FALTA DE CONHECIMENTO E IMPACTOS RELACIONADOS A DOENÇA DE CHAGAS

LACK OF KNOWLEDGE AND IMPACTS RELATED TO CHAGAS DISEASE

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Eixo Temático: Saúde

RESUMO

A doença de Chagas é uma doença tropical negligenciada causada pelo protozoário **Trypanosoma cruzi**, transmitida principalmente por insetos triatomíneos e associada a importantes complicações cardiovasculares, incluindo alterações elétricas do coração e risco de morte súbita. O objetivo dessa revisão foi analisar a relação entre a doença de Chagas, o comprometimento cardiovascular e o risco de morte súbita em indivíduos jovens, considerando aspectos epidemiológicos e preventivos, e com a revisão de dois estudos científicos. O primeiro analisou a distribuição mundial da doença entre 1990 e 2023, enquanto o segundo avaliou o conhecimento de jovens de uma região rural endêmica do Equador sobre transmissão, prevenção e controle da doença. Portanto, observou-se redução global da incidência e da mortalidade relacionadas à transmissão vetorial, associada a melhorias habitacionais, controle de vetores e ampliação do acesso à saúde. Entretanto, persistem milhões de casos no mundo, além de dificuldades na aplicação de medidas preventivas, lacunas no conhecimento sobre a transmissão e estigma social em comunidades endêmicas. O fortalecimento das ações de educação em saúde, vigilância e controle da transmissão é fundamental para reduzir sua ocorrência e seus impacto

Palavras-chave: Doença de Chagas. *Trypanosoma cruzi*. Doenças Negligenciadas. Doenças Cardiovasculares. Morte Súbita.

ABSTRACT

Chagas disease is a neglected tropical disease caused by the protozoan **Trypanosoma cruzi**; it is primarily transmitted by triatomine insects and associated with significant cardiovascular complications, including cardiac electrical abnormalities and the risk of sudden death. This review aimed to analyze the relationship between Chagas disease, cardiovascular impairment, and the risk of sudden death in young individuals, considering epidemiological and preventive aspects and reviewing two scientific studies. The first study analyzed the global distribution of the disease between 1990 and 2023, while the second assessed the knowledge of young people in an endemic rural region of Ecuador regarding disease transmission, prevention, and control. A global reduction

in incidence and mortality related to vector-borne transmission was observed, linked to housing improvements, vector control, and expanded access to healthcare. However, millions of cases persist worldwide, alongside challenges in implementing preventive measures, knowledge gaps regarding transmission, and social stigma in endemic communities. Strengthening health education, surveillance, and transmission control efforts is crucial to reducing the disease's occurrence and impact.

Keywords: Chagas disease. Trypanosoma cruzi. Neglected diseases. Cardiovascular diseases. Sudden death.

INTRODUÇÃO

Chagas Disease is a neglected disease that emerged decades ago in the Americas, discovered in 1909 in Minas Gerais by doctor Carlos Chagas.[1] Its etiological agent is Trypanosoma Cruzi being transmitted mainly by the barber. Therefore, its relationship with sudden death in going people is analyzed.

MÉTODOS

In this way, the study was done in the classroom and Accompanied by Professor João for two weeks.

In the first analysis I looked for some subject that I am studying at the moment, related to the cardiovascular system, and I realized the need to discuss neglected diseases, infections that affect 1 billion vulnerable people in the world and that do not receive so much investment because they occur in poor areas without sanitation and that are not so important to the population. So I chose Chagas disease and the possible relationship with the development of sudden death in young people, affecting the electrical condition of the heart.

In addition, I used 2 articles, the first is a 2023 study that analyzes the global burden of Chagas disease from 1990 to 2023, estimating the prevalence and incidence of the disease in 204 countries. There were 10.5 million prevalent cases in the world in 2023 (a drop of 16.1% compared to 1990). The standardized rate by age fell 55.0%. The highest rates in 2023 were concentrated in the South of Latin America and Andean Latin America. Although the new GBD 2023 estimates are higher than the previous ones (due to new methodologies and more data), the general scenario shows advances in endemic countries. The reduction in incidence and mortality reflects vector control policies, socioeconomic development and improved access to health.[2]

In addition, in article 2, it was a qualitative study that evaluates the knowledge of young people from a rural province in Ecuador, an endemic region where bibs were found, about Chagas disease. Knowledge about transmission, and the parasite vector disease dynamics and the role of young people in prevention were investigated. The main results found were that the young people presented a basic understanding of the vector (barber), their habitats and prevention practices against infestations, however, the prevention measures were not applied or followed correctly, which increases the risk of community exposure. Carrying Chagas disease is still stigmatized in these communities, emerging as a barrier to prevention actions. [3]

RESULTADOS

Chagas disease (CD) is a neglected tropical disease that affects 6 to 7 million people worldwide. In South America, CD is a major health problem in several regions, causing more than 12 000 deaths per year.[2]

Is a neglected tropical disease caused by the protozoan Trypanosoma cruzi, primarily transmitted by infected bugs, but also through contaminated food, transfusions, congenital transmission, and organ transplantation.[3]

It is observed that people have a basic knowledge about triatomines, their habitats and generic forms of prevention. However, significant gaps were identified in the understanding of the exact transmission dynamics of Trypanosoma cruzi and failures in the practical execution of residential control measures. In addition, the social stigma linked to the disease emerged as a relevant obstacle to adherence to public health actions.[3]

CONCLUSÃO

Recent literature on Chagas disease reveals a dynamic epidemiological and clinical scenario, characterized by changes in transmission patterns, advances in therapeutic optimization and continuous challenges in prevention in endemic areas. Global and regional studies point to a sustained reduction in the incidence rate and mortality resulting from classical vector transmission in recent decades, as a result of the impact of housing improvements and control programs.

However, there is an expansion in prevalence in non-endemic regions driven by migratory flows and the aging of the affected population, added to the increase in outbreaks of oral transmission by contaminated food in rural and Amazonian areas.

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