

Risk factors for Colorectal Cancer in the Sri Lankan Population

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INTRODUCTION/BACKGROUND

Colorectal carcinoma (CRC) accounts for substantial cancer morbidity and mortality worldwide. Our study was designed to assess the contributions of dietary and lifestyle factors on the risk of developing CRC.

METHODS

A case-control study was conducted over a five-year period at the National Hospital of Sri Lanka. Data was collected via an interviewer administered, structured, pre-tested questionnaire on 200 histologically confirmed CRC cases and 200 age and gender - matched controls. Multivariate analyses were done to identify associations.

RESULTS

The median age was 58 years in the CRC group and 54 years in the control group, while the male:female ratio was 1.50 and 1.49 respectively. On multivariate analysis the consumption of six or more cups of brown tea per day [Odds Ratio (OR) = 2.98 (95% CI 1.47-6.05), $p=0.003$] was independently associated with CRC. Beef consumption also showed significant association with risk of CRC [OR = 1.76 (95% CI 1.12-2.78), $p=0.015$]. Green tea was not found to be associated with CRC. There were no associations with body weight, work-sleep pattern, smoking or the consumption of alcohol, mutton, pork, fruits or coffee.

CONCLUSIONS

The consumption of six or more cups of brown tea per day or beef was associated with an increased risk of developing CRC.