

中文題目:飲酒、吸菸及嚼食檳榔對上消化道疾病的影響：一大型橫斷面研究

英文題目: Effects of alcohol consumption, cigarette smoking, betel quid chewing in upper digestive disease: a large cross-sectional study

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Background: Cigarette smoking is a well-known risk factor of upper digestive diseases. Findings on alcohol's effect on these diseases are inconsistent and with the exception of its association with esophageal cancer, little is known about betel quid chewing. This study investigated the association between use of these three substances and upper digestive diseases.

Method and Material: We collected data from patients receiving upper endoscopies between April 2008 and December 2013. Substance use was defined in a participant if he or she were consuming or had consumed any alcoholic beverage at least one time per week, smoked or had smoked ten cigarettes or more per week and or chewed or had chewed one betel quid or more per day for at least one year. Multiple imputation was used to handle missing questionnaire data (<5% in each item). Polynomial regressions were used to analyze the association between risk factors and diseases of the esophagus, stomach and duodenum.

Result: In total, we recruited 9,275 people (>20 years) starting in 2008. Participants who simultaneously consumed cigarettes, alcohol and betel quid had a 17.28-fold risk of esophageal cancer (95% CI =7.59-39.33), 2.99-fold risk of Barrette's esophagus (95% CI =2.40-4.39), 1.60-fold risk of grade A-B erosive esophagitis (95% CI = 1.29-2.00), 2.00-fold risk of gastric ulcer (95% CI =1.52-2.63), 2.12-fold risk of duodenitis (95% CI =1.55-2.89) and 1.29-fold risk of duodenal ulcer (95% CI =1.01-1.65). Concurrent consumption of more substances was associated with significantly higher risk of developing these diseases.

Conclusion: Cigarette smoking, alcohol drinking and betel quid chewing were associated with upper digestive disease.