Nódulos Tiroideus em Idade Pediátrica – Revisão de 67 Doentes

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INTRODUÇÃO

Os nódulos tiroideus na criança e adolescente são menos prevalentes, mas acarretam maior risco de malignidade do que no adulto.

OBJECTIVO

Avaliar as características de uma população pediátrica com nódulos tiroideus submetidos a punção biopsia aspirativa (PBA).

MÉTODOS

Foram avaliados, de forma retrospectiva, 67 crianças e adolescentes seguidos na consulta externa de Endocrinologia Pediátrica do Hospital de São João-EPE por nódulos tiroideus. Determinaram-se os parâmetros demográficos dos doentes, a função tiroideia, o tamanho ecográfico dos nódulos tiroideus, o resultado da PBA e da histologia (nos casos em que os doentes foram submetidos a cirurgia).

RESULTADOS

56 doentes eram do sexo feminino (83,58%). Globalmente tinham idade média de 14,6±3,7 anos e o tamanho médio dos nódulos tiroideus era de 11,2±5,2mm. A função tiroideia era normal em 60 doentes (89,55%), apresentando os restantes hipotiroidismo. A PBA revelou tiroidite linfocítica em 14 doentes (20,9%), carcinoma papilar em 5 doentes (7,46%) e tumor folicular em 8 doentes (11,94%). Nestes últimos, a histologia mostrou que 4 eram adenomas foliculares (50,0%), 3 eram carcinomas papilares variante folicular (37,5%) e 1 era carcinoma folicular (12,5%). Dois dos doentes cuja PBA mostrava lesões benignas foram submetidos a tiroidectomia total por bócio multinodular e a respectiva histologia mostrou tratar-se de bócio adenomatoso. A histologia confirmou malignidade num total de 9 doentes (13,4%).

CONCLUSÕES

A prevalência de malignidade na nossa amostra foi relativamente elevada, o que está de acordo com estudos prévios.

Stages of Change Towards Healthy Eating and Factors Perceived as Influent in Food Consumption by Portuguese Adults

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INTRODUCTION

Healthy eating is one of the main lyfestyles' variables with influence on the incidence and prevalence of non-transmissible chronic diseases. The knowledge about the factors perceived to have major influence in food consumption and their relation with the stages of change towards healthy eating is of great importance to increase the success of public health interventions.

AIM

To evaluate the association between the factors perceived to have major influence in food consumption and the stages of change towards healthy eating in the portuguese adult population.

METHODS

Data from the study "Portuguese Population's Food Habits and Lifestyles" were used. A national representative sample of 3529 subjects was interviewed at home between February and April 2009. The present analysis is carried out in 3481 subjects due to incompleteness of 48 records. Subjects were asked to select from a list of fourteen, the three factors which had the greater importance in food consumption. The distribution of subjects by stages of change towards healthy eating was compared according to the selection of each factor.

RESULTS AND DISCUSSION

The distribution of subjects by stages of change was significantly associated with the selection of ten of the forteen evaluated factors. The greater differences on the proportions of subjects in the stage of maintenance were found for subjects who selected "vegetarian eating or other special practices" (56 vs. 46% among those who didn't select this factor), "avaliability" (38 vs. 50%), "easiness or convenience of preparation" (35 vs. 50%), "trying to eat healthy" (58 vs. 41%), "diet recommended by the physician" (63 vs. 45%) and "quality or freshness of foods" (56 vs. 44%).