



# Alcohol and related cancers reported by the Cancer Registry of Crete

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## Purpose

➤ Alcohol consumption in Greece is related to the **Mediterranean pattern of drinking**, while it is considered to increase the risk of malignancies. The Mediterranean pattern of drinking is characterized by **almost daily drinking** of alcohol (usually wine) that is often served with the meals.

**Overall aim:** to report **alcohol related cancers** in Crete, Greece and estimate the average **alcohol-attributable Years of Potential Life Lost (YPLL)**.

## Methods

❖ The Cancer Registry of Crete (CRC) provided data on malignant neoplasms of larynx, esophagus, breast, liver/intrahepatic bile ducts, colon, pancreas, mouth/oropharynx.

❖ The **Age-Adjusted Incidence Rates (AAIR)** and the **Age-Standardized Mortality Rates (ASMR)** were calculated using the European Standard population.

❖ The **Alcohol-Attributed Fractions (AAF)** and the **alcohol-attributable YPLL** of cancer were estimated in a sample of **6,350 cases** (diagnosed from 1992 to 2013).

## Results - I

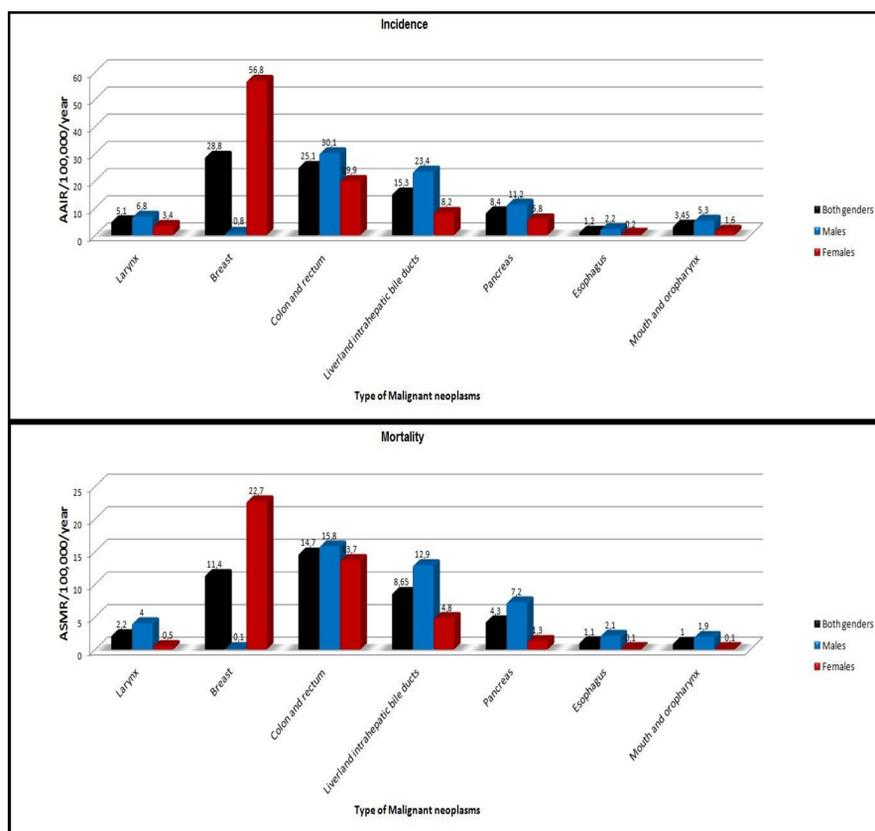


Figure: Incidence and Mortality rates for the selected Malignant neoplasms, per gender

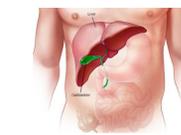
❑ As regards the **AAFs** and the **YPLL**, they were found to be **higher in neoplasms of mouth/oropharynx (29%)**.

## Results - II

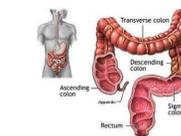
❑ Other rates varied as follows (**AAF%**; **YPLL in years**):



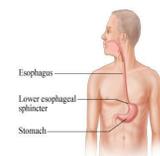
Larynx (23%; 17.1)



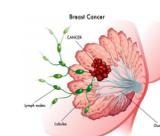
Liver (15%; 16.8)



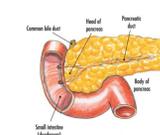
Colon (10%; 15.9)



Esophagus (21%; 16.9)



Breast (13%; 18.2)



Pancreas (9.5%; 11.3)

## Discussion

❑ **Alcohol consumption** and **amount of alcohol** consumed **increases risk** of malignancies. There is no safe threshold for alcohol consumption and cancer risk.

❑ **Reducing alcohol consumption** is an important and underemphasized cancer prevention strategy.

❑ More **comprehensive individual** and **population-level efforts** are required to reduce cancer risk from alcohol use.

❑ **Proven population-based interventions** are also needed.

## Conclusion

The study results provide further evidence that **alcohol** consumption is associated with **greater risk** for the development of **certain tumor** types.

## Future research

✓ Greater understanding needs to be gained as regards the **dose-dependent effects** of alcohol use in causing cancer

✓ **3 field studies** that will explore the individual-level contribution of alcohol to selected malignant neoplasms

✓ Explore the **joint effect** of alcohol consumption and other risk factors

✓ Organize population **information activities** across the island of Crete

## Affiliations:

1. Cancer Registry of Crete



Figure: CRC's team. Photos are placed according to authors order.



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