Attribution of modifiable risk factors to the total burden of colon and rectum cancer

Jovana Todorovic[1], Milena Santric Milicevic[1], Aleksandar Stevanovic[1], Zeljka Stamenkovic[1], Zorica Terzic- Supic[1]

[1]Faculty of Medicine University of Belgrade

Introduction

Colon and rectum cancer (CRC) is the second most common cancer among both men and women and the third leading cause of death among cancers worldwide. The majority of all cases of colon and rectum cancers is associated with the modifiable risk factors, such as: low physical activity, diet low in fiber, along with high intake of red or processed meat, alcohol consumption and smoking.

Methods

- Within the EU CA 18218, we analyzed Disability-Adjusted Life-Years (DALY) rates of colon and rectum cancer per 100,000 among general population attributable to the six modifiable risk factors:
- Low physical activity
- Low fiber in diet
- Alcohol consumption
- Smoking of tobacco
- High intake of red meat
- High intake of processed meat.
- Estimates were taken from the Global Burden of Disease Study 2019, for ten countries with the highest DALY rates of colon and rectum cancer in WHO European region in 2019: Hungary, Monaco, Bulgaria, Croatia, Serbia, Slovakia, Poland, Portugal, Czechia and Bosnia and Herzegovina

Results

•The highest DALY rate was in Hungary 1189.75/100,000), followed by Monaco (1159.39/100,000).

•The highest attribution of six modifiable risk factors combined to total DALY was in Bulgaria (53.51%), closely followed by Czechia (52.30%).

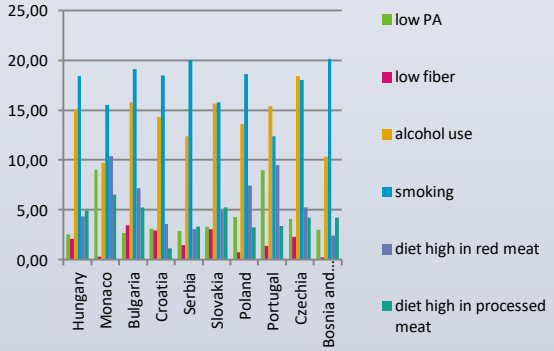

Figure. Attribution of modifiable risk factors to the burden of CRC (%)

Conclusions

•Almost a half of total burden of colon and rectum cancer in ten countries with the highest burden can be attributed to the modifiable risk factors, to which we can direct preventive, population wide interventions.

Contact of the presenting author

Jovana Todorovic

Institute of Social Medicine

Medical Faculty

University of Belgrade

Phone: +381637168701

E-mail: jovana.todorovic@med.bg.ac.rs