

中文題目：物質使用(酒、檳榔及菸)與較差的食道癌預後相關

英文題目：Substance use (alcohol, areca nut and cigarette) is associated with poor prognosis of esophageal squamous cell carcinoma

作者：吳宜珍¹,歐吉性^{1,2},吳孟杰^{1,3},李章銘⁴,周宜平⁵,吳登強^{1,3,6},吳明蒼^{7*}

服務單位：高雄醫學大學附設醫院 胃腸內科¹ 癌症中心⁶ 行政院衛生署恆春旅遊醫院 內科²
高雄市立小港醫院 內科³ 台灣大學附設醫院 胸腔外科⁴ 高雄榮民總醫院 胸腔外科⁵
高雄醫學大學 健康科學院公共衛生學系⁷

Background/Aim: Few studies have reported the association between lifestyle factors and prognosis of esophageal squamous cell carcinoma (ESCC) and among these, the effects of habitual areca nut chewing have never been examined.

Methods: Data from 718 pathology-proven ESCC patients recruited in a multicenter hospital-based case-control study between 2000 and 2008 in Taiwan were analyzed. Clinical and lifestyle information were obtained by chart review and questionnaire survey. Written consents were obtained from all participants. The ethics review boards at the study hospitals reviewed and approved this investigation. Death was confirmed using the National Death Index.

Results: The mean age at diagnosis was 59.8 years and 506 (70.5%) patients presented with stage III or IV diseases. The overall 1- and 5-year survival rates were 41.8% and 9.75% respectively. In addition to clinical stage, habitual alcohol drinking was found to be the strongest predictor for ESCC survival, followed by areca chewing and smoking. Compared with non-users, patients who regularly used all three substances (alcohol, areca nut, and cigarette) had 1.52 times the risk of early death (adjusted hazard ratio = 1.52, 95% CI = 1.02-2.27, $p = 0.04$). In addition, the more the number of substances used, the worse the prognosis of ESCC (adjusted p for trend=0.01).

Conclusion: Our study found that indulgence in more substances is a significant predictor of ESCC survival. Further mechanistic studies are necessary to elucidate how these substances lead to an adverse outcome.