



# Risk factors for cancer in Poland: the PONS Study

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# Risk factors for cancer

- smoking
- obesity
- inactivity
- alcohol
- diet
- industrial carcinogens
- radiation
- infections
- hormones

# Smoking: single most important cause for cancer mortality

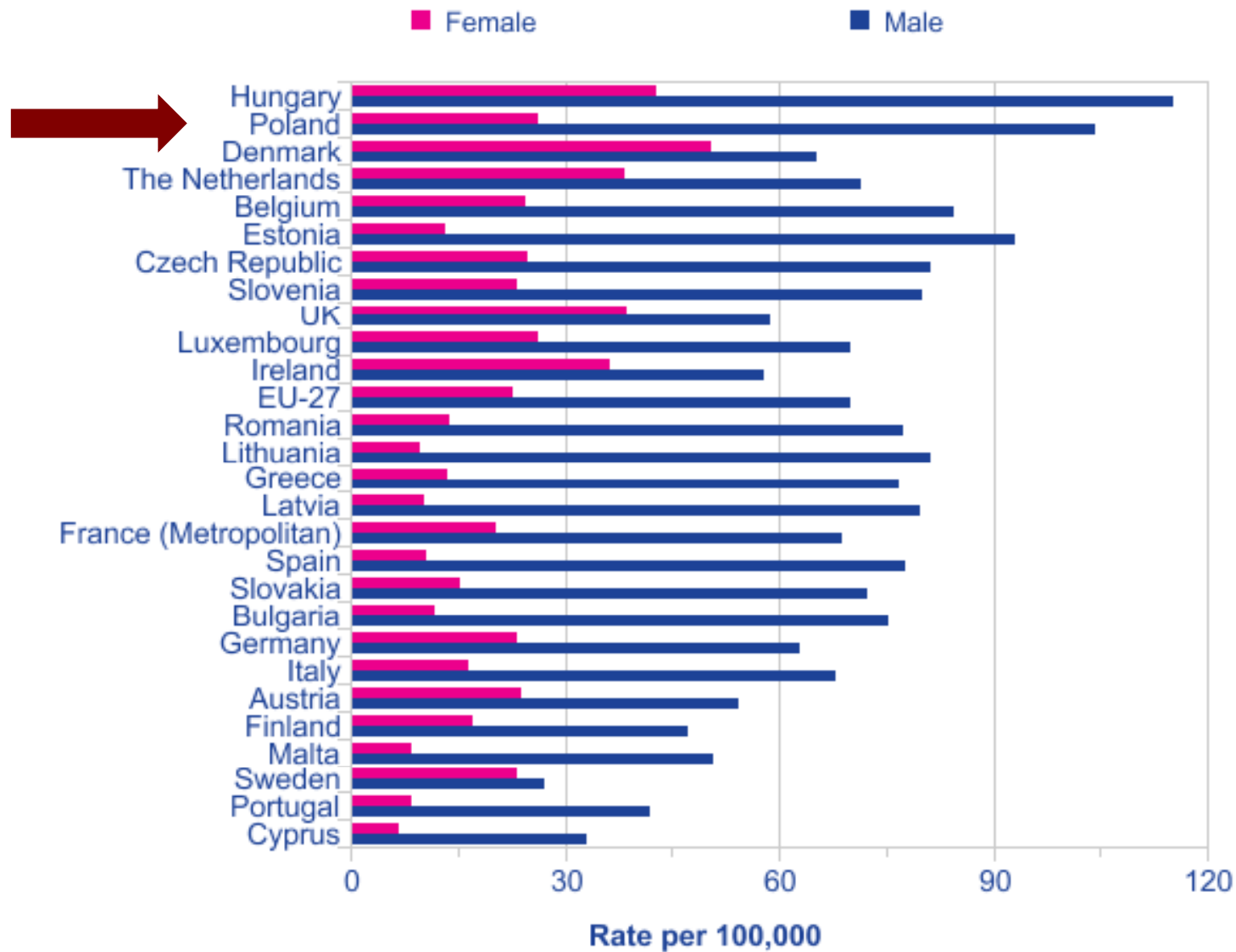
- 30% attributed to smoking

## Cancer sites causally related to smoking:

- Lung
- Oral cavity, larynx, pharynx
- Oesophagus, ventricle
- Urinary bladder
- Kidney
- Pancreas
- Bone marrow (myeloid leukemia)
- Cervix
- Liver (South-east Asia)

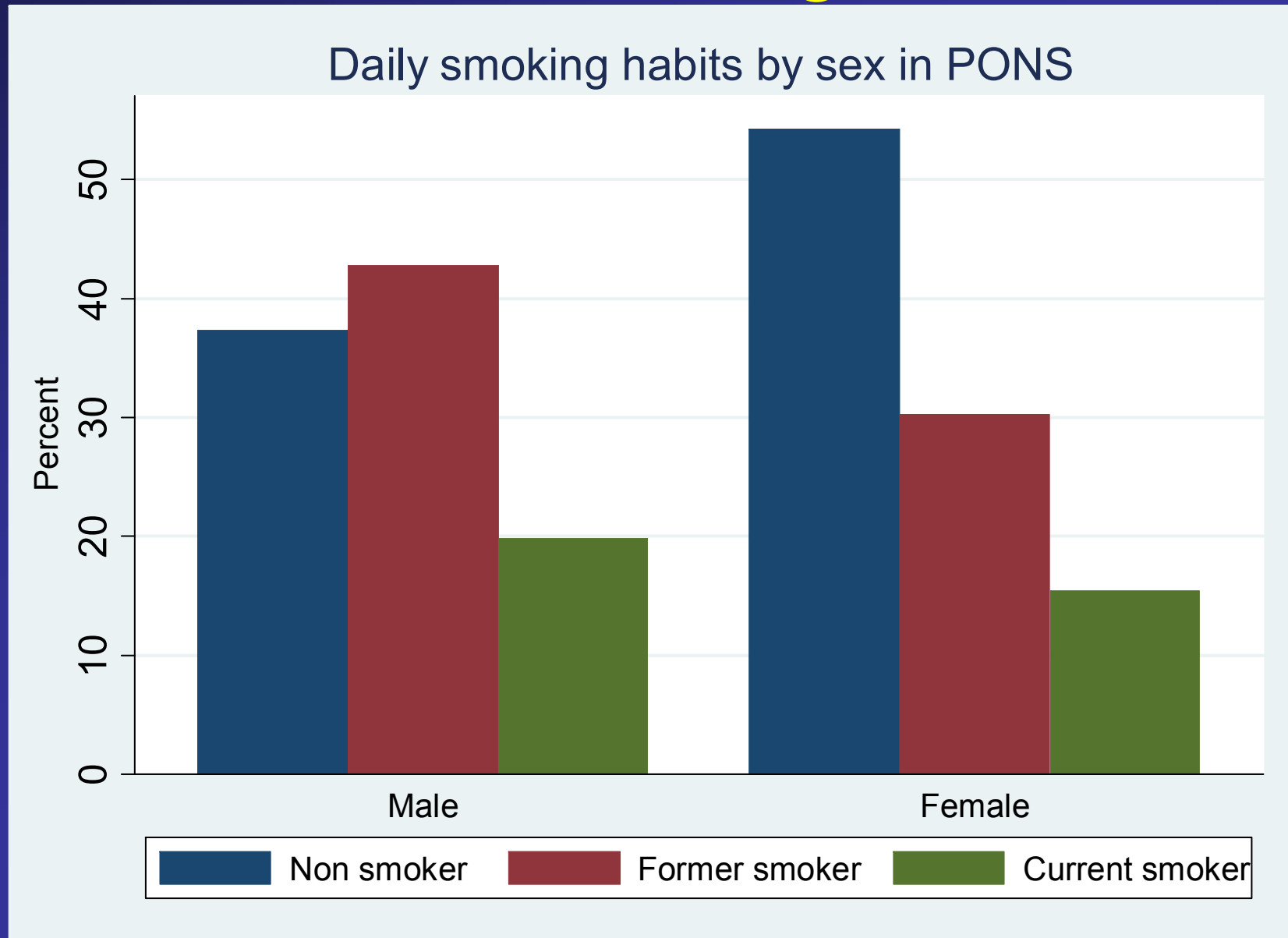


# Incidence of lung cancer : 2008 Estimates

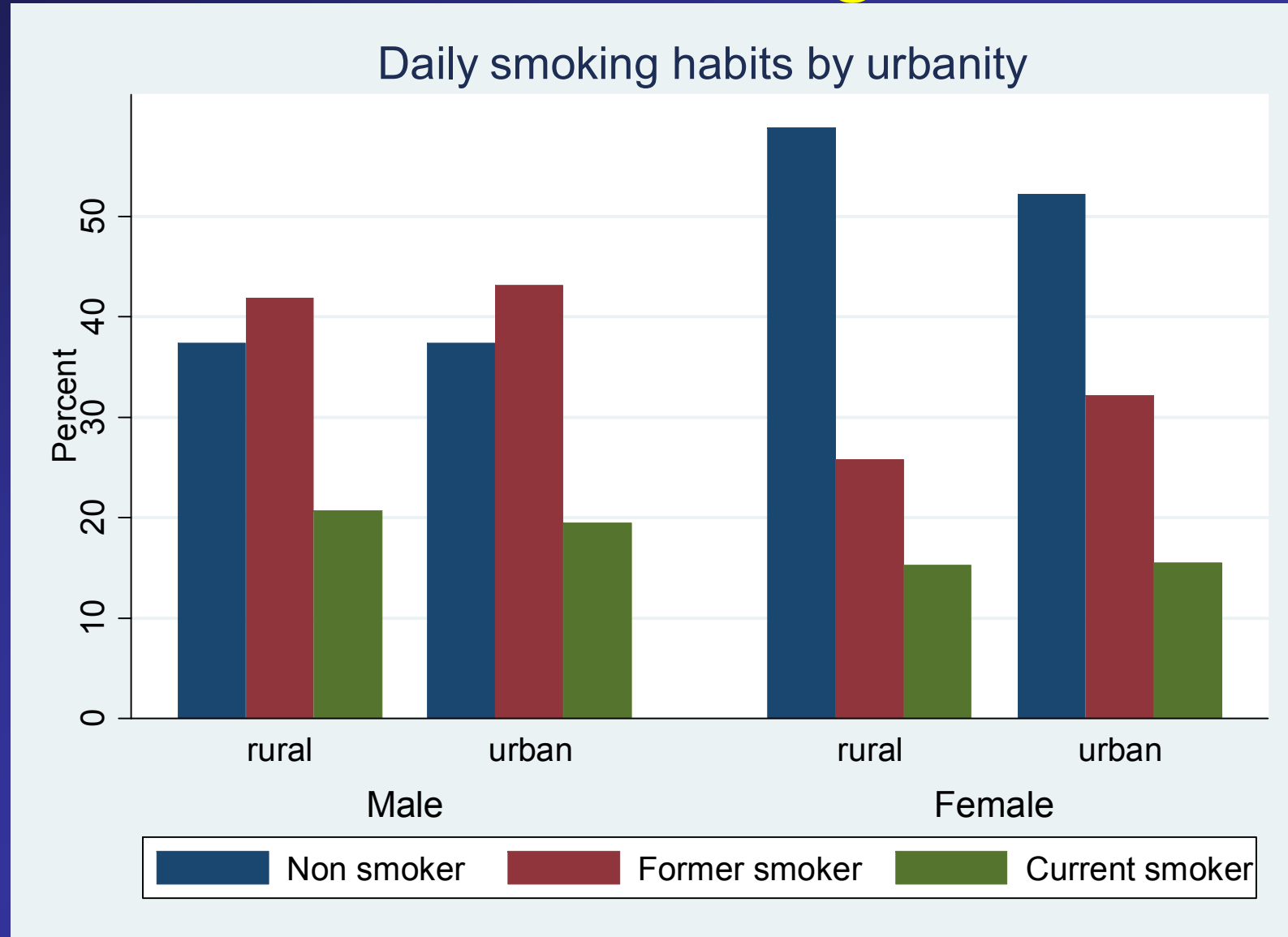


Calculated by the Statistical Information Team at Cancer Research UK, 2011 using data from GLOBOCAN, IARC, version 1.2. <http://globocan.iarc.fr/>

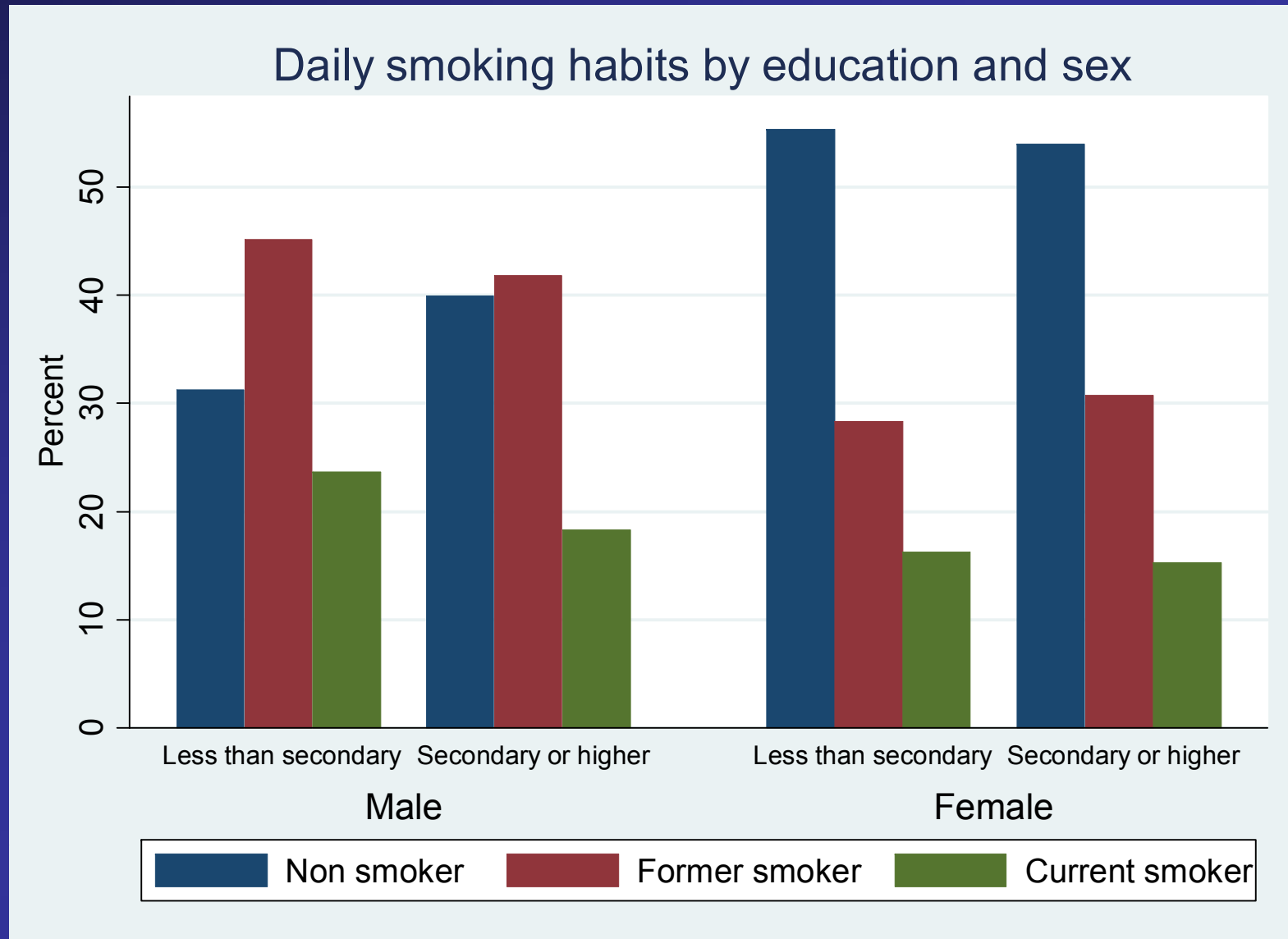
# Tobacco smoking in PONS



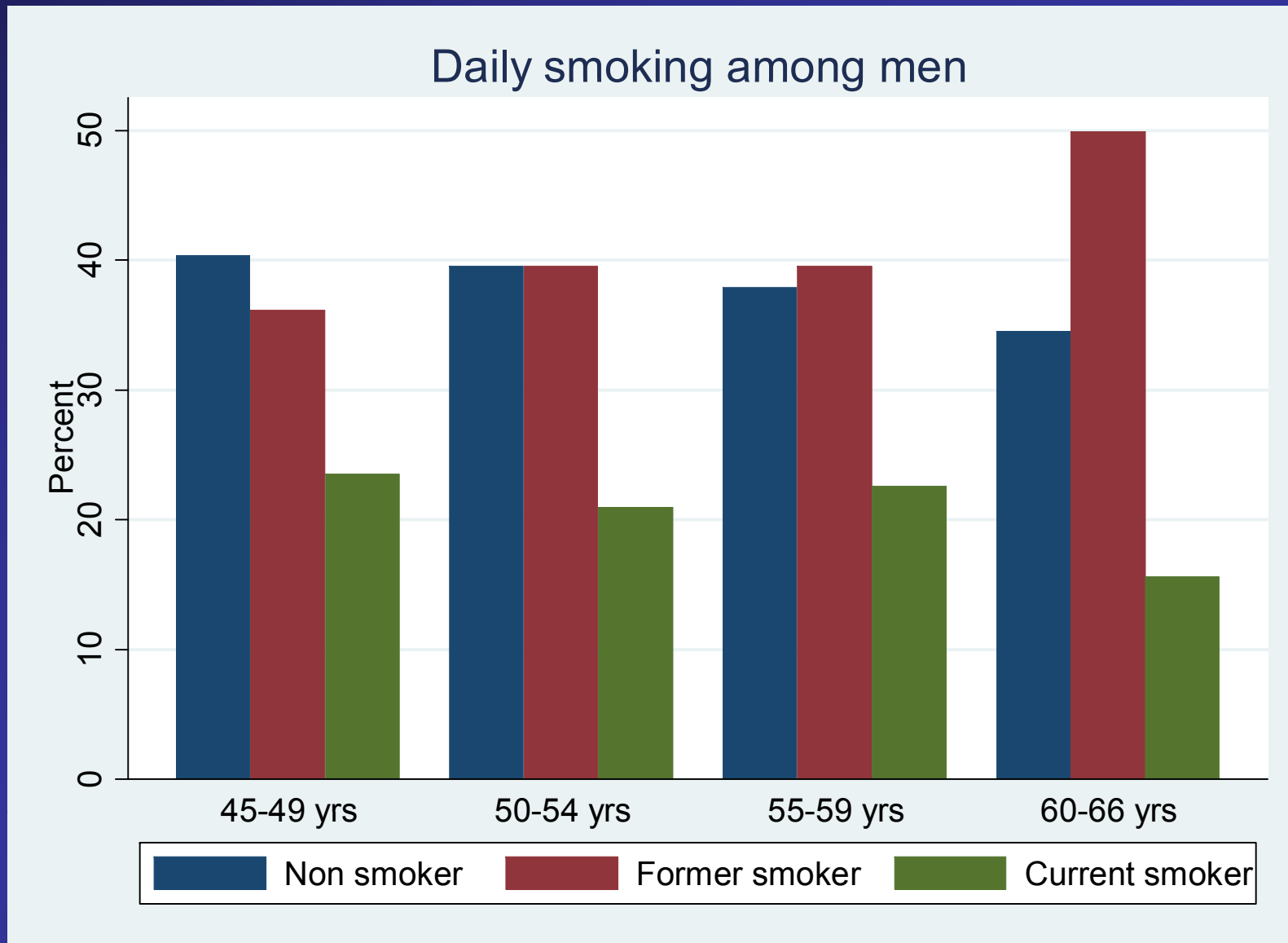
# Tobacco smoking in PONS



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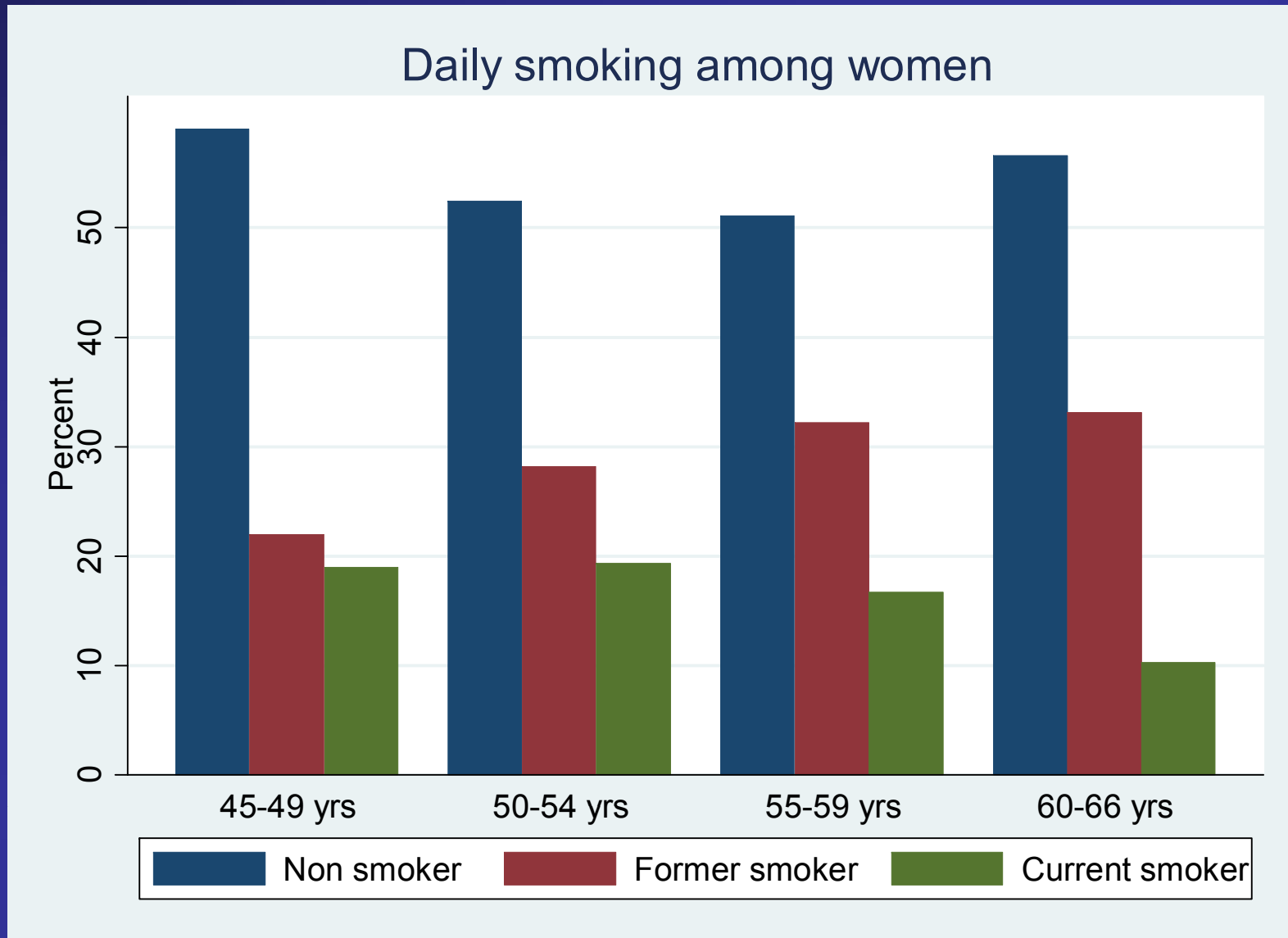


# Tobacco smoking in PONS

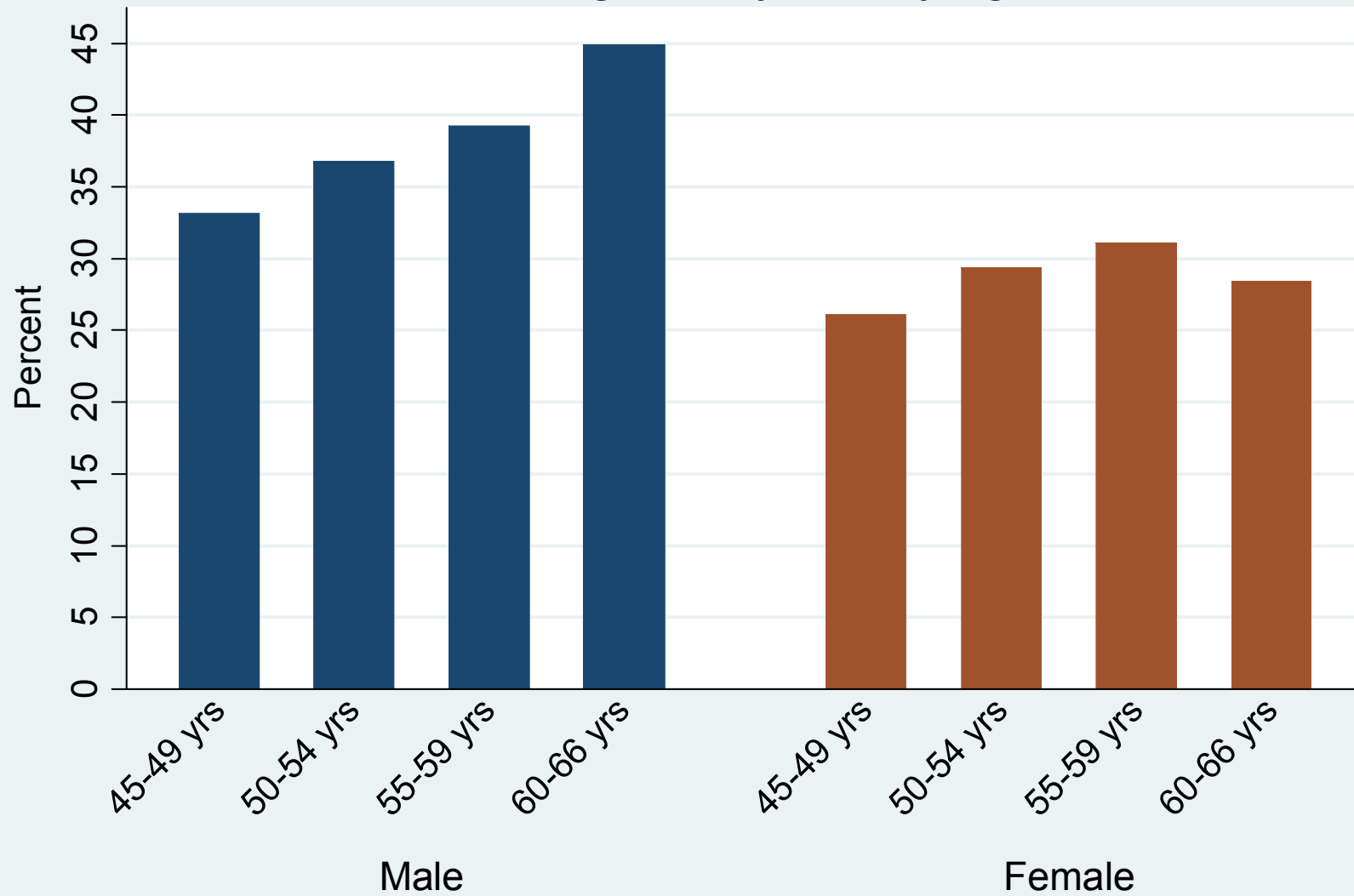




# Tobacco smoking in PONS



## Current smoking at 40 years by age at PONS



# Tobacco smoking in PONS

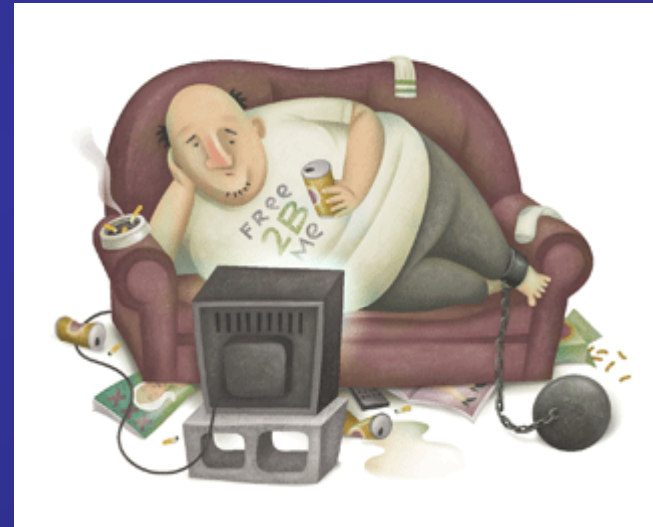
- 49% non smokers
  - 34% former smokers
  - 17% daily current smokers
- 
- More common among men
  - Smoking seems low compared to other studies from Poland



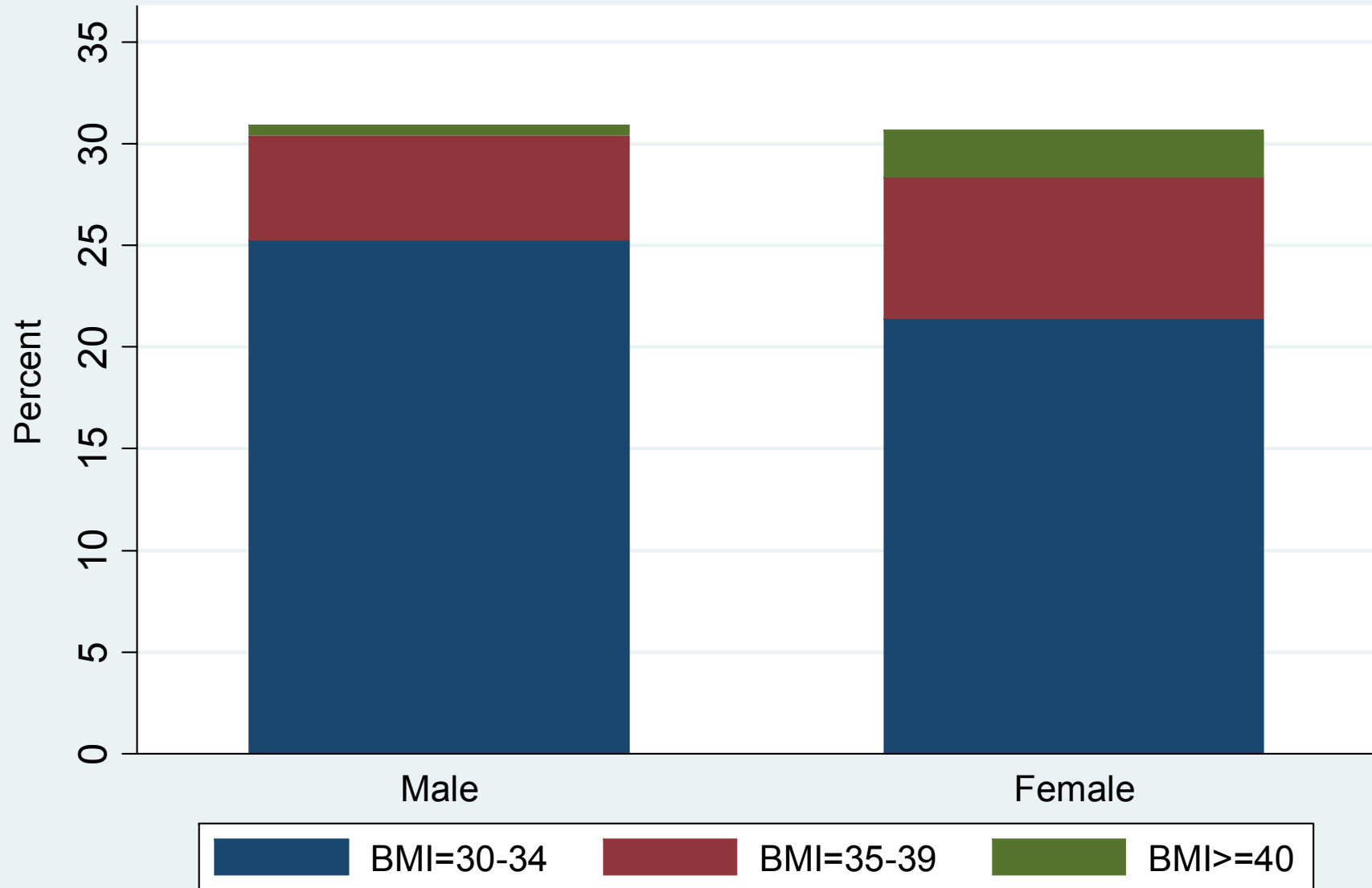
# Obesity & cancer

May account for more than 10% of all cancer deaths

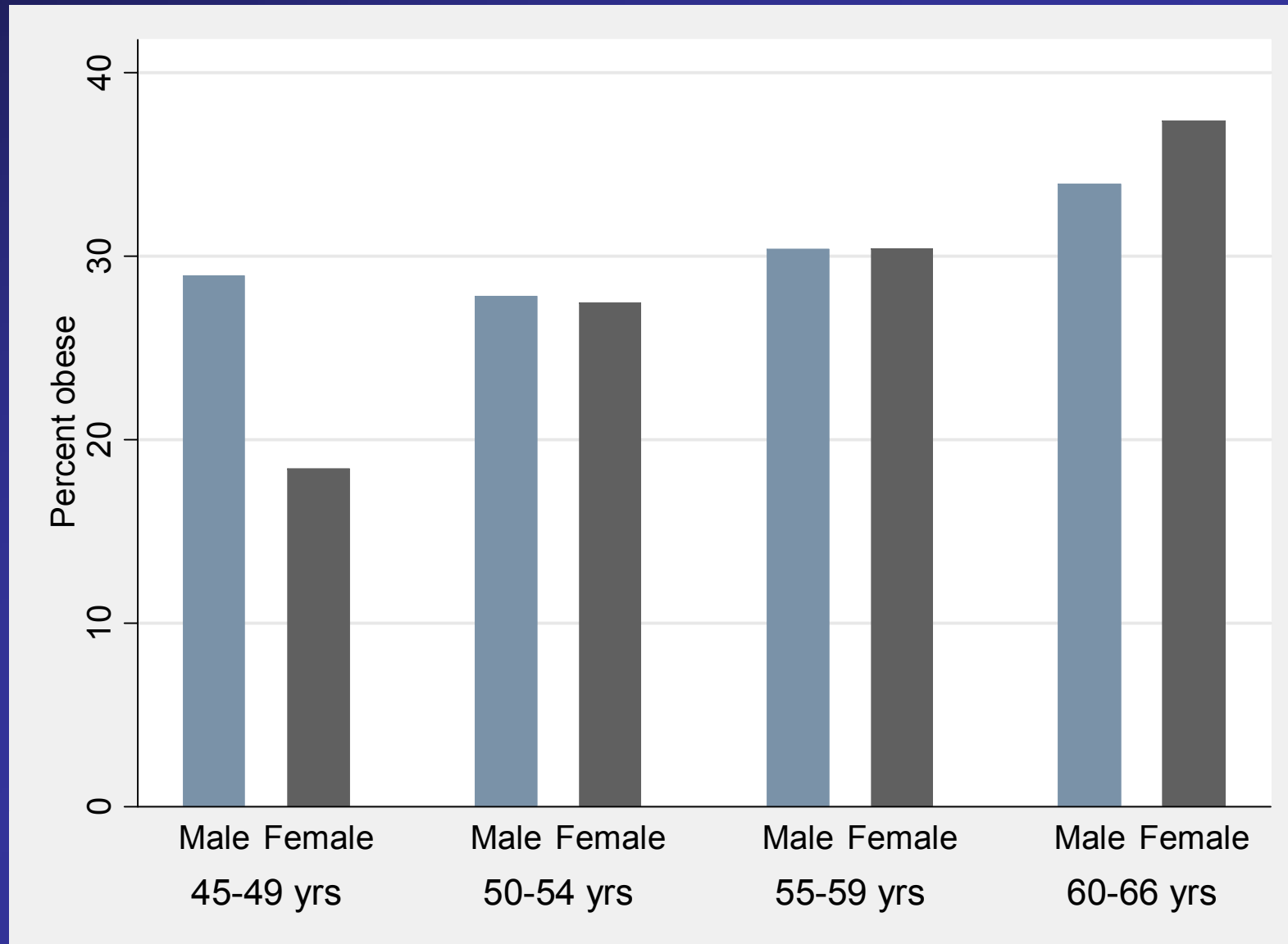
- Endometrium
- Gall bladder
- Kidney
- Breast (postmenopausal)
- Colon
- Esophagus (adenocarcinoma)



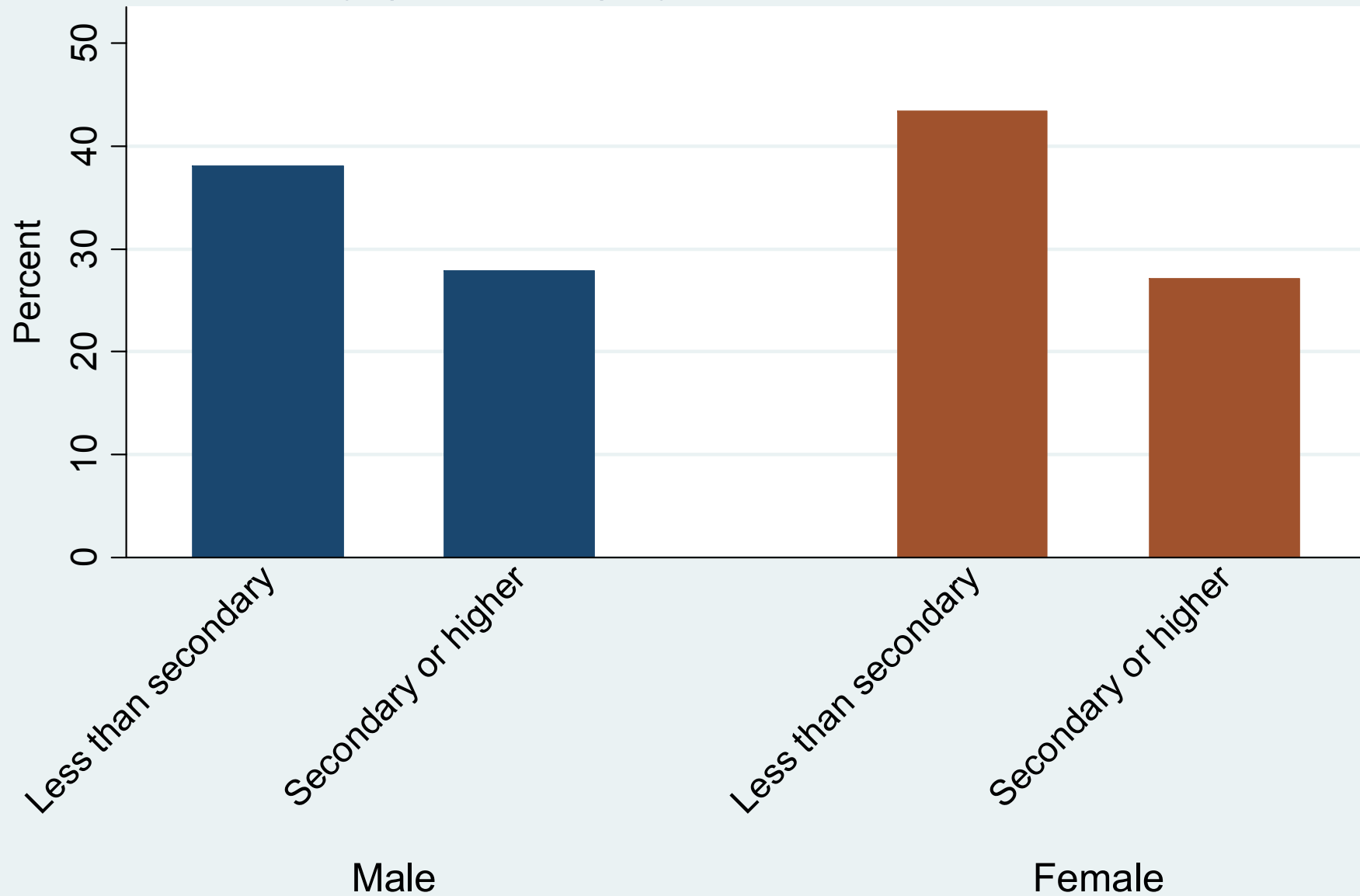
## Obesity pattern by sex in PONS



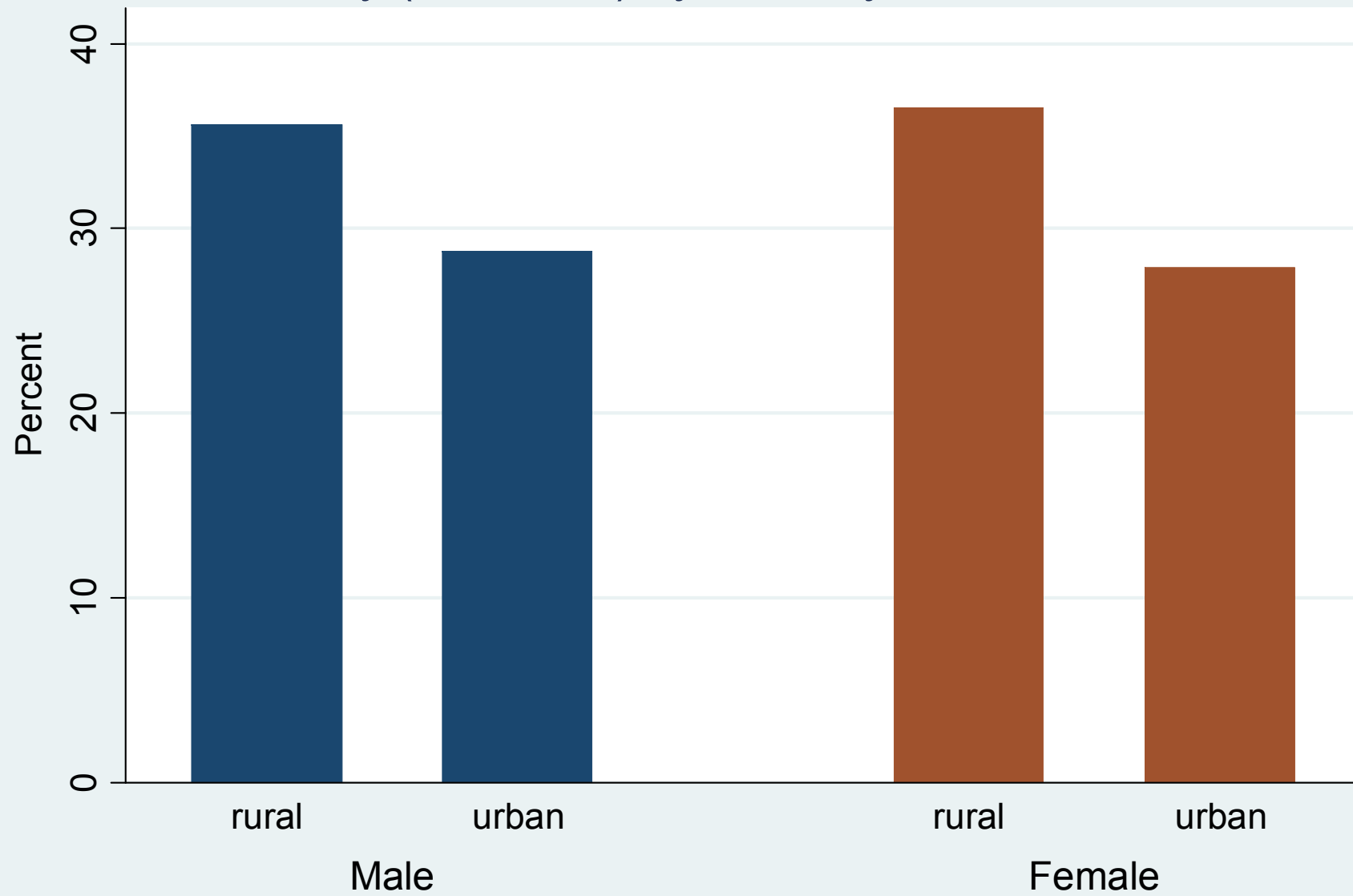
# Prevalence of obesity (BMI>30) by age and sex



## Obesity (BMI $\geq$ 30) by education and sex in PONS



## Obesity (BMI $\geq$ 30) by urbanity and sex in PONS





# Concluding remarks 1.

Most efficient way to reduce burden of cancer would be to reduce exposure in the population

## Concluding remarks 2.

- The high figures of ex-smokers and birth cohort estimates suggests that the prevalence of daily smoking is declining
- important to carefully evaluate longitudinal patterns in smoking habits among females
- -and strengthen efforts toward changing smoking attitudes in young people

# Concluding remarks 3.

- Problem of obesity in PONS is substantial and may be increasing