

# PRESENÇA DE ANIMAIS

ameaça ou proteção?

CÃES E GATOS SÃO ATORES IMPORTANTES NA  
TRANSMISSÃO DE ZOONOSES:  
RAIVA, LEISHMANIOSE, LEPTOSPIROSE,  
VERMINOSES, MICOSES, MORDEDURAS.

ESSAS DUAS ESPÉCIES ANIMAIS PODEM  
TRANSMITIR CERCA DE 40 DIFERENTES  
ENFERMIDADES DE CARÁTER ZOONÓTICO ...



HÁ UM OUTRO LADO?

# AHA Scientific Statement

## **Pet Ownership and Cardiovascular Risk**

### **A Scientific Statement From the American Heart Association**

*Endorsed by the American Association of Cardiovascular and Pulmonary Rehabilitation, American Society of Hypertension, American Society for Preventive Cardiology, National Heart Foundation of Australia, Preventive Cardiovascular Nurses Association, and World Heart Federation*

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## PET OWNERSHIP AND HYPERLIPIDEMIA

IN A CROSS-SECTIONAL ONLINE SURVEY, DOG NONOWNERS WERE MORE LIKELY TO REPORT ELEVATED **SERUM CHOLESTEROL** LEVELS AND **DIABETES MELLITUS** THAN DOG OWNERS WHO REGULARLY WALKED THEIR DOGS.

THESE FINDINGS PERSISTED AFTER CONTROLLING FOR OWNER'S AGE AND INTENSITY OF PHYSICAL ACTIVITY BUT NOT AFTER ALSO CONTROLLING FOR BMI. IN ADDITION, **TOBACCO USE** WAS MORE COMMON AMONG DOG NONOWNERS THAN DOG OWNERS.

# PET OWNERSHIP AND PHYSICAL ACTIVITY

OF ALL PETS, DOGS APPEAR MOST LIKELY TO POSITIVELY INFLUENCE THE LEVEL OF HUMAN **PHYSICAL ACTIVITY**.

CROSS-SECTIONAL STUDIES SHOW THAT DOG OWNERS ENGAGE IN MORE PHYSICAL ACTIVITY AND WALKING AND ARE MORE LIKELY TO ACHIEVE THE **RECOMMENDED LEVEL OF PHYSICAL ACTIVITY** THAN NONOWNERS OF DOGS.

# PET OWNERSHIP AND OBESITY

PARTICIPATION IN PHYSICAL ACTIVITY JOINTLY BY PETS AND HUMANS IS ONE MECHANISM WHEREBY PET OWNERSHIP MAY REDUCE **OBESITY**.

THE OTHER IMPORTANT ROLE THAT PETS PLAY IN HUMAN HEALTH IS SOCIAL SUPPORT, WHICH IS ONE OF **THE MOST POWERFUL PREDICTORS OF ADOPTION AND MAINTENANCE OF BEHAVIOR CHANGE, INCLUDING WEIGHT LOSS**.

COMPANION ANIMALS MAY STRENGTHEN ENGAGEMENT IN A WEIGHT LOSS PROGRAM BY PROVIDING **ENCOURAGEMENT AND MOTIVATION** AND REDUCING PERCEIVED BARRIERS (IE, CONCERNS ABOUT **NEIGHBORHOOD SAFETY**) THAT HINDER EXERCISE.

# PET OWNERSHIP AND AUTONOMIC FUNCTION AND CARDIOVASCULAR REACTIVITY

A POSITIVE OR BENEFICIAL RELATIONSHIP BETWEEN PET OWNERSHIP AND **AUTONOMIC FUNCTION** OR **CARDIOVASCULAR REACTIVITY TO STRESS** HAS BEEN REPORTED IN MOST PUBLISHED STUDIES.

**SIGNIFICANTLY LOWER RESTING BASELINE HEART RATES AND BLOOD PRESSURE, SIGNIFICANTLY SMALLER INCREASES IN HEART RATE AND BLOOD PRESSURE IN RESPONSE TO STRESS, AND FASTER RECOVERY OF THESE PARAMETERS TO BASELINE AFTER CESSATION OF STRESS.**

**REACTIVITY TO STRESS WAS LOWEST AND RECOVERY FASTEST**  
WHEN THEIR PET WAS PRESENT





PET OWNERSHIP AND SURVIVAL IN PEOPLE  
WITHOUT ESTABLISHED CVD

**DID NOT** FIND A SURVIVAL ADVANTAGE ASSOCIATED WITH PET OWNERSHIP

**DID NOT** FIND PET OWNERSHIP WAS ASSOCIATED WITH REDUCED OVERALL  
MORTALITY

# PET OWNERSHIP AND SURVIVAL IN PATIENTS WITH ESTABLISHED CARDIOVASCULAR DISEASE (CVD)

IMPORTANT NONHUMAN FORM OF SOCIAL SUPPORT AND MAY PROVIDE  
CARDIOPROTECTIVE BENEFITS IN PATIENTS WITH ESTABLISHED CVD.

PET OWNERSHIP OF ANY KIND TENDED TO BE INDEPENDENTLY  
ASSOCIATED WITH SURVIVAL ( $P=0.085$ ).

DOG OWNERSHIP WAS STRONGLY ASSOCIATED WITH DECREASED  
MORTALITY, WITH THE LIKELIHOOD OF MORTALITY BEING 4.05 TIMES  
GREATER FOR DOG NONOWNERS THAN FOR DOG OWNERS ( $P<0,05$ )

THE BENEFIT OF DOG OWNERSHIP ON SURVIVAL WAS INDEPENDENT OF  
PHYSIOLOGICAL MEASURES OR THE SEVERITY OF CVD.

# PET OWNERSHIP AND SURVIVAL IN PATIENTS WITH ESTABLISHED CARDIOVASCULAR DISEASE (CVD)

ONE-YEAR SURVIVAL - MYOCARDIAL INFARCTION OR ANGINA PECTORIS.

1-YEAR FOLLOW-UP, **28%** OF NONOWNERS **HAD DIED** COMPARED WITH ONLY **6%** OF PET (DOG) OWNERS (P=0.002);

THE BENEFICIAL EFFECT OF PET OWNERSHIP ON SURVIVAL APPEARED TO BE **INDEPENDENT OF AGE AND THE PHYSIOLOGICAL SEVERITY OF CVD.**

A SURVIVORS OF MYOCARDIAL INFARCTION FOLLOWED UP IN THE PSYCHOSOCIAL RESPONSES IN THE HOME AUTOMATED EXTERNAL DEFIBRILLATOR TRIAL - **LACK OF PET OWNERSHIP** WAS A SIGNIFICANT (P=0.036) **PREDICTOR OF MORTALITY**

# CONCLUSIONS

PET OWNERSHIP, PARTICULARLY DOG OWNERSHIP, IS PROBABLY ASSOCIATED WITH DECREASED CVD RISK (LEVEL OF EVIDENCE: B).

PET OWNERSHIP, PARTICULARLY DOG OWNERSHIP, MAY HAVE SOME CAUSAL ROLE IN REDUCING CVD RISK (LEVEL OF EVIDENCE: B).

# RECOMMENDATIONS

PET OWNERSHIP, PARTICULARLY DOG OWNERSHIP, MAY BE REASONABLE FOR REDUCTION IN CVD RISK

(CLASS IIB; LEVEL OF EVIDENCE B).

PET ADOPTION, RESCUE, OR PURCHASE SHOULD NOT BE DONE FOR THE PRIMARY PURPOSE OF REDUCING CVD RISK

(CLASS III; LEVEL OF EVIDENCE C).

# TERMINAL

Internada em um hospital para tratar um câncer, mulher de 49 anos teve a chance de realizar um pedido ...

Escolheu encontrar com alguém especial:  
Ritchie, seu cachorro.

# TER UM PET ...

**Alivia a dor**

**Reduz o colesterol**

**Melhora o humor**

**Ajuda as pessoas a socializar**

**Ajuda as crianças a se desenvolverem**

**No IPq, cães auxiliam diagnóstico e terapia de crianças com transtornos psiquiátricos**

## CENSO 2010 – MUDANÇAS NOS ARRANJOS FAMILIARES

- ↓ casais com filhos.
- ↑ casais sem filhos
- ↑ mulheres morando sozinhas
- ↑ homens morando sozinhos
- ↑ mães com filhos
- ↑ homens com filhos



# INQUÉRITO DE SAÚDE ISA – CAPITAL - 2015

PARA QUE FAZER?  
COMO FAZER?

