

7.2 Souhrn v anglickém jazyce

Malignant melanoma is the most lethal skin cancer whose incidence has been worldwide increasing. The prognosis of the disease is dependent on many factors – the effected locality, age, form of the tumor and the growth stage at which it was surgically removed. There has been no reliable adjuvant treatment available so far; although cytokins have been recently administered to high-risk patients. The accent is therefore put mainly on the timely detection and the relevant extent of surgical intervention whose degree depends on the stage of the disease.

The result of the above mentioned facts is the necessity of an early diagnosis of new cases and permanent follow-up of the patients in whom melanoma has been already confirmed. The patients in the follow-up care are regularly checked, for the rest of their lives, at by the so called melanoma commissions, usually at dermatological clinics. The permanent contact with fact of the possible presence of the disease (information about the diagnosis, repeated follow-ups, waiting for the results of the examination) is stressful for these patients, although they become, to a certain extent, gradually adapted to stress. A good adaptation is however dependent also on the extent of social support, depression, the severity of the disease and other factors.

The present cross-sectional epidemiological study was carried out in a group of patients diagnosed with stage I and II malignant melanoma ($n = 124$) followed for at least one year. The research was carried out in a form of anonymous questionnaires which included various types of questions concerning prevention and the current attitude of respondents toward solar radiation, the patients' awareness of the disease and their cooperation with the health centre (institution). In the appendix there are also the PSSS questionnaire (the level of social support), Z. A. S. (Load and Stress), BSSD (Beck's depression questionnaire) and LC (the extent of internal and external localization of control).

The obtained results revealed that the group of patients addressed shows a good management of the disease. The respondents welcome the opportunity of dispensary (follow-up) care and its benefit outweighs the load represented by the repeated controls.

In no patient a psychotherapeutic intervention was necessary. The values of social support were slightly above-average and the results of the Z.A.S. scale (scale “load and stress”) suggested that the stressor exposure probably is not immoderate or the respondents learned how to cope with it. However the aesthetic importance of suntan is still high. Substantial reserves were found out in the field of an active protection against UV radiation. All the more so, they were respondents in whom melanoma was already diagnosed. The necessity of wide public education as for the protection against an excessive effect of solar radiation is still very urgent.

Key words

melanoma – long-term follow-up – stress - prevention