中文題目：台灣一大型研究發現咀嚼檳榔與阻塞性肺病有關

英文題目：Betel nut chewing was associated with obstructive lung disease in a large Taiwanese population study

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Background: The prevalence of betel nut chewing in Taiwan is high at approximately 7%. However, few studies have evaluated the relationship between betel nut chewing and lung disease. Therefore, the aim of this study was to investigate associations between betel nut chewing and lung function.

Materials and Methods: 80,877 participants in the Taiwan Biobank were classified into normal lung function and obstructive lung function (forced expiratory volume in 1 s (FEV1)/forced vital capacity (FVC) < 70%) groups, which were assessed by spirometry. The participants were asked questions about betel nut chewing, including years of use, frequency and daily amount.

Results: Multivariable analysis showed that betel nut chewing (odds ratio [OR] = 1.159; $p < 0.001$) was significantly associated with FEV1/FVC < 70% in all participants (n = 80,877). Further, in the participants who chewed betel nut (n = 5,135), a long duration of betel nut chewing (per 1 year; OR = 1.008; $p = 0.012$), betel nut use every day (vs. 1-3 days/month; OR = 1.793; $p = 0.036$), 10-20 quids a day (vs. < 10 quids; OR = 1.404; $p = 0.019$), 21-30 quids a day (vs. < 10 quids; OR = 1.662; $p = 0.010$), ≥ 31 quids a day (vs. < 10 quids; OR = 1.717; $p = 0.003$), and high cumulative dose (per 1 year*frequency*daily score; OR = 1.001; $p = 0.002$) were significantly associated with FEV1/FVC < 70%.

Conclusions: In our study, chewing betel nut was associated with obstructive lung disease. This suggests that preventing betel nut chewing should be considered to reduce obstructive lung disease in Taiwan.

Key words: obstructive lung disease; betel nut chewing; cumulative dose; Taiwan biobank