

# RESOURCES GUIDE

FOR HEALTH PROMOTION IN  
THE IMMIGRANT POPULATION  
OF CASTILLE AND LEÓN



Junta de  
Castilla y León



RESOURCES GUIDE  
FOR HEALTH PROMOTION IN THE IMMIGRANT POPULATION  
OF CASTILLE AND LEON



## **AUTHORS:**

### **Division and Coordination:**

*Santiago A. Mayor Vara*  
*Guillermo Doménech Muñiz*  
Health Promotion Service and Prevention Programs  
General Division of Public Health and Consumption  
Health Board

### **Collaboration:**

*Amaya Hernández Rubio*  
*Isabel González Román*  
*M<sup>a</sup> del Carmen Romero Hergueta*  
*M<sup>a</sup> Isabel Alonso Ceballos*  
*Carmen Gabilondo Santander*  
Service of Health Promotion and Preventive Programs  
General Division of Public Health and Consumption  
Health Board

*M<sup>a</sup> Henar Marcos Rodríguez*  
*M<sup>a</sup> Jesús Rodríguez Recio*  
Monitoring Service of Epidemiological and Transmissible Diseases  
General Division of Public Health and Consumption  
Health Board

### **Administrative support:**

*Carmen Villaizán Gallardo*  
Service of Health Promotion and Preventive Programs  
General Division of Public Health and Consumption  
Health Board

Edita:  
Junta de Castilla y León ©  
Consejería de Sanidad  
Dirección General de Salud Pública y Consumo

Diseño y Maquetación: Q.estiondeimagen Comunicación  
Imprime: Cícero Artes Gráficas

Depósito Legal: ZA-92-05

# P R E S E N T A T I O N

Castille and Leon, like other Autonomous Communities, in the last few years has experienced a marked increase of immigrant population coming mainly from Latin America countries, from Eastern Europe and the Maghreb.

The Universal Declaration of the Human Rights (1948) recognizes the right of all the people, independently of their origin or social condition, to health care access and a health service. On the other hand, the Aliens Law establishes that foreigners who are registered in Spain are entitled to health services under the same conditions as Spaniards.

From the foregoing, the Town Council of Castille and Leon, aware of the problems of the immigrant population and sensitive thereto, has agreed on the Integral Strategic Plan for Immigration in Castille and Leon, which, among other issues, realizes a series of activities in the health sphere.

Among these actions, are covered those which suppose a special health risk derived from the peculiar characteristics of the immigrant population, on four fundamental axes directed to promote incorporation for the health system, to guarantee a service appropriate to the immigrant's circumstances, to train health professionals in those aspects which allows an improvement in the health service and with regard to the patients and to promote the participation in all the health promotion programs, to achieve their full involvement and incorporation into the health system.

On the understanding that it is essential to obtain the maximum dissemination of such programs, this guide we are now presenting, has the purpose of making available to the foreign residents in Castille and Leon, the Health Promotion and Preventive Program Services that the Regional Administration offers the population residing in the Autonomous Community in the most representative languages (Spanish, Bulgarian, Romanian, Arabic, English and French), which is framed within the strategy intended to promote training the population to take health related decisions, which, finally, have the purpose of continuing to improve health programs, promotion activities and prevention of illness, as well as their dissemination among the population of Castille and Leon.

*Juan Vicente Herrera Campo*  
*President of the Castille and Leon Town Council*





# INTRODUCTION

This guide has the goal to facilitate the information of health promotion and disease prevention programs, the most significant characteristics of each of them are incorporated into a single document.

The guide is structured into five different blocks, according to their intrinsic characteristics, and it covers the main thrusts of health promotion.

Linked to the promotion of the mother-child health, it includes the promotion of maternal breast-feeding, detection of congenital diseases and detection of the infantile hypoacusis.

Oral-dental health, dietary health, and other prevention aspects are developed in health promotion in schools.

Equally the promotion of health in the Community is tackled through actions directed toward young adults, such as information services and advice on sexuality and AIDS.

With regard to the prevention of cardiovascular diseases and cancer, recommendations are included on the healthy lifestyle which assume here the greatest significance, especially regarding a healthy diet and regular exercise.

It also includes the European Code against Cancer as an essential guideline in protection against this health problem and the information regarding early detection of breast cancer and ovarian cancer.

Lastly, vaccinations, both for the child and adult population, represent one of the most important tools in the control and eradication of some of the most common transmissible diseases in our Autonomous Community.

Consequently, this project of the Castille and Leon Town Council responds to the firm and essential goal of preserving, protecting and promoting health in the immigrant population resident in Castille and Leon.

*César Antón Beltrán*  
*Health Consultant*



# TABLE OF CONTENTS

## Presentation

## Introduction

### 1- Promotion of mother child health

- Promotion of breast feeding
- Early detection of congenital diseases
- Early detection of infantile hypoacusis

### 2-Promotion of health in schools

- Program of oral-dental health
- School diet
- Prevention and treatment of lice

### 3- Promotion of health in the Community

- Promotion of the health in young people
  - Web Page: Youth health
  - Hot-line for sexual health
  - AIDS Information
- Promotion of healthy lifestyles

### 4- Early detection of cancer

- Early detection program of breast cancer
- Early detection program of ovarian cancer

### 5-Vaccinations

- Program of child vaccinations
- Program of adult vaccinations



The foreign residents in this Autonomous Community have an entitlement equal to the Castilians and Leoneses, both to health service, and access to health promotion and disease prevention programs.

The law of uniformity and quality of the national health system recognizes all Spaniards and foreigners within the national territory as legally entitled to the protection of their health and health services, under the terms foreseen in the Law.

On the other hand, the same Law establishes that the Public Administrations shall guide its actions in health matters, incorporating active measures which prevent discrimination of those community populations which may have special difficulty in effective access to the health services of the National Health System for cultural, linguistic, religious or social reasons.

Article 11 of the cited Law, "Public Health Services", declares that the provision of Public Health is the set of initiatives organized by the Public Administrations to preserve, protect and promote the population's health; and that services in this sphere shall include, among other, the following actions:

- Protection of health.
- Promotion of health.
- Prevention of diseases and deficiencies.

The Health Board through the General Division of Public Health and Consumption, has been developing a series of programs and activities for years directed towards the promotion of the health and prevention of illness and its dissemination, among the Community population.

These services are carried out by the Health Centers, Primary Service Clinics and Public Hospitals of the Regional Health Service **COMPLETELY FREE OF CHARGE.**

The right to health service is considered as a universal right and is regulated according to the following standards:

### **WHO IS ENTITLED TO HEALTH SERVICE?**

The foreigners who are in Spain *registered in the Municipal census* of the place where they normally reside, are entitled to health service under the same conditions as Spaniards.

The pregnant foreigners who are in Spain are entitled to the health service during pregnancy, childbirth, and post-partum.

The foreigners less than 18 years old who are in Spain, with prior justification of age, do not require any documents for ordinary health services.

For people not registered in the Census and/or without a health card, the service is limited to emergency cases, serious illness, or in case of accident. They are also entitled to the continuity of this service up to the event of medical discharge.

### **WHAT DOCUMENTS ARE REQUIRED TO REQUEST A HEALTH CARD?**

- Photocopy and original of the passport or another identification document
- Be registered in the Municipal census (Census certificate).
- If working, Social Security No.
- If not working, certificate that accredits indigence.

### **WHERE IS A HEALTH CARD REQUESTED?**

In the health center pertaining to the residency location.

All the information on the steps to be followed to obtain the necessary documentation, can be requested in the social services of the city councils, health centers, associations and non-governmental support organizations to the immigrant population.

# 1

## MOTHER CHILD HEALTH PROMOTION







## PROMOTION OF BREAST FEEDING

Mother's milk is the food nature produces to feed the baby. It is a specific food to the baby and he/she digests it easily.

It contains all the substances that the baby needs for its growth and favors the development of the intelligence.

### The World Health Organization recommends:

Feed the baby only with mother's milk until it reaches 6 months.

Continue with the breast feeding at least up to one year, introducing other foods little by little.

Continue giving the breast until two years and more.

### *Advice to breastfeed successfully:*

Give your baby the breast in the first 30 minutes of their life.

Give the breast to your baby whenever he/she requests it and for as long as they want. Forget the clock.

In order to maintain an abundant production of milk, breastfeed your baby with one breast and offer him the second when the first has emptied. Start the next feeding with the breast that remains fuller.

Until 6 months your baby needs no other food than mother's milk. Do not give him/her skimmed milk, water, juice, or any other type of milk.

When the baby has reached 6 months, you can introduce other foods and continue to breastfeed.

Do not give to your baby a pacifier, because it can interfere with learning breast feeding.



## BENEFITS OF BREAST FEEDING

### *For the mother:*

It promotes a very special relationship with your baby.

Each session is a time of tranquility and happiness with your baby.

The hormones from breast feeding relax and facilitate sleep. When you are breastfeeding your baby and you will both sleep better.

It gives you confidence in your capacity to take care of the baby, it removes sadness and post-partum depression.

It helps the uterus to return to its normal size, the blood loss after childbirth is less and there is less risk of anemia.

The mother's body recovers better after a long spell of nursing.

It diminishes the risk of osteoporosis, breast and ovarian cancer.

### *For your child:*

Breast feeding is source of security and comfort.

The intimate, skin-to-skin contact, reinforces the baby's bond with its mother.

The mother's milk is the first "vaccination" the baby receives. The antibodies in the mother's milk protect the child against infections.

Strengthening of the baby's defenses: the effect is prolonged after finishing breast feeding.

The child has a lower risk of food allergies, diarrhea, respiratory infection, bronchitis, pneumonia, otitis, eczema, asthma and diabetes.

It contains all the elements necessary for the proper development of the brain and nervous system.

Breast feeding is related with a lower risk of sudden infant death.

The bones of the palate, jaw and the teeth form better.

It affords protection with respect to osteoporosis and vascular degenerative diseases.

### *For the family:*

Nobody has to get up at night to prepare anything.

You can breast-feed your child in any place, the milk is always at the right temperature.

It is easier to raise a healthy baby. Breast-fed children have less hospital admissions.

## PREGNANCY IS THE TIME TO PREPARE FOR BREAST FEEDING

Speak with women who have successfully breast fed and form relationships with mothers that are breastfeeding so that they serve as support for you.

Read a good breast-feeding book during the pregnancy, you will learn the conditions for a happy breast-feeding and it will help you to prepare yourself emotionally.

Contact your midwife and breast-feeding support organizations.

Any woman can breastfeed her child, independently of the breast size and the shape of the nipple.



## **EARLY DETECTION OF CONGENITAL DISEASES**

### **WHAT ARE CONGENITAL DISEASES?**

**(Hypothyroidism, phenylketonuria and cystic fibrosis)**

These are diseases present at the time of the birth, although they do not produce symptoms in newborns, therefore early diagnosis, can only be made in the laboratory.

If they are not detected and treated, over time they can produce mental impairment and/or significant alterations in various organs.

The diseases that are studied are: hypothyroidism, phenylketonuria and cystic fibrosis.

#### **How are they detected?**

By means of the extraction and subsequent analysis of a sample of blood coming from the heel of newborns (Heel Test).

#### **When and where is the test carried out?**

The taking of the blood sample should be done between the 3rd and 5th day of the baby's life.

It is carried out in the Maternity Hospital, in the Pediatric doctor's office, or in the Health Center.

All the required material is provided for taking the sample and its subsequent dispatch to the laboratory.

It is very important to send the sample to the laboratory as soon as possible.

#### **In which cases is a second sample requested?**

When the available sample turns out to be insufficient.

In newborns with weight less than to 2,500 grams.

When the mother has a thyroid illness.

#### **COMMUNICATION OF TEST RESULTS**

The results pertaining to hypothyroidism and phenylketonuria are received at home, in the fifteen days following the forwarding of the blood sample.

The result with respect to cystic fibrosis, will only be reported in the case of doubtful or positive results.

If the answer is delayed, telephone the Pediatrics laboratory of the Valladolid Medical Faculty, 983 423 189 (from 9 to 14 hr, Monday to Friday).



## EARLY DETECTION OF INFANTILE HYPOACUSIA

### *Why is it important to perform the test?*

Deafness in newborns is infrequent, but its consequences are very significant.

A child that does not hear has major problems in learning how to speak and to communicate.

The earlier you know if your son has hearing loss, the sooner it can be treated.

### *What comprises the test?*

A headphone is placed in the baby's ear while it is sleeping or quiet and automatically records if it hears well the sound that is reaching his/her ears.

### *Where and when is the test performed?*

The test should be made before the baby is discharged from hospital.

If for some reason it could not be carried out, you should contact the Hospital ORL Service and they will inform you.

### *What can the results be?*

If the test comes out well: your baby hears well and a stamp will be placed on the Infant Health Document (that will be given you in Maternity) so that his Pediatrician knows that the test has been carried out.

If the results are not those expected: this does not mean the baby really has a hearing loss; it simply indicates that it is necessary to perform a more thorough study and therefore the test will be repeated before the baby reaches one month.

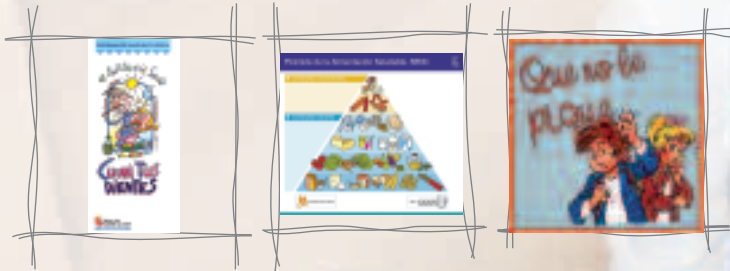
If you have any doubt on your child's hearing, consult your Pediatrician.





# 2

## HEALTH PROMOTION IN SCHOOLS



PROGRAMA DE SALUD BUCO-DENTAL



CUIDA TUS  
DIENTES

## ORAL-DENTAL HEALTH PROGRAM

### *What comprises the program?*

The realization of weekly mouthwashes with a 0.2% sodium fluoride solution (At least 20 weeks throughout the school year). The parents are advised to follow its application during vacations.

It should not be carried out in children less than 6 years or those with difficulties in rinsing with the liquid without swallowing it.

### *To whom is it directed?*

To students from 6-12 years in Educational Centers of Castille and Leon.

### *What is the goal of the Program?*

To reduce the incidence of tooth decay and periodontal disease in the child population.

## TOOTH DECAY

It is the most frequent oral-dental disease in childhood.  
It is an infectious disease that is not cured spontaneously.  
It is influenced by:

- The consumption of sugars.
- The presence of bacteria in the mouth.
- The strength of the teeth.

## PERIODONTAL DISEASE

It is characterized by bleeding gums and the progressive mobility of the teeth, which may cause them to fall out.  
It mainly affects the gums and the maxillary bone.  
It is produced by deficient oral hygiene.

### *How can I help my child prevent these diseases?*

#### *Taking care with their diet:*

Removing sugary foods (candies, chewing gum, gummi bears, fruit drops, etc...).  
Reducing the consumption of sugar, mainly between meals. They can eat sweet foods for dessert at the main meals but immediately after it is necessary to brush the teeth.  
Between meals fruit, cheese, milk, etc. should be eaten.

PROGRAMA DE SALUD BUCCO-DENTAL

LA SONRISA DE LA SALUD



CUIDA TUS  
DIENTES



Junta de  
Castilla y León

### *Checking their oral hygiene:*

- The teeth and the gums should be brushed daily and thoroughly, with a fluoride tooth paste:
  - After each meal and especially after dinner.
  - Up down, over the internal, external face and the mastication surface.
  - With a small brush that can easily reach all the parts of the teeth.
- Brushing the teeth every other day does not avoid the disease: you should accustom your child to brush regularly.

### *With fluoride:*

Fluoride strengthens the teeth enamel and makes them more resistant to decay.

- Your child should continue with the weekly mouthwashes with fluoride during the vacation period, the same as he/she does in the school within the Oral-dental Health Programl.
- How to perform the weekly mouthwashes:
  - With 0.2% sodium fluoride solutions.
  - Never with children less than 6 years or those with difficulties of rinsing with the liquid without swallowing it.
  - With a good brushing of the teeth before the mouthwash.
  - Take 10 ml. of solution into the mouth and keep it there for one minute causing it to pass between the teeth.
  - After one minute, spit out the mouth's content.

### *Visit the dentist regularly*

## Pirámide de la Alimentación Saludable. SENC



FUENTE: SENC

## SCHOOL MEALS

From the start of the school age, the diet can be influenced by attending the school dining rooms, so that the parents must know the weekly school menu, and be able to supplement it with other foods.

The intake of sugars (snacks, sweet, candies) has a very negative influence on the development and the control of tooth cavities, therefore their use should be limited. It is necessary always to brush the teeth, after eating sugars.

From 6 to 10 years, the scholastic growth is slower and steady and the physical activity increases. The students normally adapt their foods to the school time table, frequently consuming cakes, sweets and commercial chips, with high quantity of fat (corn chips, twists, etc.) between meals.

From 11 to 14 years the pace of growth and the physical activity demand a greater energy contribution. Certain alimentary disorders can appear, due to the autonomy that they wish to demonstrate on their habits and the consumption of snacks is increased, commercial chips and fast foods (hamburgers, pizzas, etc.). We should watch the protein contribution, as well as that of vegetables, fish and milky products, reducing the excessive consumption of fat.

The amount of calories that the diet contributes should be sufficient according to the age and the exercise that is carried out, avoiding excess weight.

The energy should be distributed throughout the day in 3 or 4 meals. A good day begins with a good breakfast, it continues with a light meal and it finishes with a simple dinner, after a balanced snack.

The substances that contain the foods should maintain a relationship to each other to produce the balance. The carbohydrates which are in bread, cereals, vegetables, fruits, and tubers especially should contribute 55% of the total. The fats should not exceed 35% and the proteins which are mainly in fish, meats, milky, eggs, vegetables and dry fruits, should supply between 12 and 15%.

- Increase the consumption of fruits and vegetables.
- Reduce the consumption of cakes and commercial fried foods.
- Do not consume caffeinated or gaseous drinks.
- Moderate the consumption of salt.
- perform physical exercise in the open air.

Que no le  
pique





## PREVENTION AND TREATMENT OF LICE

### *¿Qué son los piojos?*

They are parasitic insects, very small, grayish brown in color that live in the hair of people. The nits, their young, are bright, hard and yellowish white in color. They adhere strongly to hair, and they do not come off when combed. The first symptom of the presence of lice, it is normally a persistent itching of the scalp.

### *How are they contracted?*

They are easily contagious, they live in man's hair, not in animal hair. They are transmitted by proximity between the heads.

The use of common objects should be avoided, such as headscarves, hairclips, combs, caps...which have been in contact with lice or nits.

### *How are they treated?*

Treatment is only justified in children that have lice. When the child does not have lice, although there are cases in proximity, it is necessary to continue with prevention measures, but the treatment should not be done.

Apply the treatment to all those contaminated, at the same time.

Wet all the hair and the scalp with an antiparasitic lotion. Do not cover the head with towels or suchlike. Do not wash the hair before applying the lotion. After 2-4 hours, wash with normal or antiparasitic shampoo, rinse with water and vinegar and remove the nits with the hand, or with a comb of very closely spaced tines.

Repeat the treatment at 10-20 days, to destroy the new lice before they reach maturity and therefore start laying new eggs.

Once the treatment is started, correctly, the child can attend school.

### *How are they prevented?*

No lotion or shampoo exists that avoids the appearance of the lice.

Improve personal hygiene.

Comb and brush the hair daily. Do not exchange combs.

Clean the comb and the brushes, frequently.

Frequently wash the hair, with soap or normal shampoo.

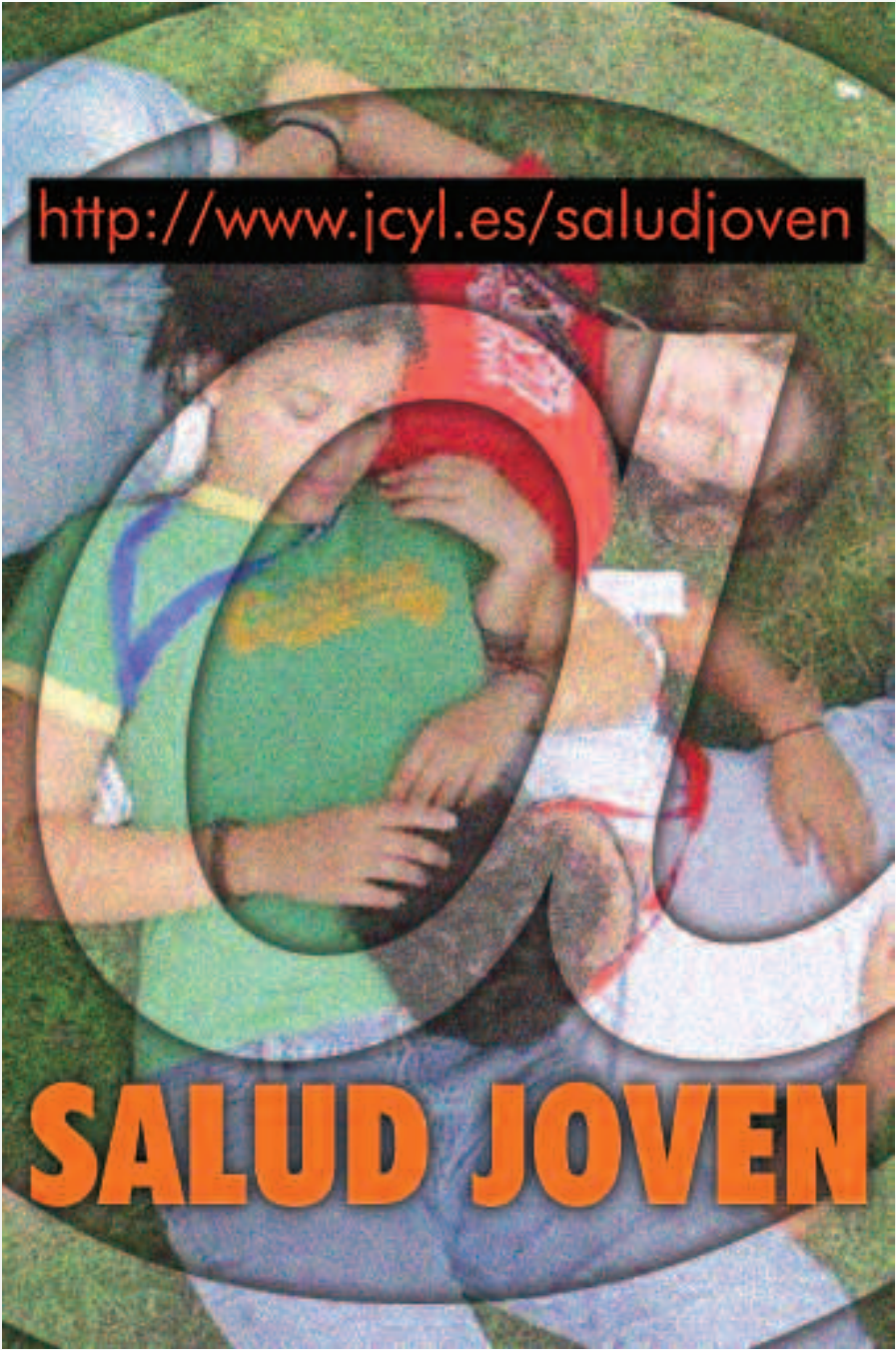
Frequently inspect the head of the children, especially behind the ears and at the nape of the neck.



# 3

## HEALTH PROMOTION IN THE COMMUNITY





<http://www.jcyl.es/saludjuven>

**SALUD JOVEN**

## HEALTH PROMOTION AMONG YOUTHS

**Web Page: YOUTH HEALTH** (<http://www.jcyl.es/saludjuven>)

The access is achieved through the institutional web page of the Castille and Leon Town Council.

The different topics have been prepared and covered by the different bodies and institutions of our Community.

This page has links to other institutions, autonomous and national associations that deal with topics of youth lifestyle and health.

### Content:

- Sexual health.
- Anorexia and Bulimia.
- Drugs.
- Health and Travel.
- Healthy diet.
- Infection by HIV / AIDS.
- Physical exercise and sport.
- Accident prevention.
- Other telephones and addresses of interest.



## INFORMACIÓN SOBRE **SEXUALIDAD**

Información sobre  
las enfermedades de  
transmisión sexual,  
**VIH - SIDA**  
y los métodos  
anticonceptivos

**901 15 14 15**

Un teléfono para todas las dudas. Anónimo y confidencial  
Horario: viernes, sábados y domingos de 12:00 a 14:00 horas.  
Cuenta de la Dirección. 30% menos si llamas desde Castilla y León.



# **HOTLINE AND INFORMATION ON SEXUAL HEALTH, HIV INFECTION AND OTHER SEXUALLY TRANSMISSIBLE DISEASES**

**901 15 14 15**

**ANONYMOUS AND CONFIDENTIAL  
(It is answered in Spanish)**

## ***Who is answering me?***

A group of professionals who understand the problems of youth sexuality, made available by the Town Council of Castilla and Leon.

## ***What times is it available?***

Friday, Saturdays and Sundays, from 19:00 hr to 24:00 hr.  
The rest of the time an answering machine reports the service times.

## ***How much does the call cost me?***

50% of the call, if you make it from the Castilla and Leon Community.

## ***What can they tell me about?***

Besides AIDS, what other sexually transmissible diseases are there? (S.T.D.'s).  
I am pregnant...Who can resolve my questions?  
Where can I go for more information?  
What birth-control methods are the safest and most effective?  
The condom has broken... what do we do?  
In what situation is it appropriate to use condoms?

Whenever risky practices are carried out:

- Having multiple sexual partners.
- You or your partners' background of S.T.D.'s.
- Partner who takes drugs intravenously.
- Have sexual relations with unknown partners without masculine or feminine condom.

Remember, you can raise any question or doubt on: sexuality, HIV/AIDS, S.T.D.'s, contraceptives...







## INFORMATION ON A.I.D.S.

AIDS is a disease caused by a virus called HIV or AIDS virus. This virus attacks the body defenses causing us to have more infections and some types of cancer. A person who has the HIV in their body is an infected person.

An infected person can feel well and not suspect they have HIV, but if you do not receive medical treatment you will develop AIDS after about 10 years. Although you have not developed AIDS you can infect other people if you do not take the proper precautions.

In order to know whether you are infected it is necessary to make a simple blood analysis. This test can be done in any health center at no charge.

### *How it is transmitted*

- In sexual relations with penetration (vaginal, anal or oral) without condom between men and women or between men..
- From being injected with syringes or needles infected people have used.
- Using sharp instruments such as tattooing needles and body piercing, knives and shaving razors that have been in contact with an infected person's blood, or by blood pacts.
- A pregnant woman infected by the HIV can pass it onto her baby in pregnancy, during the childbirth and when breast feeding.

### *How it is NOT transmitted*

- Living, working or going out with an infected person.
- Going to the same school as an infected boy or girl.
- Shaking hands, being hugged or being given a kiss.
- Sleeping in the same bed.
- In sexual contacts without penetration.
- Sharing cutlery, eating from the same plate or drinking from the same glass.
- Using public toilets, pools or showers.
- From the bite of a mosquito or from domestic pets.
- In Spain there is no risk in either donating or receiving blood.

### *How to avoid infection*

- Use condoms whenever you have sexual relations with penetration.
- Never use syringes or needles that other people have used.
- Do not share sharp instruments that have been in contact with other people's blood.

**It is good to do the test to know if you are infected, and the sooner you know it, you can take the drugs that your doctor will recommend you. You will have to take great care always to use a condom in your sexual relations with penetration so as not to infect another person.**



## PROMOTION OF HEALTHY LIFE STYLES

### *Prevention of cardiovascular diseases*

Cardiovascular diseases represent the primary cause of death in Castille and Leon. Lifestyle related factors intervene in the appearance of cardiovascular disease such as tobacco, inadequate diet, sedentary life style and excessive consumption of alcohol.

### *How can cardiovascular diseases be prevented?*

- Not smoking.
- Reduce the consumption of alcohol.
- Walk 30 minutes a day regularly.
- Use the stairways instead of the elevator.
- Do not use the car for short distances.
- Maintain a varied and balanced diet with all the necessary nutrients.
- Limit the consumption of fats, mainly of saturated fats (butter, commercial cakes, animal fats).
- Increase the daily intake of fruits, vegetables and greens, at least 5 portions a day.
- Limit the consumption of products rich in sugars, such as candy, sweets and sodas.
- Reduce the consumption of salt and if possible use the iodized variety..
- Drink between 1 or 2 litres of water a day.
- Perform health check-ups following the recommendations of your health care professionals at your health center.

### *Recommendations of the European code against Cancer:*

- Do not smoke.
- Avoid obesity.
- Carry out moderate physical activity, every day.
- Increase the consumption of fruits, vegetables and varied greens.
- Reduce the consumption of fats, mainly of animal origin.
- If you drink, moderate the consumption to a maximum of two drinks daily.
- Avoid excessive exposure to the sun.
- Follow the health advice, regarding exposure to carcinogenic substances and/or sources.
- Women starting from the 30 years of age should undergo tests for early detection of ovarian cancer (from 20 years onwards if risk factors exist).
- Women starting from 45 years should undergo a mammography for the early detection of breast cancer.
- Women and men starting from the 50 years should undergo tests for early detection of colon cancer .
- Participate in vaccination programs against the hepatitis B directed to newborns and adolescents.



# 4

## EARLY DETECTION OF CANCER





PROGRAMA  
DE DETECCIÓN  
PRECOZ DE

# CÁNCER DE MAMA



Junta de  
Castilla y León

## PROGRAM FOR EARLY DETECTION OF BREAST CANCER

Breast cancer is an important health problem that affects one out of every ten women. The frequency of this type of tumor increases with age.

### *To whom is it directed?*

To women resident in the Castille and Leon Community, with ages between 45 and 69 years.

### *What can I do to prevent breast cancer?*

We cannot avoid it from appearing, but rather detect it when of small size, so that a cure is obtain in 80% of the cases.

Mammography is the best test for early detection. With it we can detect between 90% and 95% of the tumors.

### *What is mammography?*

It is a breast X-ray that uses low radiation levels. Mammography is generally carried out on each breast. It is a quick and simple test.

### *How can I access it?*

In case you do not receive a letter at home, you can request this information from your Health Center. If you have already participated in the Program, you will receive a letter reminding you of the date of your next examination.

### *How should I attend for the mammography?*

The day you attend the mammography unit, it is appropriate that you do not use talc, deodorants or creams on the breasts or armpits, because they can affect to the mammography image quality.

In order to perform the mammography you will have to undress from the waist up. Go with comfortable clothes you can take off easily.

### *How frequently should I take this test?*

You should repeat the mammography periodically, in general every two years, unless a lesser interval is indicated.

### *What results will the test give?*

In most cases the results will be negative, that is to say that pathology is not detected or in any event some small alteration of benign radiological characteristic and which does not need further study.

In the cases in which some doubtful image is detected or suspected an appointment for consultation will be made for evaluation. It may be necessary to carry out more tests, even a biopsy, although in most cases it is confirmed that NO malignant pathology exists.

**PROGRAMA DE  
DETECCIÓN PRECOZ  
DE CÁNCER DE  
CUELLO  
DE ÚTERO**



**Junta de  
Castilla y León**



## EARLY DETECTION PROGRAM FOR OVARIAN CANCER

Ovarian cancer is a slow growth tumor that develops in the neck of the uterus and at the start does not produce symptoms.

### *What is the main risk factor?*

The infection for Human Papilloma Virus (HPV) it is the main risk factor associated with this tumor. It is a sexually transmitted infection that normally does not have symptoms and can be cured spontaneously, if it is not cured, there is a risk of developing cancer.

The sexual behavior of men and women is the most influential factor when discriminating between populations with high or low possibility of suffering ovarian cancer.

### *Can it be prevented?*

The infection can be prevented using condoms (mainly when you have sporadic sexual relations and/or the partners are not stable).

With HPV infection, the cells of the neck of the uterus initially alter and cause pre-cancerous lesions which can be discovered by means of periodic performance of pap smears.

### *What is the pap smear?*

It is an innocuous test, easy to perform and that consists in collecting with a wooden spatula or a brush some cells of the vagina and neck of the uterus.

### *How often should it be performed?*

After two normal pap smears with an interval of one year, the interval between the following pap smears will be 3 years, except in special cases of another frequency required by the doctor's indication.

### *What women should participate?*

Women from 30 to 65 years having sexual relations.

Women older than 20 years:

- With several sexual partners or with a partner with various sexual partners.
- With repeated genital infections.
- With history of ovarian lesions.
- With HPV infection.
- With risky professions: sex worker.

Women older than 65 years who have not had a pap smear before.

PROGRAMA DE  
DETECCIÓN PRECOZ  
DE CÁNCER DE  
**CUELLO  
DE ÚTERO**



Junta de  
Castilla y León

### *What women should not participate?*

Women without sexual relations.

Women with total hysterectomy (they have neither uterus nor neck of the uterus).

Women older than 65 years with negative pap smears in the last 5 years.

Women with intra-uterine device (IUD), they should go to their scheduled examinations.

Women with genital problem (pain, itching, stinging, bleeding etc.), they should go to their doctor.

### *Where can the pap smear be made?*

In your Health Center.

There they will inform you and will give you an appointment (place, day and time) to carry out the pap smear.

The pap smear does not replace a medical consultation.

### *What results are provided?*

Positive: An alteration is suspected and more studies are necessary. You must go to your doctor.

Negative: No precancerous alterations or infections are detected. You are informed of when you should return for the next check up.

Negative that requires treatment of another infection: Precancerous alterations are not assessed but rather infection by another germ. You should go to the doctor.

You will receive information of the result of your pap smear directly or through your doctor or Health Center.

Between the realization of one pap smear and the following one, symptoms can appear. In this case go to your doctor.

### *How should you attend for the realization of a pap smear?*

- You cannot have your period that day. It is preferable to go 12-16 days after starting menstruation.
- Without having used either capsules or vaginal creams in the previous five nights.
- Without having had sexual relations in the previous 24 hours.
- That morning the genital zone should be washed externally, without introducing water in the vagina.
- You should be calm, with comfortable clothes easy to remove and to put on.



# 5

## VACCINATIONS



# Calendario de Vacunaciones 2005

**Recién Nacido**

2 meses      4 meses      6 meses

**6 meses**      **12 meses**

**12 meses**      **14 meses**

**0-6 meses:** TETANOS, DIFTERIA, TOSFOSINA (oral), NEUMOCOLO (inyectable).

**6-12 meses:** TETANOS, DIFTERIA, TOSFOSINA (oral), NEUMOCOLO (inyectable).

**12-14 meses:** TETANOS, DIFTERIA.

Junta de Castilla y León

# Calendario de Vacunación del Adulto

15-36

años

sarampión  
rubéola  
parotiditis

Mujeres 15/45 años

tétanos  
difteria

36-64

años

tétanos  
difteria

>65

años

neumococo

gripe

tétanos  
difteria

# VACCINATIONS

Vaccinations protect the population from infectious diseases which can be serious. Although in your country of origin you may have received some vaccinations, the vaccines recommended in our community and included in the vaccination calendars are different.

## *What are they and how do the vaccines act?*

The vaccines are biological products obtained from bacteria or weakened or dead viruses that are generally administered by means of injection. When receiving a vaccine they stimulate the person's natural defenses who receive it, since they have the same aspect as the original microorganism, but it does not produce disease or it causes it in a very mild form. This way, the organism is prepared to defend itself effectively before arrival of the infectious agent.

## *Who should be vaccinated?*

The vaccines should be received throughout the lifetime. The children, adolescents, young, adults and old people will be able to receive the vaccines free of charge according to their age or disease.

## *Why is it appropriate to vaccinate children?*

Because vaccinating avoids contagious diseases for which specific treatment does not exist. All the children need to be vaccinated so that it can end up eliminating some of the diseases against which they are vaccinated, such for example has already occurred with smallpox. Polio, currently eliminated in Europe and measles in the process of elimination in our country.

*If your child is not vaccinated and is exposed to the germ causing the disease, it can suffer dangerous infantile diseases such as whooping cough, measles or poliomyelitis that on some occasions present serious and even fatal complications.*

## *Why is it appropriate to be vaccinated at any age?*

Vaccines prevent diseases that are also significant as an adult. It is important to maintain the protection during a lifetime obtained with the infantile vaccination or to protect at this age from infections that can have serious consequences.

## *What vaccinations do the children need and when are they administered?*

The **Vaccination Program of the Autonomous Community** reflects the vaccines that are recommended and when to administer them. It is modified periodically adapting to the new recommendations.

The vaccines included in the Schedule are **FREE for ALL** the children of the Community.

If for some reason, the vaccination program is interrupted or delayed, it is not necessary to start again from the beginning with the series of vaccinations; only the doses lacking will be applied.

In special situations, some children will be able to receive other vaccines not included in the program, always at their doctor's or pediatrician's indication.

Each vaccine received should be written down on the **vaccination card** so that at any time the child's vaccination state can be proven; when you go with your child for vaccination, always take it and check that they write down the doses administered.

*Infantile program of vaccinations of Castille and Leon.*

<b>OFFICIAL PROGRAM OF SYSTEMATIC VACCINATIONS</b>		
<b>Recommended age</b>	<b>Type of Vaccine</b>	<b>Dose</b>
Newborns	-Hepatitis-B	1 <sup>st</sup> dose
2 months	-Polio, Diphtheria, Tetanus, Tosferina acelular; Haemophilus influenzae b -Meningococcus -C -Hepatitis-B	1 <sup>st</sup> dose 1 <sup>st</sup> dose 2 <sup>nd</sup> dose
4 months	-Polio, Diphtheria, Tetanus, Tosferina acelular; Haemophilus influenzae b -Meningococo -C	2 <sup>nd</sup> dose 2 <sup>nd</sup> dose
6 months	-Polio, Diphtheria, Tetanus, Tosferina acelular; Haemophilus influenzae b -Meningococcus -C -Hepatitis-B	3 <sup>rd</sup> dose 3 <sup>rd</sup> dose (*) 3 <sup>rd</sup> dose
15 months	-Measles, Rubella, Mumps	1 <sup>st</sup> dose
18 months	-Polio, Diphtheria, Tetanus, Acelular whooping cough, Haemophilus influenzae b	4 <sup>th</sup> dose (Booster)
6 years	-Diphtheria, Tetanus, Acelular whooping cough -Measles, Rubella, Parotitis	Update 2 <sup>nd</sup> dose
11 years	-Chicken pox	Single dose (**)
12 years	-Hepatitis-B	Guideline of 3 doses (***)
14 years	-Tetanus-diphtheria adults	Update

(\*) For some marketed vaccines only 2 doses are required  
 (\*\*) Only for susceptible people  
 (\*\*\*) Guideline of 3 doses for those that are not correctly vaccinated, beforehand with respect to Hepatitis-B

*What vaccinations do adults need?*

The recommended vaccines for adult immigrants are the same ones recommended for the entire population and included in the **Adult Program** of our community. Also in special situations, for disease or risks condition, other vaccines will not be recommended included in the calendar.



## Program of adult vaccinations

15-35 years	34-64 years	>65 years
	Tetanus	
	Diphtheria	
Measles		Flu
Rubella		Pneumococcus
Parotitis (mumps) (Women 15-45 years)		

### What diseases do these vaccines avoid?

The current calendar of vaccinations of Castille and Leon includes the vaccines regarding the following diseases:

#### HEPATITIS B

Hepatitis B is a liver disease produced by a virus that is transmitted by contact with blood, sexual relations or mother-son transmission during the pregnancy and after the childbirth.

It does not always yield symptoms, but in the event of showing the disease, the skin and the eyes acquire a yellowish color, with nausea, stomachache and fatigue. In some people the virus can remain in the body for a lifetime (carriers) and cause a chronic infection of the liver and serious complications over time (cirrhosis, liver cancer, death). On occasions infected people do not know it and they can be the source of contagion for other people.

#### DTPa-Inactivated polio - Hib

This combined vaccine denominated "pentavalent" allows you to receive 5 vaccines in a single injection at the same time.

The combined Diphtheria-tetanus- acellular whooping cough -Haemophilus influenzae type b and inactivated Polio vaccine, prevent the following diseases produced by bacteria:

- Diphtheria:** this is a very serious disease that produces progressive clogging of the respiratory passages, on inflammation of the larynx and creating membranes that can even end up provoking asphyxia. Additionally, it can have neurological and cardiac type complications.

# Calendario de Vacunaciones 2005

**Grupo Noctido**

0 años    1 año    2 años    3 años

6 años

EDAD	VACUNA	CONDICIONES
0 años	DIPHTERIA, TETANOS, POLIO	1ª dosis
1 año	DIPHTERIA, TETANOS, POLIO, SARAMBIÓN, NEUMOCOCO, HEPATITIS B	2ª dosis
2 años	DIPHTERIA, TETANOS, POLIO, SARAMBIÓN, NEUMOCOCO, HEPATITIS B	3ª dosis
3 años	DIPHTERIA, TETANOS, POLIO, SARAMBIÓN, NEUMOCOCO, HEPATITIS B	4ª dosis
6 años	DIPHTERIA, TETANOS, POLIO, SARAMBIÓN, NEUMOCOCO, HEPATITIS B	5ª dosis

0 años    1 año

EDAD	VACUNA	CONDICIONES
0 años	DIPHTERIA, TETANOS, POLIO	1ª dosis
1 año	DIPHTERIA, TETANOS, POLIO	2ª dosis

0 años

EDAD	VACUNA	CONDICIONES
0 años	DIPHTERIA, TETANOS, POLIO	1ª dosis

0 años    1 año

EDAD	VACUNA	CONDICIONES
0 años	DIPHTERIA, TETANOS, POLIO	1ª dosis
1 año	DIPHTERIA, TETANOS, POLIO, SARAMBIÓN, NEUMOCOCO, HEPATITIS B	2ª dosis

0 años

EDAD	VACUNA	CONDICIONES
0 años	DIPHTERIA, TETANOS, POLIO	1ª dosis

**INFORMACIÓN:**

Las vacunas recomendadas en este calendario son de carácter preventivo y no substituyen el diagnóstico ni el tratamiento de ninguna enfermedad.

El calendario de vacunación puede ser modificado sin previo aviso.

El calendario de vacunación puede ser modificado sin previo aviso.

El calendario de vacunación puede ser modificado sin previo aviso.

El calendario de vacunación puede ser modificado sin previo aviso.

**INFORMACIÓN:**

El calendario de vacunación puede ser modificado sin previo aviso.

El calendario de vacunación puede ser modificado sin previo aviso.

El calendario de vacunación puede ser modificado sin previo aviso.

El calendario de vacunación puede ser modificado sin previo aviso.

**INFORMACIÓN:**

El calendario de vacunación puede ser modificado sin previo aviso.

El calendario de vacunación puede ser modificado sin previo aviso.

El calendario de vacunación puede ser modificado sin previo aviso.

El calendario de vacunación puede ser modificado sin previo aviso.

**INFORMACIÓN:**

El calendario de vacunación puede ser modificado sin previo aviso.

El calendario de vacunación puede ser modificado sin previo aviso.

El calendario de vacunación puede ser modificado sin previo aviso.

El calendario de vacunación puede ser modificado sin previo aviso.

# Calendario de Vacunación del Adulto

**15-36 años** ↓

**neumococo**

**INFORMACIÓN:**

El calendario de vacunación puede ser modificado sin previo aviso.

**36-64 años** ↑

**neumococo**

**INFORMACIÓN:**

El calendario de vacunación puede ser modificado sin previo aviso.

**65 años** ↑

**neumococo**

**INFORMACIÓN:**

El calendario de vacunación puede ser modificado sin previo aviso.

- Tetanus:** it is acquired through wounds and it produces very painful muscular contractions that affect the respiratory muscles, which can suffocate the baby.
- Pertussis or whooping cough:** it is a very contagious respiratory disease characterized by a persistent and irritating cough that it prevents the baby drinking, eating and breathing and is very serious in small breast feeding babies. This disease is prevented with a new vaccine type (**acellular** whooping cough) which is characterized by being better tolerated than the traditional vaccine.
- Inactivated Polio:** from January 2004, the traditional vaccine of oral Polio has been replaced by this other injectable one that is administered in comfortable form and it presents less adverse reactions.
- Haemophilus influenzae type b (Hib):** Hib is a bacterium that is normally in the throat being transmitted from one person to another through respiratory secretions. From the throat, it can pass to the blood producing very serious diseases in children less than 5 years: **meningitis**, epiglottitis and other serious infections such as pneumonia and arthritis.

## MENINGOCOCCUS C

The vaccine against meningococcus C of conjugated type prevents the disease produced by the meningococcus of the serogroup C which, the same as other meningococci such as B, causes **meningitis** and sepsis in children. Currently, vaccine does not exist for the serogroup B.

## VIRAL TRIPLE OR MRP

It is a vaccine against three diseases produced by viruses that are transmitted very easily from one people to others through respiratory secretions. Although in many cases they are benign processes, in other occasions they produce serious complications and they can even be fatal as in the case of the measles.

- Measles:** it is characterized by high fever, cutaneous eruption, cough, rhinitis and conjunctivitis. It is more serious in breastfeeding infants and adults and may be complicated with pneumonia or encephalitis.
- Rubella:** it is a disease of mild character in the baby but of serious consequences in pregnant women that are in the first weeks of gestation, since can affect to the fetus causing abortion or congenital alterations (deafness, cataracts, heart malformations and mental retardation). For this reason, it is necessary that all the women are correctly vaccinated before fertile age.
- Parotiditis:** or mumps, is characterized by the inflammation of one or both salivary glands, the parotids. It is generally a mild disease, but in occasions it can cause meningitis and deafness. In male adolescent and adults it produces inflammation of the testicles (orchitis) with certain frequency and the possibility of sterility.

## FLU

Flu is an acute breathing disease produced by a virus. Most people affected by the disease recover in less than one week, without need for treatment or hospital care; but in old people and people who have a chronic disease (such as diabetes, cardiac afflictions and respiratory diseases), flu can present serious complications.

This disease is present every year in an epidemiological seasonal manner that begins in the last months of the autumn and beginning of the winter. The **ONLY** effective measure to prevent the flu is the vaccination campaign carried out during the month of October.

You need to be vaccinated against the flu every year.

## PNEUMOCOCCUS

Pneumococcus is a germ that can cause serious disease, especially in old and chronically sick people.

Vaccination is the **ONLY** effective measure to prevent pneumococcal disease.

The vaccine against the pneumococcus is given, generally, only once in your lifetime.

### *Where can you be vaccinated?*

The vaccination programs are administered free of charge in hospitals, health centers and clinics, as well as in authorized vaccination centers.

### *Are the vaccines safe?*

Yes; it is very rare that the vaccines produce a serious reaction, but it can happen. However, the risks of contracting a serious disease from not being vaccinated are much greater.

### *Do vaccines have the side effects? How does one react?*

Yes; some vaccines can have side effects. The most frequent are lesser problems such as slight fever, general feelings of being unwell, rash, inflammation and pain in the locality of the injection. A slight discomfort is normal and it should not be a cause of alarm.

## YOU SHOULD KNOW:

The vaccines prevent infectious diseases both in children and at any age.

Go to your Center of Health to find out; there they will vaccinate you.

Take any document where the vaccinations that you have received previously appear. They will give you the vaccination certificate that certifies the vaccines received, take it whenever you go for vaccination.

They may offer other vaccines if you have some disease.

The vaccines are safe.

If you have any doubt, contact your doctor or nurse.







