

Knowledge and Attitudes about Prostate Cancer in Brazil: Integrative Review

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Conhecimento e Atitudes sobre o Câncer de Próstata no Brasil: Revisão Integrativa

Conocimiento y Actitudes sobre el Cáncer de Próstata en Brasil: Revisión Integrativa

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Abstract

Introduction: Breast cancer is the most common type among women in the world and in Brazil, it is part of a heterogeneous group of diseases, thus having different signs and behavior. Possible treatments include surgical approaches, chemotherapy, radiotherapy, endocrine therapy, and target therapy. The surgical procedure can lead to several complications and consequences for the patient, so a follow-up process is necessary after this approach, exercises are fundamental to return functionality and quality of life, but there is divergence in the literature regarding the moment of beginning of the execution of the same. **Objective:** To perform a systematic literature review, present studies and analyze the impact of the release of immediate versus late exercises, after onco-mammary surgeries, without associated plastic intervention. **Method:** This is a systematic literature review. To perform the same, a search was made in the database of PubMed, PEDro and SciELO databases using the descriptors: rehabilitation, breast neoplasms, prospective period, prospective care, exercise and their respective ones in the Portuguese language, being these, rehabilitation, breast cancer, postoperative period, postoperative care and exercise. **Results:** For the accomplishment of this study, 48 articles were found, being 12 relevant to the review. **Conclusion:** The studies are divergent, but a literary update emphasizes immediate postoperative exercises of onco-mammary surgeries can be used without increasing the incidence of complications.

Key words: Exercise Therapy; Breast Neoplasms; Postoperative Care; Review.

Resumo

Introdução: O câncer de próstata está entre as doenças crônicas não transmissíveis que mais afetam os idosos, sendo a idade um fator relevante para esse agravo. É o segundo tipo de câncer de maior prevalência na população masculina, tornando-se um problema de saúde pública. Para tanto, a prevenção e o diagnóstico ficam comprometidos pela baixa procura dos homens ao serviço de saúde. **Objetivo:** Identificar os obstáculos para a realização do exame de próstata entre os homens. **Método:** Revisão integrativa da literatura realizada nas bases de dados da BVS, Lilacs, Medline e BDENF. Foram critérios de inclusão: artigos científicos que retratam as ações públicas direcionadas ao câncer de próstata, indexados na base de dados da BVS, publicados em língua portuguesa, inglesa e em espanhol, disponíveis on-line na íntegra. **Resultados:** Foram encontradas 68 publicações na base de dados Medline, 62 na Lilacs e na BDENF 17, totalizando 147 artigos que poderiam ter relação com o tema da pesquisa. Após leitura dos resumos, desse total, 139 artigos não possuíam relação direta com o estudo, estavam indexados em mais de uma base de dados ou estavam duplicados, totalizando oito artigos publicados para análise. **Discussão:** Após leitura interpretativa, emergiram três categorias: dificuldades políticas organizacionais para a prevenção do câncer de próstata, dificuldades socioculturais para prevenção do câncer de próstata e estratégias para prevenção desse câncer. **Conclusão:** É necessário desenvolver a prevenção com mais naturalidade, a partir de informações claras e eficazes pelos meios de comunicação.

Palavras-chaves: Neoplasias da Próstata; Saúde do Homem; Adulto; Idoso.

Resumen

Introducción: El cáncer de mama es el tipo más común entre las mujeres en el mundo y en Brasil, forma parte de un grupo heterogéneo de enfermedades, teniendo así signos y comportamiento distintos. Los tratamientos posibles son abordajes quirúrgicos, quimioterapia, radioterapia, endocrinoterapia y terapia objetivo. El procedimiento quirúrgico puede llevar a diversas complicaciones y consecuencias para la paciente, por lo que es necesario un proceso de seguimiento después de este enfoque, ejercicios son fundamentales para devolver funcionalidad y calidad de vida, pero existe divergencia en la literatura en relación al momento de inicio de la su ejecución. **Objetivo:** Realizar una revisión sistemática de la literatura, presentar estudios y analizar el impacto de la liberación de ejercicios inmediatos versus tardíos, después de cirugías onco-mamarias, sin intervención plástica asociada. **Método:** Se trata de un estudio de revisión sistemática de la literatura. Para la implementación se trataba de una encuesta en la orilla de las bases de datos PubMed, SciELO, PEDro y utilizando las siguientes palabras clave: rehabilitación, neoplasias de la mama, del período prospectivo, de cuidado prospectivo, de ejercicio y su en portugués, siendo éstas, la rehabilitación, el cáncer de mama, período postoperatorio, cuidados postoperatorios y ejercicio. **Resultados:** Para la realización de este estudio se encontraron 48 artículos, siendo 12 relevantes a la revisión. **Conclusión:** Los estudios se presentan divergentes, pero se observa una actualización literaria que enfatiza que los ejercicios inmediatos en el postoperatorio de cirugías onco-mamarias pueden ser empleados sin traer aumento en la incidencia de complicaciones.

Palabras clave: Terapia por Ejercicio; Neoplasias de la Mama; Cuidados Posoperatorios; Review.

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INTRODUCTION

The elderly population is growing significantly; according to IBGE – Instituto Brasileiro de Geografia e Estatística, the estimate for 2050 is of 66.5 million people with more than 60 years old¹. So, ageing is understood as an inherent process of the human nature where the functionality of the individuals diminishes. However, the stressor factors, as diseases, accidents and emotional overload provoke pathological conditions requiring care². Among the morbidities, the Non-Communicable Chronic Diseases (NTCD)² are accountable for nearly 70% of the deaths in the world³.

Cancer is within the NTCD that affect more men, in special, the prostate cancer, where age is a relevant factor of the disease, increasing its incidence in the fifth decade of life^{4,5}.

It is known that the prostate is a gland of the male reproductive system. It is located below the bladder, involving the urethra and just in front of the rectum. The prostate gland eliminates the urine accumulated in the bladder and is also responsible for the production of the sperm that carries the spermatozoid through the urethral channel during the sexual intercourse^{6,7}.

In the initial phase of the prostate cancer, it appears silently, sometimes asymptomatic, possibly as a benign growth of the prostate and difficulty to urinate as symptom. But in its advanced phase, may reveal bone pain, difficulty to urinate or, at the worse, generalized infection or kidney malfunction⁶.

For the World Health Organization (WHO) the strategy for early detection is the early diagnosis when the initial signs of the disease appear and screening, when no symptoms are present. The best methods to investigate are the rectal examination and the *Prostate-Specific Antigens* (PSA)^{5,8}.

The Ministry of Health, according to Ordinance number 1.944, August 27, 2009⁹, proposes that the National Policy of Full Care to Male Health (PNAIHS)¹⁰, which pursues to promote the improvement of the health conditions of the male population in Brazil, contributes for the reduction of the morbidity and mortality of this population and facilitates the access to actions and health full care services. In addition, it plans to organize, implement, qualify and humanize across the Brazilian territory the full attention to the male health.

Prostate cancer, as previously affirmed, is a problem of public health, it is the second most prevalent in the male population, just behind non-melanoma skin cancer. Its characteristic is to have family background and elevated Body Mass Index (BMI) as risk factors^{4,5}.

One of the objectives of the Ministry of Health for prostate cancer is the awareness to increase the adherence of the male population to the existing services, promoting

actions of clarification about the disease and information about the risks and benefits that involve the screening of this pathology¹¹.

But prevention and diagnosis are affected because the male population is reluctant to search for health services. The mystification and the cultural aspects of the masculinity, as fear, chauvinism, loss of virility make them avoid or even postpone the early prevention and diagnosis^{12,13}. The male health is a problem of great relevance for public health; because of this, it is necessary to have a more careful look towards the male group in study. This investigation, based in the bibliographic review attempted to analyze what are the detectable obstacles for prostate exam in men.

METHOD

It is a bibliographic integrative review about prostate cancer. The integrative review consists in an analysis of relevant scientific researches, which allows to synthesize a certain knowledge about a specific investigation subject¹⁴.

For this study, the following stages were carried out: selection of the theme, definition of inclusion and exclusion criteria, categorization of the studies, analysis of the studies, interpretation of the studies and presentation of the research¹⁴.

The search for articles was conducted through “Biblioteca Virtual em Saúde (BVS)” – Health Virtual Library, which offers the specific health science in general, granting access to “Literatura Latino-Americana e do Caribe em Ciências da Saúde (Lilacs)”, to *Medical Literature Analysis and Retrieval System Online* (Medline) and to the “Banco de Dados em Enfermagem (BDENF)” – Nursing Databases. The production is provided electronically and allows an easy access to recent studies about the theme.

The criteria defined to select the articles were: scientific articles published in Portuguese, English and Spanish from 2011 to 2017. For the active search of scientific articles, the following descriptors were utilized: prostate cancer, health of the male, adult, elderly and equivalent expressions in English and Spanish.

The scientific articles that portray the prostate cancer-guided public policies in Brazil, indexed in BVS database published in English, Spanish and Portuguese available full online were the inclusion criteria.

The exclusion criteria were the articles not-related to the subject proposed in this investigation published in an idiom other than Portuguese, English and Spanish unavailable in full online published earlier than 2011 and/or other textual and scholar discursive genres not related to the a scientific article.

In addition to the trajectory of this research, it was used a tool collecting data containing the identification of the scientific article with the intent to respond to the following steering question: *What are the obstacles for prostate examination in elderly?*

All the articles were read in full for a previous evaluation. For such the current review gathered and synthesized eight scientific articles. The interpretation of the results encountered were organized and presented in tables whose objective is to pursue prostate cancer associated actions.

RESULTS

It was obtained the result of 68 publications from the database Medline, 62 in Lilacs, and 17 in BDENF. Overall, it were 147 articles that could be related to the research subject. After reading the abstracts, 139 of this total did not have a direct relation with this study, were indexed in more than one database or were duplicated.

To refine the search, four descriptors were utilized as parameter, “prostate cancer” was the main thematic axle of the investigation and focused to the identification of the existing relation between this descriptor and others investigated: health of the male, adults and elderly (Figure 1).

The utilization of the filters to enhance more refinement with the following descriptors was relevant: prostate neoplasm, early prostate cancer detection, prostate and health of the male. The result was more positive because it reached 147 scientific articles.

There was also the necessity of one more refinement in regard to the duplicity of the indexation and of the descriptors utilized. Therefore, it was reached a final number of eight articles to be analyzed because they met the inclusion criteria previously defined for this study.

Henceforward, the articles were analyzed in full according to the following variables: title, year of publication, author, database and journal where the study was published (Table 1).

For the categorization of the articles according to the journal, it is evidenced that the journal with as much articles published as possible about the theme of this investigation was “Revista de Pesquisa: *Cuidado é Fundamental*”, (Research Journal: Care is Essential) with 62.5% of the total of publications followed by the journal of Nursing of “Universidade do Estado do Rio de Janeiro (UERJ)” with 25% and by “*Revista Gaúcha de Enfermagem*” (*Rio Grande do Sul Nursing Journal*) with 12.5% of the published articles. As for the year of publication, 2013 stands out with 50% of the articles in different journals.

While analyzing the objective with the result and the conclusions of the articles selected, all of them are coherent, easily understandable about the ideas presented by the authors.

DISCUSSION

Political and organizational difficulties to prevent prostate cancer

Table 1. List of the articles included in the study, 2018

Author	Year	Title	Database	Journal
Souza et al. ²⁰	2011	A touch of masculinity: the prostate cancer prevention with traditionalists men of Rio Grande do Sul	Medline	Rev. Gaúcha Enfermagem
Araujo et al. ²¹	2013	The social representations of men about prostate cancer	Lilacs	Rev Pesq Cuid Fundam Online
Abreu et al. ¹⁵	2013	Strategies for prostate cancer prevention	Lilacs	Rev Pesq Cuid Fundam Online
Costa et al. ¹⁶	2013	The meaning of the rectal examination for the man: male nurse in the promotion of health	BDENF	Rev Pesq Cuid Fundam Online
Silva et al. ²²	2013	Prostate cancer prevention knowledge and practices: a contribution for nursing nurse	BDENF	Rev Enferm UERJ
Lima et al. ¹⁷	2014	Alternative means of communication as tool for cancer prostate prevention	BDENF	Rev Enferm UERJ
Amthauer C ¹⁹	2016	The representations of the masculinity in the adherence to rectal examination as prostate cancer prevention	Lilacs	Rev Pesq Cuid Fundam Online
Solano et al. ¹⁸	2017	The access of the male to primary attention healthcare services	Lilacs	Rev Pesq Cuid Fundam Online

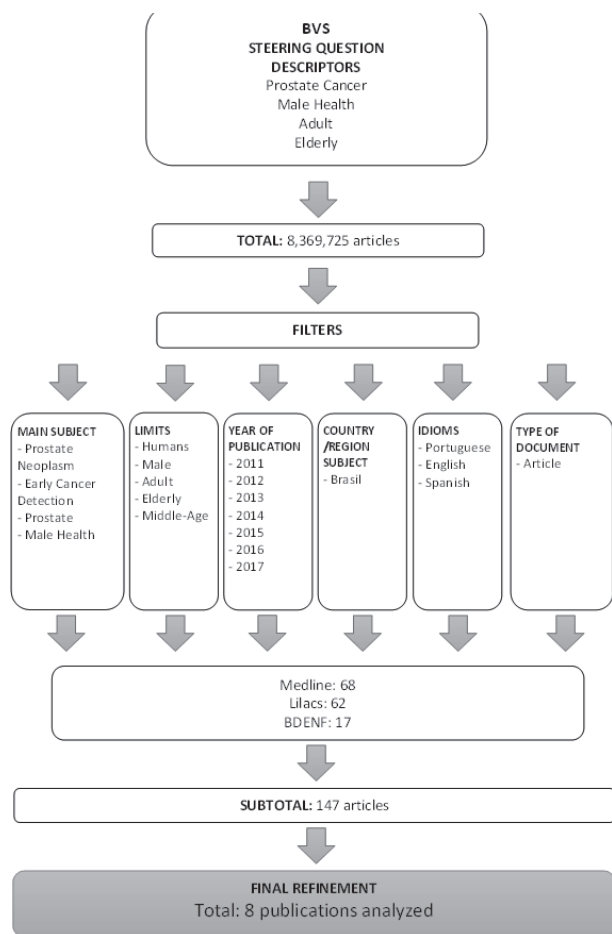


Figure 1. Flowchart representing the selection of the articles included in the integrative review, 2018
Source: Database researched (2018).

Four scientific productions were selected in this category that addressed the main political difficulties that impact the male health.

Abreu et al.¹⁵, in their study, had the objective of identify the difficulties of the male to prevent prostate cancer and describe strategies based in a systematic review of the literature from 2003 to 2010. Their research indicates that, among the difficulties encountered by men, are the precariousness of the healthcare public services, poor quality, long queues, insufficiency of appointments available, visits schedule compatible with the workload of the male and lack of physicians.

Costa et al.¹⁶, had the objective, firstly, to identify the meaning for male of the rectal examination for early cancer detection and, secondly, to discuss the action of the male nurse in the promotion of male health. The approach was qualitative, guided by a semistructured form. Some of the motives for men to not search for healthcare services indicate the unfamiliarity about the national health policy of full attention to the male health, lack of time to search

these health services, the healthcare services are offered usually during hours incompatible with their own work shift and the huge queues.

Lima et al.¹⁷ reviewed the communication means as strategies for promotion of the male health and prevention of the prostate cancer. The study has a quantiquitative approach, pursuing the explanation and understanding of the phenomena, where the variables and the social dynamics are described.

The hindrance to search for healthcare services is provoked by the majority presence of women in the health units, the communication means do not focus in the male group to encourage the search for health services; that is, poor divulgation and incentive to the awareness of men about self-care and, when this happens, the media deals the exam in a derogative and embarrassing manner. Sometimes, *folders*, *banners* and leaflets in campaigns, certain times, present words with double sense, as touching and enter.

Solano et al.¹⁸ investigated the aspects that impact the access of men to the primary care services. The descriptive exploratory study was conducted through a focal group. The scientific article shows that the waiting time is a hurdle in searching for services, with poor results, further to incompatible schedule with men's own shifts.

It is noticed that the authors concur with the difficulties of non-adherence to public health. The impeditive factors for this issue were: healthcare services that need to integrate men into the services starting with the capacitation of the healthcare providers to this population; in addition, long queues, poor attendance, lack of professionals and incompatible schedule with men's own shifts were the major political and organizational policies found by men.

In this category, the male population have difficulty to discuss the subject. The PNAIHS¹⁰ indicates the vulnerability of men to NOD's, with damages to the quality of life with more risk and death in comparison to women. In that sense, PNAIHS pursues to understand the sociocultural and political economic issues, in addition to develop health actions in different contexts in order to reduce the rates of morbimortality by predictable and avoidable causes for the male population. Nevertheless, the harms could be avoided if the policies directed to primary prevention were carried out regularly.

SOCIOCULTURAL DIFFICULTIES TO PREVENT PROSTATE CANCER

For this category, five scientific productions that approached the main sociocultural difficulties for the prostate cancer prevention were selected.

Solano et al.¹⁸, while elaborating on this category, emphasize to what extent the male socialization

can weaken or even pull away men from self-care, searching for healthcare only when getting ill becomes a serious problem. This is characterized by the fact that culturally, masculinity is idealized by strength, virility and detachment from the emotional. Male resistance, as an outcome, creates financial burden to society and, also physical and emotional suffer to the patient and its family in pursuing quality of life.

Abreu et al.¹⁵, on their turn, stress that healthcare is not seen as a male practice because of cultural and family upbringing. The male is a strong and invulnerable being who cannot show weakness. Low school level and socioeconomic status also reduces the preventive actions. The fear was a key topic within other factors, as, for instance, fear of losing one workday, fear of the rectal examination, seen as humiliation and shame of being exposed to a healthcare provider – either a man or a woman – and fear of being aroused and have penis erection.

Amthauer¹⁹, in his research, had the objective of rethinking health actions that transit in this territory. Other than that, it was considered whether such actions address the whole universe of feelings, doubts, uncertainties of the male thought about rectal examination. It was used a trial design. The author makes a reflection that the masculinity and femininity build symbolic spaces, structuring the identity of the subjects, the attitudes and emotions to be lived. The virility, the agility and the effectiveness is a strong requirement for the speech of what is to be a man, as opposed to the female universe, which is a part of the behavior of care with health. The rectal examination is something seen with fear for being touched in the lower part, further to the symbolic and physical pain associated as a violation of the male being .

Souza et al.²⁰ verified the adherence of traditionalists Southern males from Rio Grande do Sul to preventive exams. Also, they detected that the Rio Grande do Sul southern culture does not impact the non-adherence to rectal examination.

Araujo et al.²¹ studied the social representations of men on prostate cancer and masculinity about the disease and their health implications to. This was a qualitative exploratory research with men diagnosed with prostate cancer. The interviewee associated prostate as responsible for sexual pleasure and vitality of the male universe, idealizing males as a virile, strong being, dominating the sexual pleasure, indispensable social representations for the characterization of the male. Costa et al.¹⁶ emphasized how much men still are embarrassed if rectal examination is addressed.

The aforementioned authors are unanimous while describing that the prostate is seen as a virility and

pleasure symbol for the male. So, the social factors that permeated the male being, as virility and strength can impose over feelings like fright, anguish and fear when there are physical symptoms of prostate cancer as a result of a possible male perception of mischaracterization of the male being in the society which hampers the visit to a healthcare service.

STRATEGIES TO PREVENT PROSTATE CANCER

In this category, it were selected four scientific productions, which addressed the main strategies to prevent prostate cancer.

Abreu et al.¹⁵ emphasize the importance of promoting discussions targeted to the males not only for rectal examination, but also to prevent diseases, mortality and demystify prostate cancer associated questions . The screening exam, most of all, is the most important stage for the prevention, because, in addition of being the less expensive method, helps the quality of life. It also concludes that the male nurse should focus the actions to demystify the fear and prejudice against the disease.

Silva et al.²², in their investigation, had the objective of identifying the knowledge of the clients about the strategy of prostate cancer prevention. The author proposes that the male nurse have education as one of the main principles and offers the male public, health-related information and guide them about diseases prevention, risk factors and maintenance of health.

Lima et al.¹⁷ considered that the means of disclosure and information do not reach, effectively, the male population with the messages and this occurs because of the derogatory terms or double meaning words posted in *banners* and *folders*, and this makes the advertisement campaign embarrassing for the male public. It still emphasizes the importance of alternative communication means as internet, social networks as routes of propagation for the prostate cancer prevention.

Costa et al.¹⁶ stressed the necessity of discussing the male health in communication means, in the scientific scholar environment and in the business companies, stimulating their male employees to see a doctor or health services.

It is perceived in this category, the inefficiency of the communication means in the transmission of information about the subject in discussion. In addition, it is essential that the nurse creates a bond with the patient in order to understand the fears, anxieties, prejudices and difficulties of understanding the disease. In view of this, it could favor the awareness about health as well as the adherence of men towards healthcare services and it could reduce the rates of morbidity and mortality of the male population.

CONCLUSION

Regardless of public policies in place for the male health, it were evidenced in the scientific articles analyzed the difficulty men have to adhere to prostate cancer preventive practices, as this study proposed to investigate in the bibliographic review on the subject. Though in Brazil there are campaigns as “Blue November” created to bring awareness to men about prostate cancer, men use to pay less attention to their health, which hampers the early diagnosis.

Furthermore, it is necessary to face prevention more naturally based in clear and effective information through the media and communication means. Still, healthcare providers should act with interdisciplinarity because the questions involving prostate cancer are beyond the physiopathology of the disease, embracing social, cultural and emotional aspects.

There is yet the necessity of more studies focused to the subject for better understanding of the disease-related aspects to ensure the effective prevention, contributing to reduce the costs of the disease and improve the quality of life of the men affected by prostate cancer.

CONTRIBUTIONS

Francine Paz Gehres Krüger and Gustavo Cavalcanti contributed equally to the study planning as well as its analysis, interpretation of the data, wording, critical review and final approval before the publication.

DECLARATION OF CONFLICT OF INTERESTS

There were no conflict of interests.

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