

Como Una Cuestion De Hecho

La Relación Entre el Maltrato Infantil y la Salud en la Vida Adulta

Los efectos adversos a largo plazo del maltrato infantil en los problemas de salud en la adultez son claros. Los adultos que fueron abusados o que no recibieron el debido cuidado en la infancia corren un mayor riesgo de presentar una variedad de condiciones adversas de salud física y mental en comparación con los adultos que no fueron maltratados en la niñez. La prevención del abuso y la negligencia infantil no solo protege a los niños, sino que también crea adultos más saludables.⁽¹⁻⁵⁾

1

Las personas que experimentaron abuso y negligencia en la niñez tienen un mayor riesgo de presentar una variedad de dolencias físicas, lo que incluye:⁽¹⁻⁶⁾

Trastornos Autoinmunitarios⁽⁶⁻⁸⁾
 Artritis^(6, 8-9)
 Enfermedad Pulmonar^(6, 9-10)
 Enfermedad Cardíaca^(6, 11)
 Obesidad Y Aumento Del Imc^(8, 12-15)
 Migrañas Y Dolores De Cabeza
 Frecuentes⁽¹⁶⁻¹⁸⁾

Hipertensión^(6, 19)
 Trastornos Gastrointestinales^(6, 20)
 Úlceras Pépticas^(6, 21)
 Diabetes Tipo 2^(6, 22)
 Enfermedad Del Hígado^(6, 23)
 Dolor Crónico⁽²⁴⁻²⁵⁾

2

Los adultos que experimentaron abuso y negligencia infantil también pueden experimentar trastornos de salud mental en la adultez, lo que incluye:^(3, 8, 26)

Depresión⁽²⁶⁻²⁹⁾
 Ansiedad^(26, 29)
 Trastorno De Estrés Postraumático^(26, 29)
 Intentos De Suicidio,^(3, 29-31)

Trastornos Del Sueño⁽²⁹⁾
 Trastornos De Pánico⁽²⁶⁾
 Fobias⁽²⁶⁾

3

Los adultos que fueron maltratados en la infancia tienen más probabilidades de incurrir en conductas que impliquen mayor riesgo de sufrir consecuencias negativas respecto de la salud física y mental, lo que incluye:⁽¹⁾

Problemas Relacionados Con El Alcohol^(8, 26, 32)
 Consumo De Drogas^(8, 28)
 Trastornos Alimenticios^(12, 29)
 Cuidado Prenatal Y Posnatal Deficiente⁽³³⁾

Comportamientos Antisociales⁽²⁸⁾
 Conductas Sexuales De Riesgo^(3, 8, 34-36)
 Consumo Diario De Tabaco⁽³⁷⁾
 Automutilación⁽⁸⁾

4

Las personas que experimentaron maltrato durante la infancia utilizan más servicios médicos y de salud mental, lo que incluye más consultas de emergencia, lo que a su vez deriva en mayores costos de atención médica.⁽³⁸⁻⁴¹⁾

5

Las mujeres con antecedentes de abuso sexual infantil tienen muchas más probabilidades de ser revictimizadas sexual y físicamente en la adultez.^(8, 35, 42-43)

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