

## TRAUMA IS A DISEASE

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The trauma is the leading cause of death in the first four decades of life. Statistically, three people are affected by definitive sequelae for every death. Also statistically, 350 Brazilians die every day due to illness related trauma, and other 1,000 become permanently affected by sequelae. Trauma is a disease known to few and neglected by many. Approximately 50,000 Brazilians die in traffic accidents each year. Another 56,000 are murdered. Security lacks and violence overflows in roads and urban spaces. This violence weighs on the Brazilian economy and reaps the lives of thousands of young people every year.

According to the Institute of Applied Economic Research (IPEA), the cost of fatal traffic accidents reaches 5% of the Gross Domestic Product (GDP). It is worth saying that hospital expenses, loss of productivity related to deaths and sequelae, and material damage subtract a significant slice off of the country's production. According to the World Health Organization, an estimated 7% of the GDP is spent with urban violence. Thus, these two causes cost 580 billion of reais/year, which is equivalent to the GDP of Chile! In other words, the violence in Brazil is equivalent to one Chile per year. In reality, the human life is priceless but it has an exorbitant cost. Considering trauma as a byproduct of very complex social and cultural realities, the Brazilian society lives in a state of alert and fear in the face of this disease.

Besides all that, trauma is overlooked as a disease in our country. Although it is endemic, crippling, and fatal, it lacks funding, study, and research. The number of medical schools containing the discipline "trauma" in their curriculum is despicable. This is difficult to understand because it is endemic and should be under the domain of health professionals. The country's scientific production on violence is limited to counting the number of dead without analyzing the social context in which the violence occurs. To survivors, it remains the integration to the group affected by sequelae of those who become unproductive. The thousands of new annual sequelae patients need social welfare resources. In fact, the problem is, above all, social.

The trauma disease does not choose age. Although it reaches young people in the age group between 15 and 35 years old, children and the elderly in Brazil began to occupy intensive care beds of public hospitals suffering from the same illness. The knowledge of the main causes of violent death among children and young adults is essential to the elaboration and implementation of preventive public measures. Education for the prevention of accidents and violence should be encouraged and be part of the school curriculum. Is a sustainable form of changing social behavior.

A relatively new and important fact regarding the geriatric population; it is increasing throughout the world, including in Brazil. Elderly affected by trauma are seen more often in the institutions for trauma. In our midst, the trampling of the elderly by motorcycles is a common occurrence. Currently, discussions pertaining to this subject make evidence-based recommendations and predict a significant impact on the use of all medical care for this age group. Furthermore, they warn about behavioral changes in the medical practice. In addition to the comments about medical training in the subspecialty called Geriatric Emergency Medicine, there are discussions about particular physical spaces within emergency services, reserved exclusively for the elderly. This trend denounces the contemporaneity of this subject. In fact, it is discouraging to see the elderly who has been a victim of some type of violence. Considering the richness that longevity means, the elderly constitute the group that meets all the requirements related to the assertion that the human life is priceless.

Undeniably, we are in a “civil war”. In addition to high financial costs, the social cost is high, and society will not tolerate this situation much longer. In the approach to the trauma disease, the solution passes through the enhancement of the assistive teams and its professionals, extinction of impunity, compliance with laws, and education of society, particularly about the prevention of accidents. If there is a disease that is actually preventable, it is called trauma. Because it is as disease that bleeds, kills, or leaves sequelae, it is necessary to know its social cost and that it is really overwhelming in all aspects. Preventive work is urgent, focused on the society in order to control this disease. The doctor has the responsibility to treat but also to educate about prevention.

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