

Letter to the Editor Regarding the Article: “Prevalence of Portuguese Children Exposed to Secondhand Smoke at Home and in the Car”

Carta ao Editor Relativo ao Artigo “Prevalência de Crianças Portuguesas Expostas ao Fumo Ambiental do Tabaco em Casa e no Carro”

Keywords: Child; Environmental Tobacco Smoke; Portugal
Palavras-chave: Criança; Poluição por Fumo de Tabaco; Portugal

Dear Editor,

I read with enthusiasm the article “Prevalence of Portuguese Children Exposed to Secondhand Smoke at Home and in the Car”¹ which is the first nationally representative study in Portugal to estimate the prevalence of children exposed to Secondhand smoke.

In fact, it is not difficult to understand that children exposed to environmental tobacco smoke are mostly those who have one or two smoking parents.

I have been conducting a smoking cessation clinic for about two years at the health center where I work, hence my particular interest in this study and the repercussions that smoking has on both those who smoke and those around them.

Some of the patients who attend my clinic come with their children. I found out that, in these patients, the most important factor in the decision to quit was precisely the children’s opinion and persistence. This is also the factor that, in these cases, I have found to be the most motivating for the process of smoking cessation and relapse prevention.

Nowadays, children are warned at school and through social media about the importance of distancing themselves from harmful habits. Their role at home, in interaction with their parents, is thus essential for the promotion of a healthier life for them and their families. Education should be just like this, not only from parent to child, but also in reverse.

In our clinical practice we should take advantage of consultations to carry out an intervention and brief awareness of smoking cessation, in order to promote quality of life in these families. Unfortunately, in Portugal, smoking cessation research is still scarce. However, it is articles like this one that, by revealing that the exposure of children to environmental tobacco smoke has been decreasing in our country,¹ make us aware of the fact that society is changing, that civic awareness is more present, and that our work in smoking cessation clinics should be promoted and continued.

If we continue to move towards health promotion for our patients, we will contribute towards instigating a brighter future for their families and especially their descendants.

REFERENCES

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Rute Neves MARQUES✉¹

1. Unidade de Saúde Familiar Ars Medica. Loures. Portugal.

✉ Autor correspondente: Rute Neves Marques. rutenevesmarques@gmail.com

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Contraceção na Adolescência: A Perspetiva dos Cuidados de Saúde Primários

Contraception in Adolescence: The Primary Health Care Perspective

Palavras-chave: Adolescência; Contraceção; Cuidados de Saúde Primários; Portugal

Keywords: Adolescent; Contraception; Portugal; Primary Health Care

Caro Editor,

Foi com grande interesse que lemos o artigo “Contraceção em Adolescentes: Conhecimentos e Práticas em Portugal”, publicado no número de julho-agosto de 2019 da Acta Médica Portuguesa; este artigo é referente a

um estudo que avalia o conhecimento de médicos de três especialidades distintas sobre aconselhamento contraceptivo de adolescentes.¹

A atividade sexual entre adolescentes é muitas vezes iniciada sem existir um aconselhamento contraceptivo e educação sexual adequados, podendo levar a gravidez indesejada e também ao surgimento de doenças sexualmente transmissíveis, tal como referido em diversos estudos.^{2,3}

Como internas de formação específica em Medicina Geral e Familiar, sentimos que os adolescentes são um grupo de intervenção prioritário, devendo o rumo da consulta ser adequado a esta faixa etária.

O adolescente chega muitas vezes até nós num contexto de doença aguda, pelo que exercemos abordagem oportunista, utilizando estas consultas para informar sobre o planeamento familiar, que muitos desconhecem ser