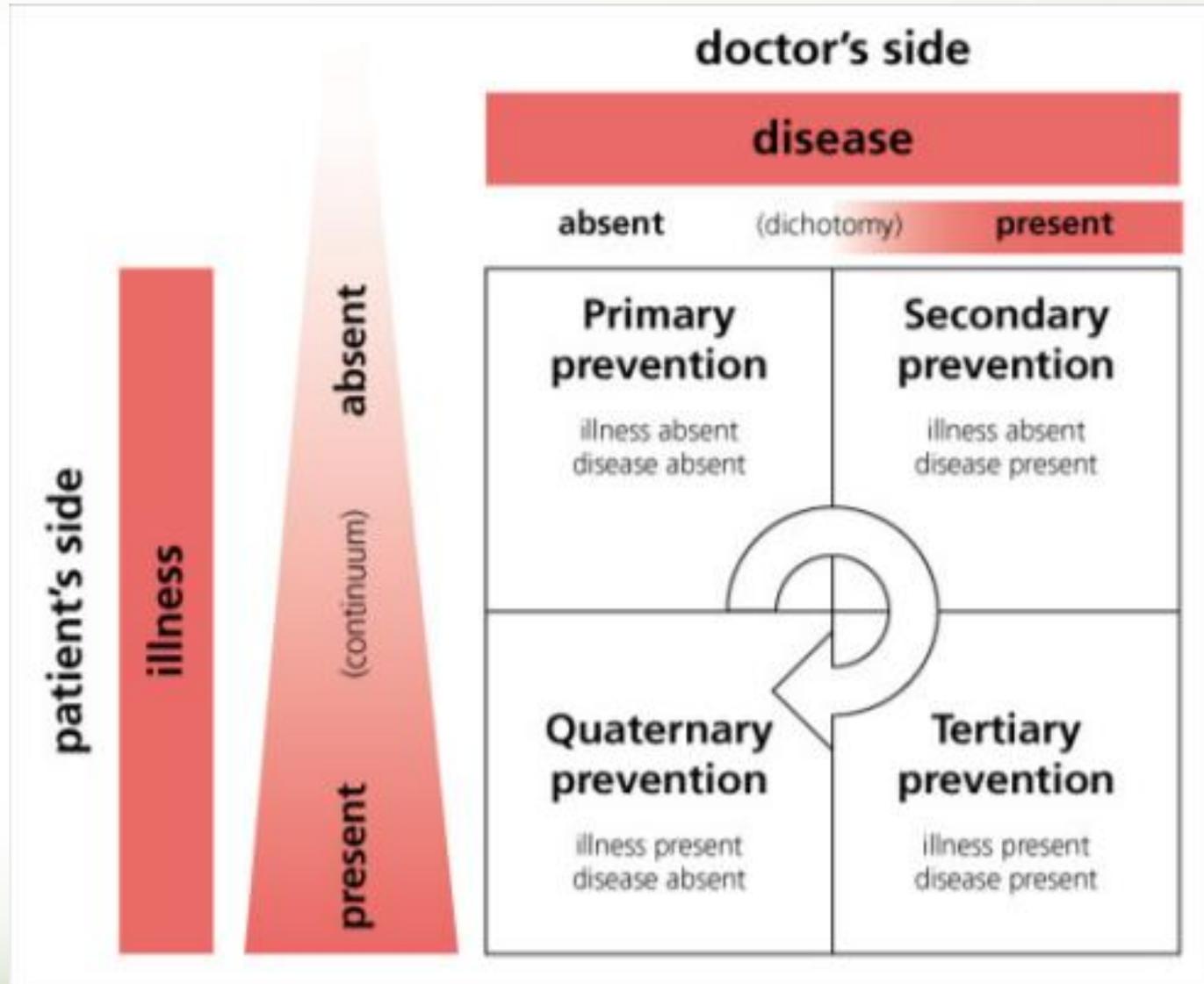
- Heteronomia/dependência;
- Expansão;
- Custos e menor capacidade para investir no que pode produzir mais benefícios.

“As pessoas são condicionadas a ter as coisas em vez de fazê-las... Elas querem ser levadas, tratadas ou guiadas antes de aprender a lidar, de encontrar seu próprio caminho.”





**MARC JAMOULLE**



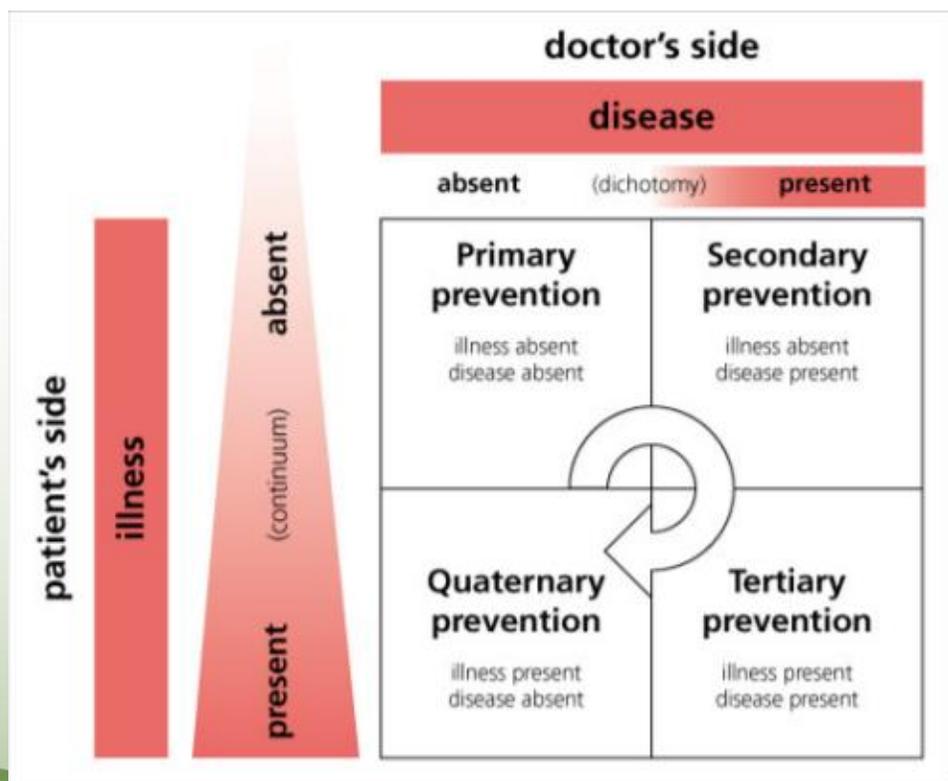
# Medicalização

# Overdiagnosis



# Choosing Wisely<sup>®</sup>

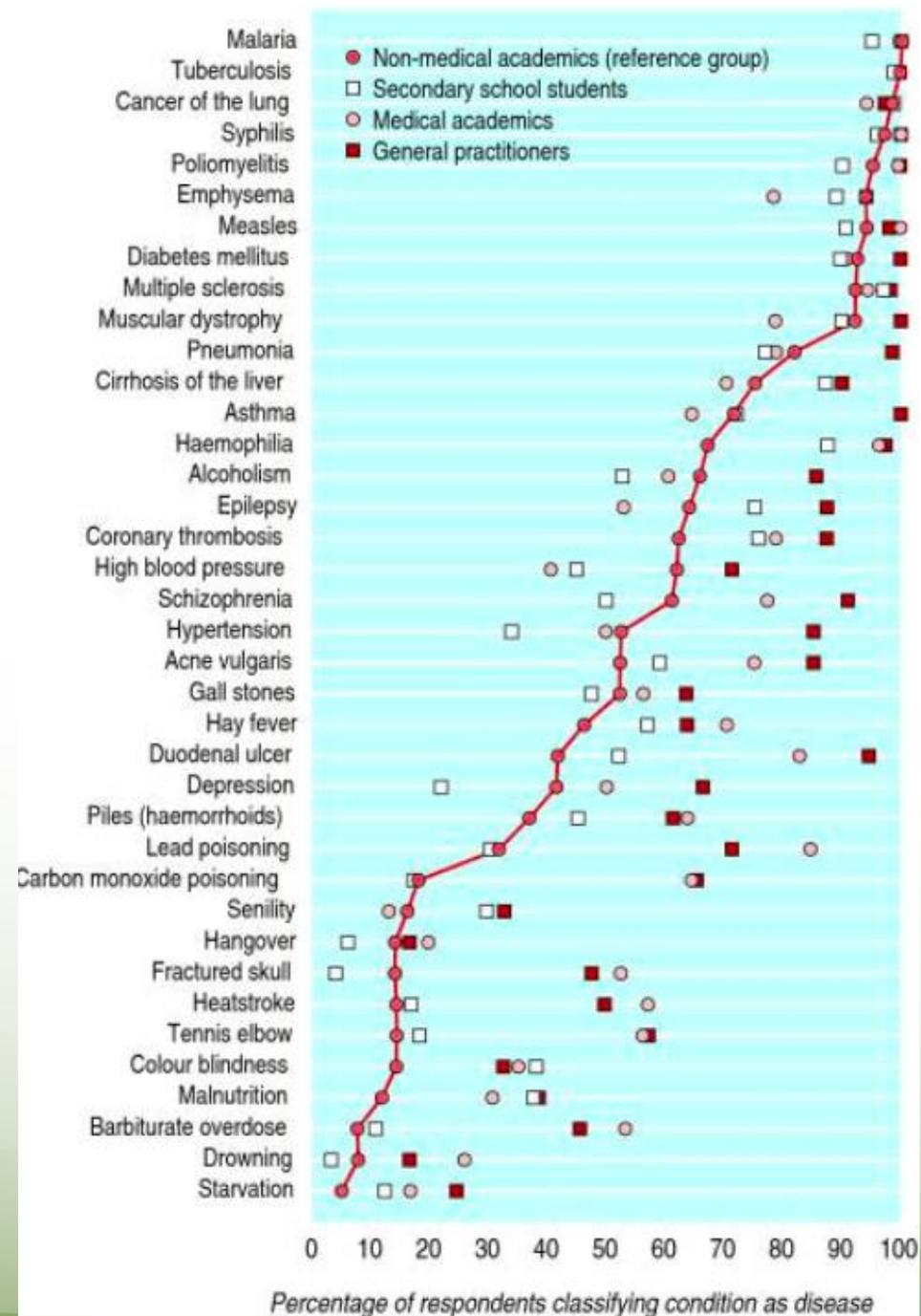
*An initiative of the ABIM Foundation*



# Exemplos

- Novas doenças:
  - Humor; comportamento; desempenho profissional;
- Situações autolimitadas como viroses ou sintomas funcionais;
  - Intervenções em processos vitais:
    - Nascimento; desenvolvimento; sono; sexualidade; etapas do ciclo de vida; sofrimentos adaptativos; morte;
- O tema do risco – check-ups; alimentação; atividade física;
  - Performance – estética e bodybuilding.

# Como se define o que é doença?



Top 20 non-diseases (voted on bmj.com by readers), in descending order of “non-diseaseness”

1 Ageing	12 Allergy to the
2 Work	21st century
3 Boredom	13 Jet lag
4 Bags under eyes	14 Unhappiness
5 Ignorance	15 Cellulite
6 Baldness	16 Hangover
7 Freckles	17 Anxiety about penis size/ penis envy
8 Big ears	18 Pregnancy
9 Grey or white hair	19 Road rage
10 Ugliness	20 Loneliness
11 Childbirth	

**This Issue**Citations **298****Commentary**

July 26, 2000

# Is US Health Really the Best in the World?

Barbara Starfield, MD, MPH

[» Author Affiliations](#)

JAMA. 2000;284(4):483-485. doi:10.1001/jama.284.4.483

care. The health care system also may contribute to poor health through its adverse effects. For example, U.S. estimates of the combined effect of errors and adverse effects that occur because of iatrogenic damage not associated with recognizable error include:

- 12,000 deaths/year from unnecessary surgery
- 7000 deaths/year from medication errors in hospitals
- 20,000 deaths/year from other errors in hospitals
- 80,000 deaths/year from nosocomial infections in hospitals
- 106,000 deaths/year from nonerror, adverse effects of medications

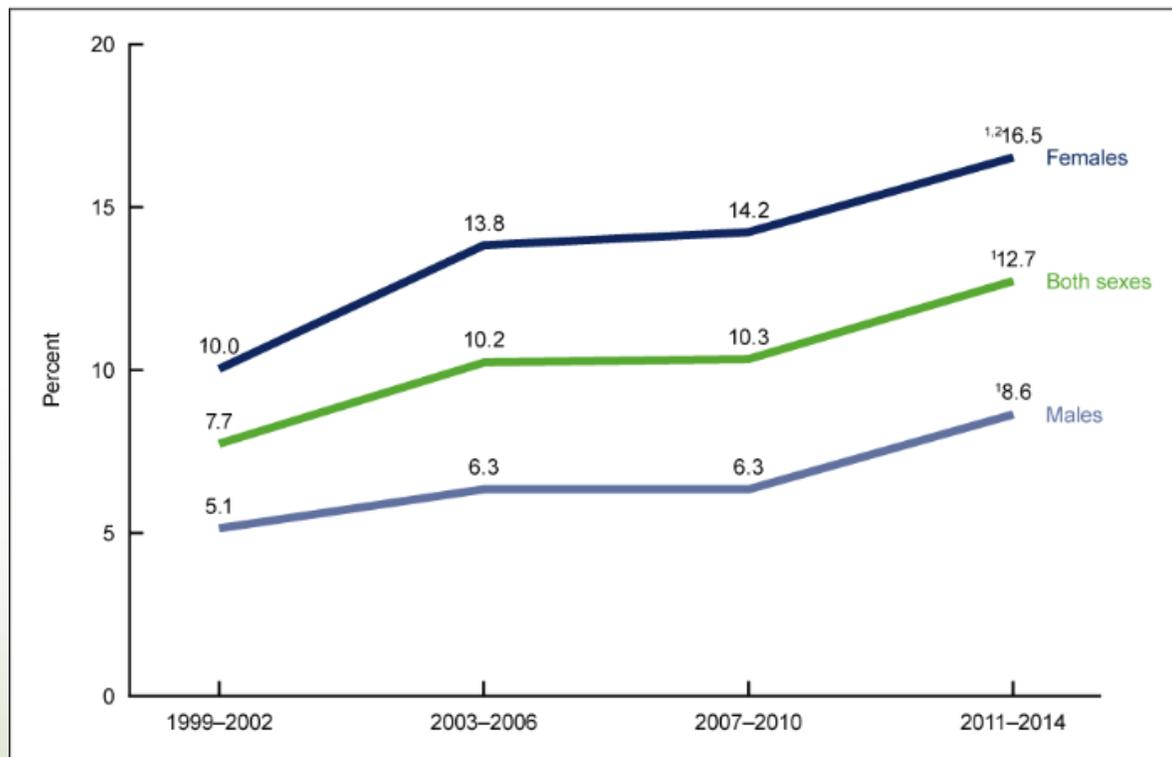
**Sorry,  
but no amount  
of antibiotics  
will get rid of  
your cold.**

The best way to treat most colds, coughs or sore throats is with plenty of fluids and rest. Talk to your health care provider.

Choosing  
Wisely  
Canada 



Figure 4. Trends in antidepressant use among persons aged 12 and over, by sex: United States, 1999–2014



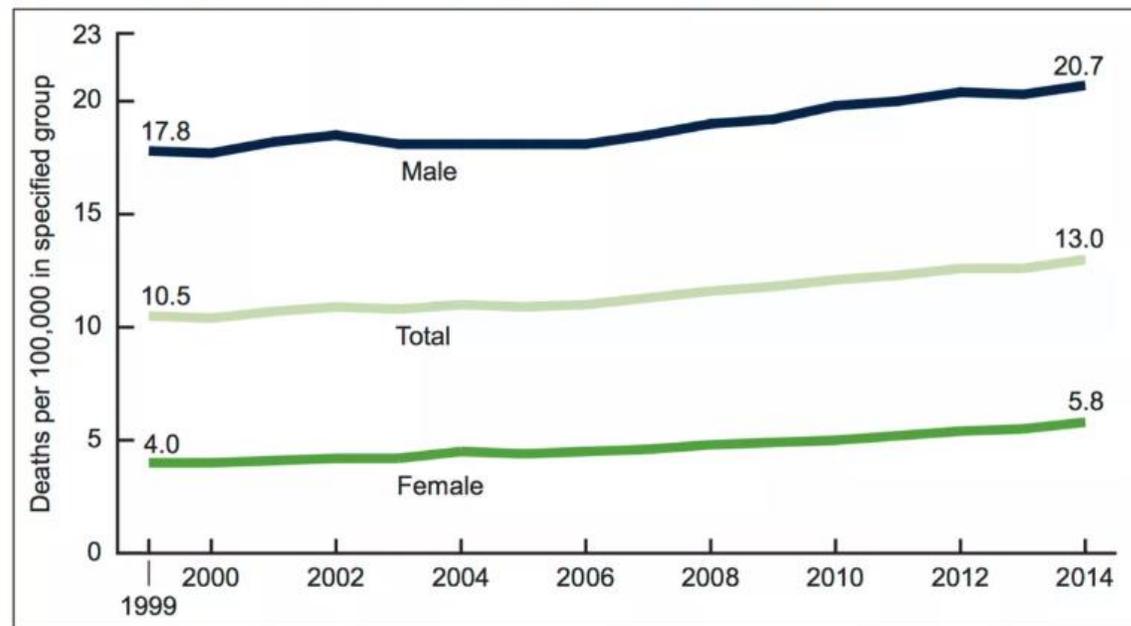
<sup>1</sup>Significant increasing trend.

<sup>2</sup>Significantly higher than males for all years.

NOTE: Access data table for Figure 4 at: [https://www.cdc.gov/nchs/data/databriefs/db283\\_table.pdf#4](https://www.cdc.gov/nchs/data/databriefs/db283_table.pdf#4).

SOURCE: NCHS, National Health and Nutrition Examination Survey, 1999–2014.

Figure 1. Age-adjusted suicide rates, by sex: United States, 1999–2014



NOTES: Suicide deaths are identified with codes U03, X60–X84, and Y87.0 from the *International Statistical Classification of Diseases and Related Health Problems, Tenth Revision*. Access data for Figure 1 at: [http://www.cdc.gov/nchs/data/databriefs/db241\\_table.pdf#1](http://www.cdc.gov/nchs/data/databriefs/db241_table.pdf#1).

SOURCE: CDC/NCHS, National Vital Statistics System, Mortality.

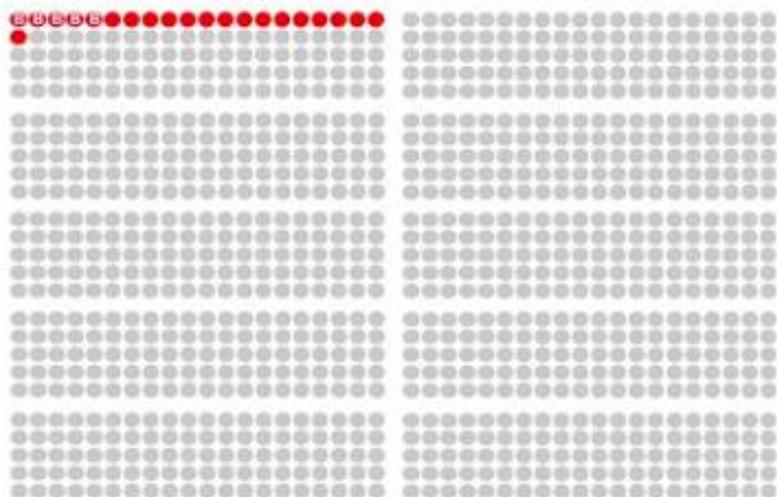
# Breast Cancer Early Detection



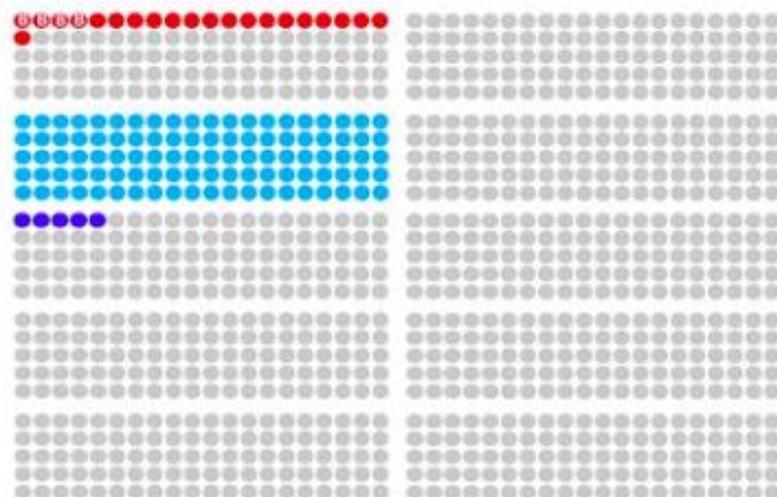
by mammography screening

Numbers for women aged 50 years or older who participated in screening for 10 years or more

1000 women without screening:

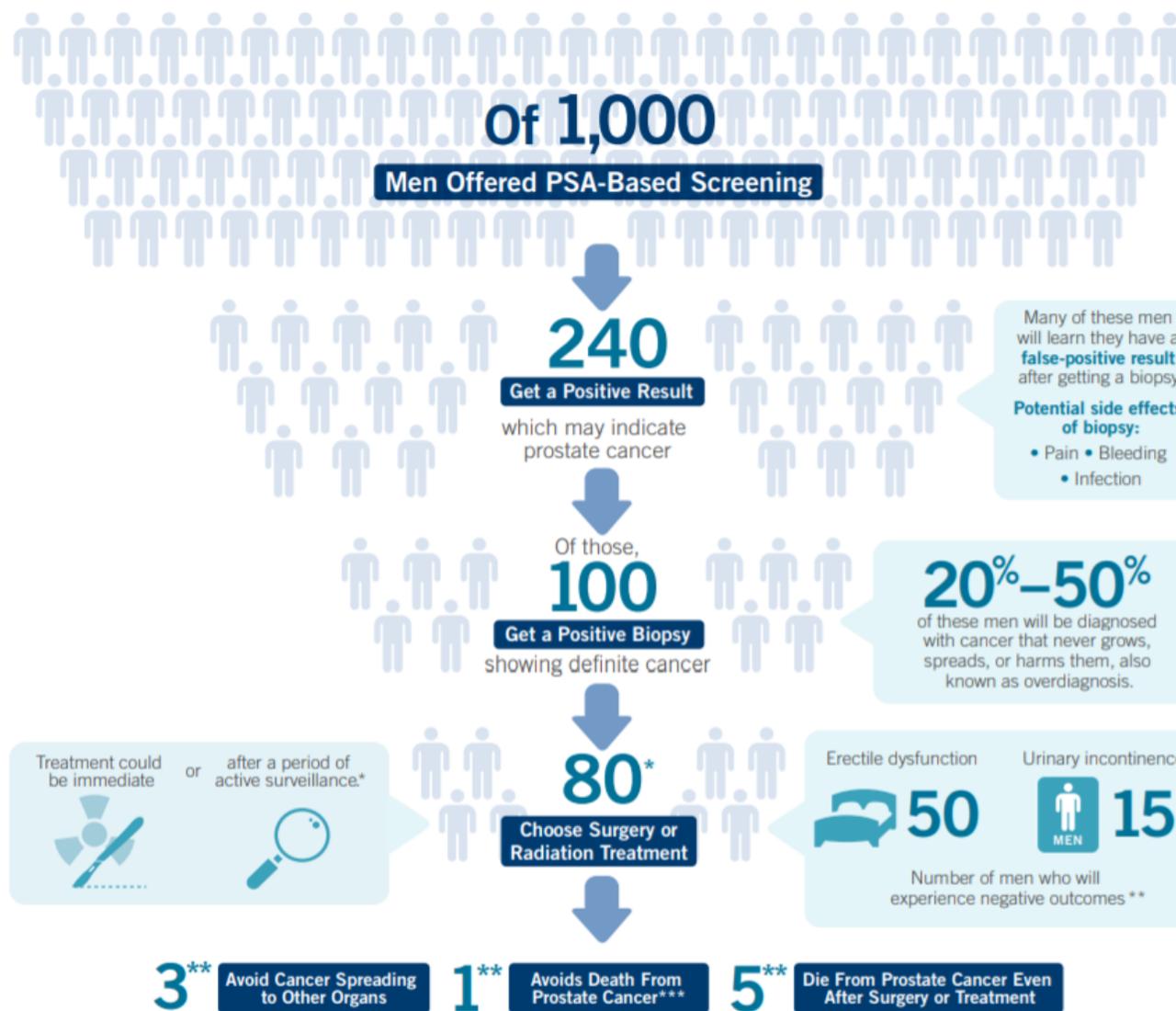


1000 women with screening:



⑥ Women who died from breast cancer:	5	4
● Women who died from all types of cancer:	21	21
● Women who learned after a biopsy that their diagnosis was a false-positive:	–	100
● Women who were diagnosed and treated for breast cancer unnecessarily:	–	5
● Remaining women:	979	874

Source:  
Gøtzsche, PC, Jørgensen, KJ (2013). *Cochrane Database of Systematic Reviews* (6): CD001877  
Numbers in the facts box are rounded. Where no data for women above 50 years of age are available, numbers refer to women above 40 years of age.  
[www.harding-center.mpg.de](http://www.harding-center.mpg.de)



# Perguntas e respostas