

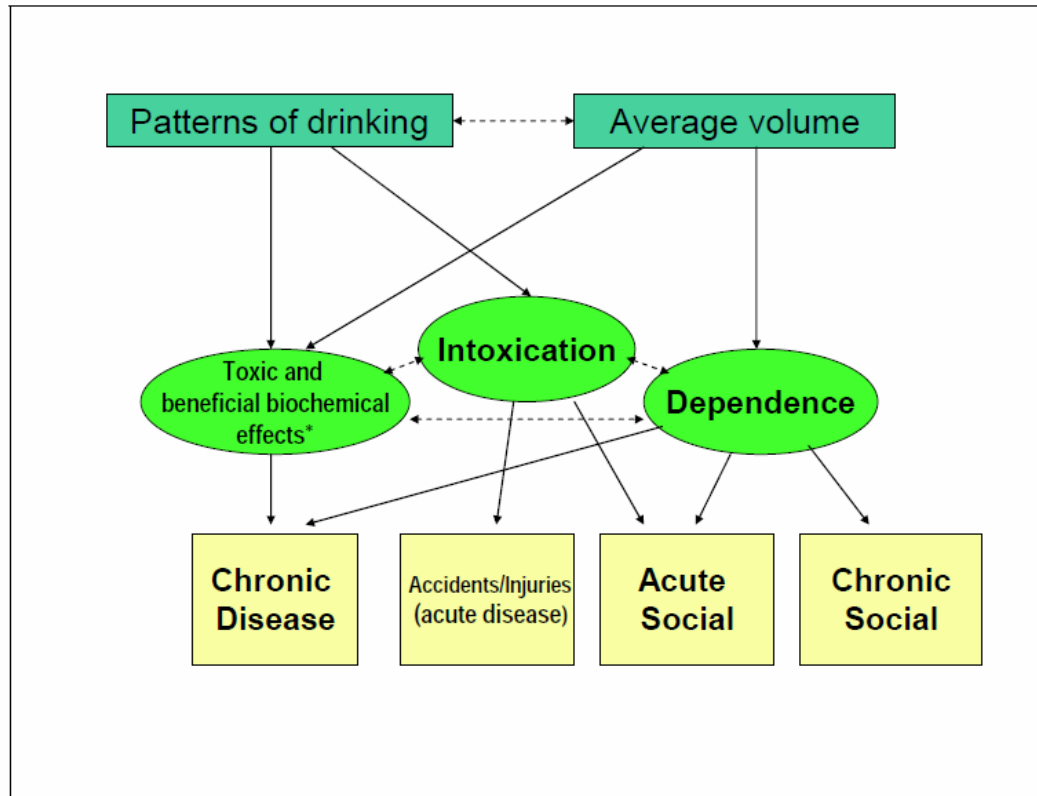
# ALCOHOL & CÀNCER AL MÓN I A CATALUNYA



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**11 de març de 2010**

# Perjudicis físics, mentals i socials de l'alcohol

Figure 1: Relations among alcohol consumption, mediating variables and short-term as well as long-term consequences (Source: Rehm *et al.*, 2003c; Babor *et al.*, 2003, p. 20)



\* Independent of intoxication or dependence

**Efectes directes:** un consum moderat protegeix malaltia coronària, en canvi, efecte tòxic a les cèl·lules acinars del pàncrees

**Intoxicació:** conseqüències agudes

**Dependència:** conseqüències cròniques i agudes

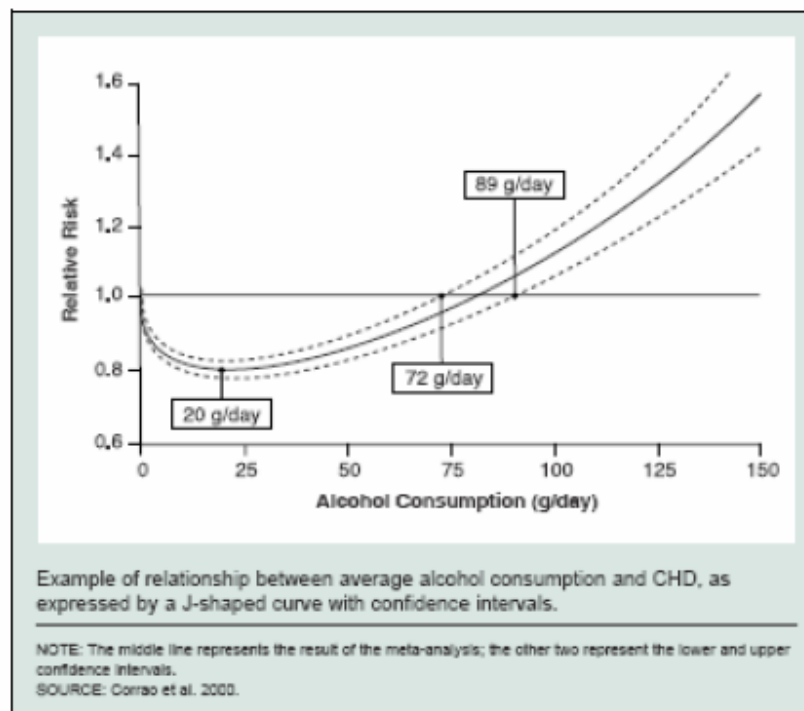
Norman Giesbrecht, Michael Roerecke & Jürgen Rehm

ALCOHOL AND CHRONIC DISEASE

Implications for Policies and Prevention Strategies in Canada

November 17, 2005

**Figure 2: Relationship between average alcohol consumption and coronary heart disease**



Another pattern of drinking related to the occurrence of coronary heart disease is drinking with meals. Drinking outside of meals is associated with an increased risk for cardiovascular events. This relationship is independent of socio-economic factors, such as education and age, as well as average consumption level (Trevisan, et al., 2001b; Trevisan et al., 2001a).

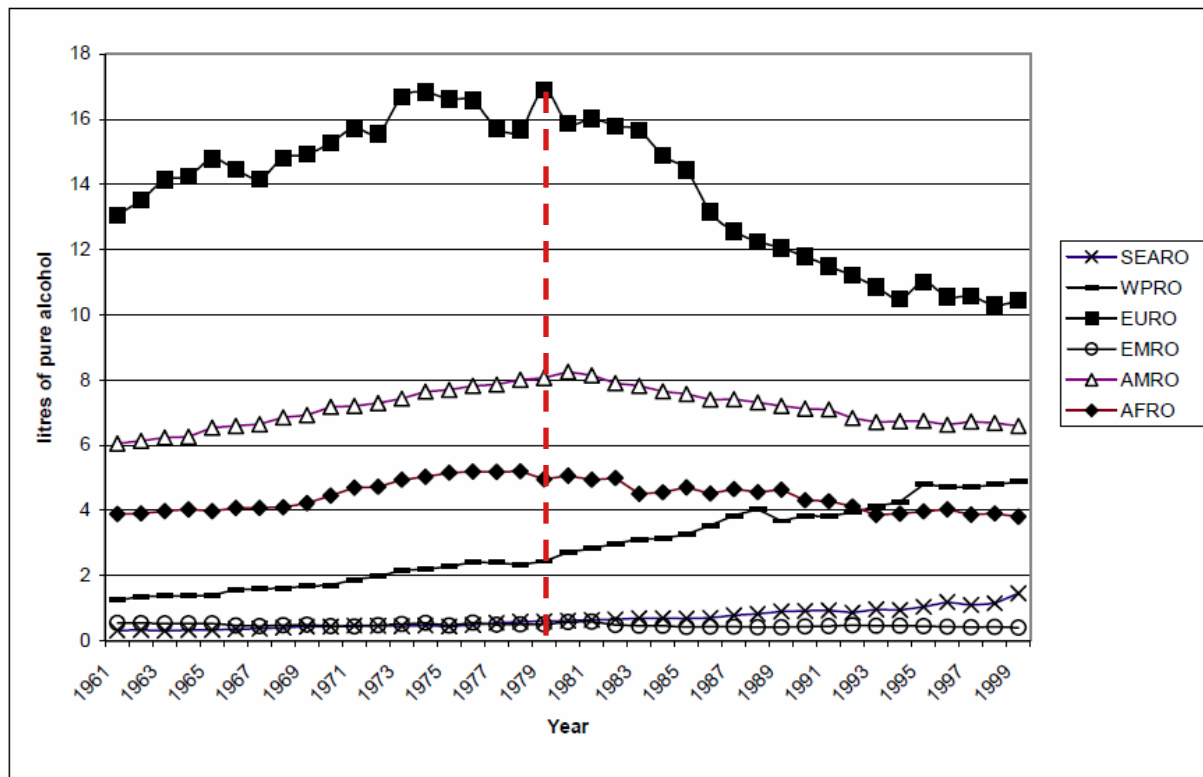
**Norman Giesbrecht, Michael Roerecke & Jürgen Rehm**

ALCOHOL AND CHRONIC DISEASE

*Implications for Policies and Prevention Strategies in Canada*

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Figure 3: Population weighted means of the recorded adult per capita consumption in the WHO Regions 1961-1999



**EURO:** Europa; **AFRO:** Àfrica; **AMRO:** Amèrica; **EMRO:** Mediterrani Est; **SEARO:** Sud est asiàtic; **WPRO:** Pacífic Oest

Global Status Report on Alcohol 2004.  
 Department of Mental Health and Substance Abuse  
 Geneva 2004

## Tipus de begudes alcohòliques i àrea geogràfica

Table 4: Top 20 countries with highest beverage-specific adult per capita consumption

Beer		Wine*		Spirits	
Country	APC	Country	APC	Country	APC
Czech Republic (the)	9.43	Luxembourg	9.43	Republic of Moldova (the)	10.94
Ireland	9.24	France	8.38	Reunion	8.67
Swaziland	7.49	Portugal	7.16	Russian Federation (the)	7.64
Germany	7.26	Italy	6.99	Saint Lucia	7.27
Austria	6.42	Croatia	6.42	Dominica	7.20
Luxembourg	6.16	Switzerland	6.23	Thailand	7.13
Uganda	6.14	Argentina	5.63	Bahamas (the)	7.05
Denmark	6.02	Spain	5.07	Latvia	6.62
The United Kingdom	5.97	Bermuda	4.95	Haiti	6.46
Belgium	5.90	Greece	4.78	Belarus	6.34
Venezuela	5.69	Denmark	4.57	Lao People's Democratic Republic	6.09
Lithuania	5.53	Austria	4.47	Bosnia and Herzegovina	6.03
Slovakia	5.34	Hungary	4.47	Saint Vincent and Grenadines	5.98
Australia	5.20	Uruguay	4.35	Dem. People's Republic of Korea	5.48
Croatia	5.16	Germany	3.38	Slovakia	5.44
Netherlands Antilles	4.96	Romania	3.37	Grenada	5.06
Netherlands (the)	4.91	Chile	3.25	Lithuania	4.92
Finland	4.89	French Polynesia	3.10	Azerbaijan	4.66
United Republic of Tanzania	4.85	Bulgaria	3.05	Kyrgyzstan	4.61
Gabon	4.77	Republic of Korea (the)	2.99	Czech Republic (the)	4.41

*\*Throughout the report, fermented beverages are included in the wine category. However, for this table only average wine has been used to present the countries with the highest adult per capita wine consumption. If the fermented beverages were included, countries such as Uganda, Nigeria, Burundi, Sierra Leone, Rwanda and Sao Tome and Principe would appear to be among the top 'wine' drinking countries.*

**APC: litres d'alcohol pur ( adult)**

Global Status Report on Alcohol 2004.  
Department of Mental Health and Substance Abuse  
Geneva 2004

## MALALTIES I LESIONS ATRIBUÏBLES AL CONSUM D'ALCOHOL (> de 60)

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- CÀNCER: Cavitat oral, faringe, esòfag, colorectal, fetge, laringe, mama
- Diabetis
- Trastorns mentals / comportament, degeneració SNC, epilèpsia, polineuropatia alcohòlica
- HTA, cardiopatia isquèmica, cardiomiopatia alcohòlica, arrítmies cardíagues
- AVC hemorràgic, isquèmic, no especificat
- Varius esofàgiques, gastritis alcohòlica, malaltia hepàtica alcohòlica, cirrosis
- Colelitiasis, pancreatitis aguda
- Pancreatitis crònica induïda per l'alcohol, altres pancreatitis cròniques
- Síndrome d'alcoholisme fetal
- Detecció d'alcohol a la sang
- Lesions i efectes adversos (enverinaments, incendis, ofegaments, altres...)
- Suïcidis, homicidis, altres lesions intencionals
- Accidents de trànsit
- Fractures (caigudes)

# PAPER DEL CONSUM D'ALCOHOL AMB RISC A LA SALUT

Figure 5: Global disease burden (in DALYs) in 2001 from alcohol use disorders, by age group and sex

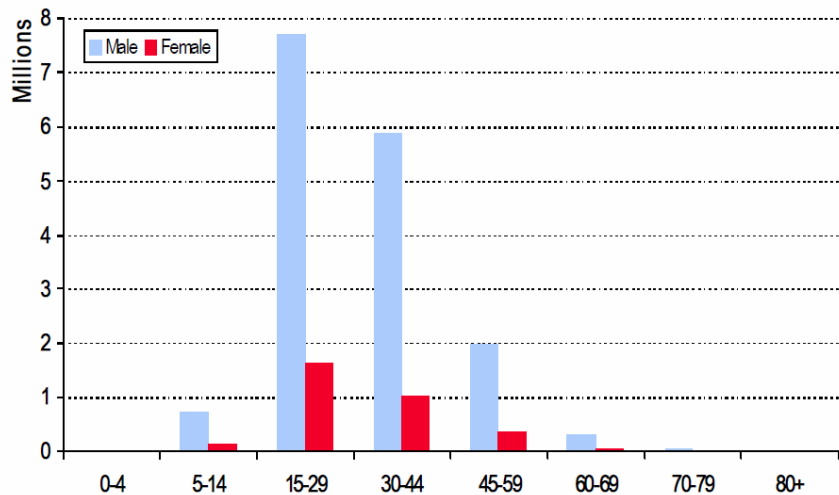
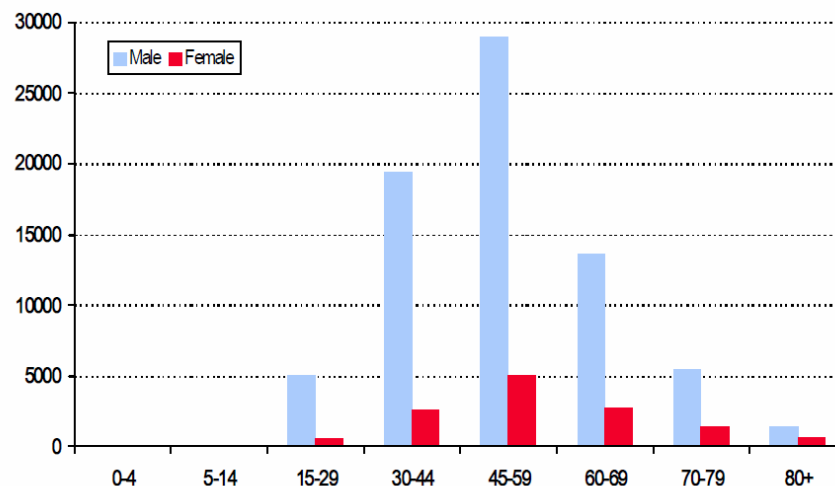


Figure 6: Global deaths in 2001 from alcohol use disorders, by age group and sex



**DALYs = Disability Adjusted Life Years**

**Suma anys potencials de vida perduts a causa de mortalitat prematura i  
anys de vida productiva perduts a causa de discapacitat**

Global Status Report on Alcohol 2004.  
Department of Mental Health and Substance Abuse  
Geneva 2004

Table 14: Relative risk for major chronic disease categories by sex and average drinking category

Disease	ICD-9 4digit	ICD-10 4digit	F			M		
			Drinking cat.I	Drinking cat.II	Drinking cat.III	Drinking cat.I	Drinking cat.II	Drinking cat.III
<b>Conditions arising during the perinatal period</b>	760–779 minus 771.3	P00-P96						
Low birth weight	764–765	P05-P07	1.00	1.40	1.40	1.00	1.40	1.40
<b>Malignant neoplasms</b>	140–208	C00-C97						
Mouth and oropharynx cancers	140–149	C00-C14	1.45	1.85	5.39	1.45	1.85	5.39
Oesophagus cancer	150	C15	1.80	2.38	4.36	1.80	2.38	4.36
Liver cancer	155	C22	1.45	3.03	3.60	1.45	3.03	3.6
Breast cancer*			1.14	1.41	1.59	n.a.	n.a.	n.a.
Under 45 years of age*	174	C50	1.15	1.41	1.46	n.a.	n.a.	n.a.
45 years and over*			1.14	1.38	1.62	n.a.	n.a.	n.a.
Other neoplasms	210–239	D00-D48	1.10	1.30	1.70	1.10	1.30	1.70
Diabetes mellitus	250	E10-E14	0.92	0.87	1.13	1.00	0.57	0.73

I: DONES 0-19,99 g alcohol pur/dia; HOMES 0-39,99 g alcohol pur/dia;

II: DONES 20-39,99 g alcohol pur/dia; HOMES 40-59,99 g alcohol pur/dia

III: DONES ≥ 40; HOMES ≥ 60

Botella de vi conté 70 g d'alcohol pur

Global Status Report on Alcohol 2004.  
Department of Mental Health and Substance Abuse  
Geneva 2004



Table 14: Relative risk for major chronic disease categories by sex and average drinking category

Disease	ICD-9 4digit	ICD-10 4digit	F			M		
			Drinking cat.I	Drinking cat.II	Drinking cat.III	Drinking cat.I	Drinking cat.II	Drinking cat.III
<b>Neuro-psychiatric conditions</b>	290–319, 324–359	F01-F99, G06-G98						
Unipolar major depression	300.4	F32-F33	AAF were directly assessed using dependence rates, but varied widely across regions and sex. For details see Rehm et al. (in press).					
Epilepsy	345	G40-G41	1.34	7.22	7.52	1.23	7.52	6.83
Alcohol-use disorders	291, 303, 305.0	F10	AAF 100%	AAF 100%	AAF 100%	AAF 100%	AAF 100%	AAF 100%
<b>Cardiovascular diseases</b>	390–459	I00-I99						
Hypertensive disease	401–405	I10-I13	1.40 0.82	2.00 0.83	2.00 1.12	1.40 0.82	2.00 0.83	4.10 1.00
Coronary heart disease	410–414	I20-I25	AAFs need modelling of drinking patterns and thus widely vary across regions and sex. For details see Rehm et al. (in press).					
Cerebrovascular disease	430–438	I60-I69						
Ischaemic stroke*	433-435		0.52	0.64	1.06	0.94	1.33	1.65
Haemorrhagic stroke*	430-432		0.59	0.65	7.98	1.27	2.19	2.38
<b>Digestive diseases</b>	530–579	K20-K92						
Cirrhosis of the liver	571	K70, K74	1.30	9.50	13.00	1.30	9.50	13.00

Sources: Gutjahr & Gmel (2001), Ridolfo & Stevenson (2001); if indicated by \*; the category III estimates for CHD were based on Corrao et al. (2000) and Rehm et al. (in press).

Table 16: Global burden of disease in 2000 attributable to alcohol according to major disease categories (DALYs in 000s)

Disease or Injury	Female	Male	Total	% of all alcohol-attributable DALYs
Conditions arising during the perinatal period	55	68	123	0%
Malignant neoplasm	1021	3180	4201	7%
Neuro-psychiatric conditions	3814	18 090	21 904	38%
Cardiovascular diseases	428	4411	3983	7%
Other noncommunicable diseases (diabetes, liver cirrhosis)	860	3695	4555	8%
Unintentional injuries	2487	14 008	16 495	28%
Intentional injuries	1117	5945	7062	12%
Alcohol-related disease burden all causes (DALYs)	<b>8926</b>	<b>49 397</b>	<b>58 323</b>	<b>100%</b>
All DALYs	693 911	761 562	1 455 473	
% of all DALYs that can be attributable to alcohol	<b>1.3%</b>	<b>6.5%</b>	<b>4.0%</b>	<i>In comparison: estimate for 1990: 3.5%</i>

Source: Rehm et al. (2003d)

**DALYs** = Disability Adjusted Life Years

**Suma anys potencials de vida perduts a causa de mortalitat prematura i anys de vida productiva perduts a causa de discapacitat**

Table 19: Alcohol-related harm in different regions of the world (population weighted averages), DALYs (000s)

	Developing countries				Developed countries				World	
	very high or high mortality		low mortality		very low mortality only burden		Former Socialist: low mortality		DALYs	%
	AFR-D, AFR-E, AMR-D, EMR-D, SEAR-D		AMR-B, EMR-B, SEAR-B, WPR-B		AMR A, EUR A, WPR A		Eur B, C			
	DALYs	%	DALYs	%	DALYs	%	DALYs	%		
Neuro-psychiatric conditions* and other NCD**	4369	33.2	12 006	47.0	6484	68.7	3601	30.7	26460	44.2
Alcohol use disorders	3885	29.5	5715	22.4	6318	65.8	2550	21.7	18469	31.7
Unintentional injuries	5033	38.2	5961	23.4	1571	16.4	3929	33.5	16494	28.3
Intentional injuries	1689	12.8	2940	11.5	558	5.8	1874	16.0	7061	12.1
Total alcohol related burden in DALYs	13 165	100.0	25 519	100.0	9445#	100.0	11742	100.0	58323	100.0
Total burden of disease in DALYs	845 628		411268		115246		100250		1472392	
% of total disease burden which is alcohol related	1.6		6.2		8.3		11.7		4.0	

\*dominated by alcohol use disorders (plus epilepsy and depression)

\*\* other noncommunicable diseases, dominated by liver cirrhosis (plus diabetes)

# before reduction of – 1548 DALYs due to protective effects of vascular diseases

Source: Rehm et al. (2003d); WHO (2001c, p. 150) (also available [www.who.int/whr2001/2001/main/en/annex/Annex3-en-WEB.xls](http://www.who.int/whr2001/2001/main/en/annex/Annex3-en-WEB.xls)); own calculations

**AFR-D:** Algèria, Angola, Benin, Burkina Faso, Camerun, Cab Verd, Txad, Comoro, Guinea Equatorial, Gabon, Gàmbia, Ghana, Guinea, Guinea-Bissau, Libèria, Madagascar, Mali, Mauritània, Maurici, Níger, Nigèria, Sao Tome and Príncipe, Senegal, Seychelles, Sierra Leone, Togo; **AFR-E:** Botswana, Burundi, Rep. Àfrica Central, Congo, Costa d'Ivori, Rep. Democràtica Congo, Eritrea, Etiòpia, Kenya, Lesotho, Malai, Moçambic, Namíbia, Ruanda, Sud Àfrica, Swaziland, Uganda, Tanzània, Zimbabwe.

**AMR-A:** Canadà, Cuba, USA; **AMR-D:** Bolívia, Equador, Guatemala, Haití, Nicaragua, Perú; **AMR-B:** la resta; **Mediterrani Est B:** Bahrain, Xipre, Iran, Jordània, Kuwait, Líban, Oman, Qatar, Aràbia Saudi, Siria, Tunísia, Em. Àrabs; **Mediterrani Est D:** Afganistan, Djibouti, Egipte, Iraq, Marroc, Pakistan, Somàlia, Sudan, Iemen; **Europa A:** Andorra, Àustria, Bèlgica, Croàcia, R. Txeca, Dinamarca, Finlàndia, França, Alemanya, Grècia, Islàndia, Irlanda, Israel, Itàlia, Luxemburg, Malta, Mònaco, Holanda, Noruega, Portugal, S. Marino, Eslovènia, **Espanya**, Suècia, Suïssa, UK; **Europa B:** Albània, Armènia, Azerbaijan, Bòsnia & Herzeg., Bulgària, Geòrgia, Kirguizistan, Polònia, Romania, Eslovàquia, Tadjikistan, Macedònia, Turquia, Turkmenistan, Uzbekistan, Iugoslàvia; **Europa C:** Belarus, Estònia, Hongria, Kazakhstan, Lituània, Moldàvia, Rússia, Ucraïna; **Sud-est d'Àsia B:** Indonèsia, Sri Lanka, Tailàndia; **Sud-est d'Àsia D:** Bangladesh, Bhutan, Corea, Índia, Maldives, Myanmar; Nepal, Timor; **Pacific Oest A:** Austràlia, Brunei; Japó, Nova Zelanda, Singapur; **Pacific Oest B:** Cambodja, Xina, Illes Cook, Fiji, Kiribati, Rep. Laos, Malàcia, Illes Marshall, Micronèsia, Mongòlia, Nauru, Nieu, Palau, Nova Guinea Papua, Filipines, Rep. Corea, Samoa, Illes Salomó, Tonga, Tuvalu, Vanuatu, Vietnam.

Table 17: Burden of disease in 2000 attributable to tobacco, alcohol and drugs by developing status and sex

	High mortality developing (AFR-D, AFR-E, AMR-D, EMR-D, SEAR-D)			Low mortality developing (AMR-B, EMR-B, SEAR-B, WPR-B)			Developed (AMR-A, EUR-A, EUR-B, EUR-C, WPR-A)		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
	Total DALYs (000s)	420 711	412 052	832 763	223 181	185 316	408 497	117 670	96 543
Smoking and oral tobacco (%)	3.4	0.6	2.0	6.2	1.3	4.0	17.1	6.2	12.2
Alcohol (%)	2.6	0.5	1.6	9.8	2.0	6.2	14.0	3.3	9.2
Illicit drugs (%)	0.8	0.2	0.5	1.2	0.3	0.8	2.3	1.2	1.8

Source: Rehm et al. (in press).

**DALYs** = Disability Adjusted Life Years

**Suma anys potencials de vida perduts a causa de mortalitat prematura i  
anys de vida productiva perduts a causa de discapacitat**

# INCIDÈNCIA CÀNCER

**TABLE III – ALCOHOL-ATTRIBUTABLE CANCER CASES  
WORLDWIDE BY SEX, 2002**

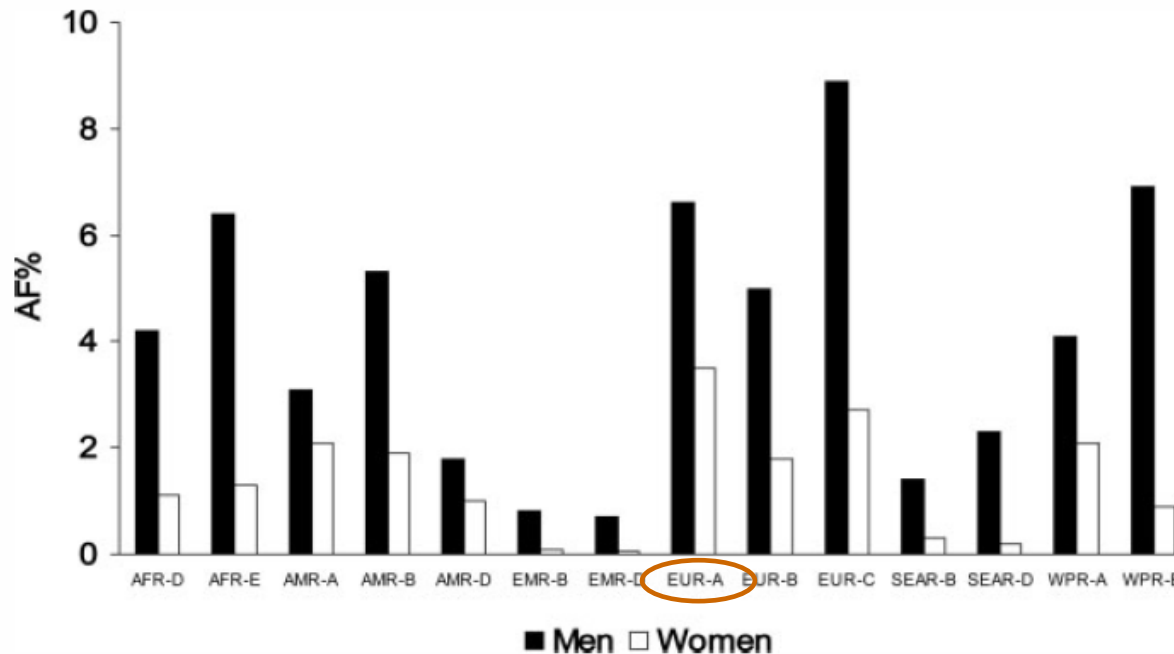
	Men		Women		Total	
	AF%	Cases	AF%	Cases	AF%	Cases
Oral cavity, pharynx	38.8	109,500	10.9	13,300	30.4	122,800
Esophagus	25.0	79,000	4.5	6,600	18.5	85,500
Colon and rectum	4.6	25,200	1.7	7,800	3.2	33,000
Liver	12.2	53,800	2.9	5,400	9.4	59,100
Larynx	25.3	35,200	7.3	1,500	23.0	36,700
Breast (women)	NA	NA	4.5	51,900	4.5	51,900
Total	5.2 <sup>1</sup>	302,600	1.7 <sup>1</sup>	86,400	3.6 <sup>1</sup>	389,100

NA, not applicable. Numbers might not add up because of rounding. AF%, fraction of cancers attributable to alcohol drinking.

<sup>1</sup>Denominator comprises all cancer cases.

Boffetta P et al. Int J Cancer 2006;119: 884-887

## FA (%) DE L'ALCOHOL PER CÀNCER SEGONS SEXE I SUBREGIONS OMS, 2002



**AFR-D:** Algèria, Angola, Benín, Burkina Faso, Camerun, Cab Verd, Txad, Comoro, Guinea Equatorial, Gabon, Gàmbia, Ghana, Guinea, Guinea-Bissau, Libèria, Madagascar, Mali, Mauritània, Maurici, Níger, Nigèria, Sao Tome and Príncipe, Senegal, Seychelles, Sierra Leone, Togo; **AFR-E:** Botswana, Burundi, Rep. Àfrica Central, Congo, Costa d'Ivori, Rep. Democràtica Congo, Eritrea, Etiòpia, Kenya, Lesotho, Malai, Moçambic, Namíbia, Ruanda, Sud Àfrica, Swaziland, Uganda, Tanzània, Zimbabwe.

**AMR-A:** Canadà, Cuba, USA; **AMR-D:** Bolívia, Equador, Guatemala, Haití, Nicaragua, Perú; **AMR-B:** la resta; **Mediterràni Est B:** Bahrain, Xipre, Iran, Jordània, Kuwait, Liban, Oman, Qatar, Aràbia Saudi, Síria, Tunísia, Em. Àrabs; **Mediterràni Est D:** Afganistan, Djibouti, Egipte, Iraq, Marroc, Pakistan, Somàlia, Sudan, Iemen; **Europa A:** Andorra, Àustria, Bèlgica, Croàcia, R. Txeca, Dinamarca, Finlàndia, França, Alemanya, Grècia, Islàndia, Irlanda, Israel, Itàlia, Luxemburg, Malta, Mònaco, Holanda, Noruega, Portugal, S. Marino, Eslovènia, **Espanya**, Suècia, Suïssa, UK; **Europa B:** Albània, Armènia, Azerbaijan, Bòsnia & Herzeg., Bulgària, Geòrgia, Kirguizistan, Polònia, Romania, Eslovàquia, Tadjikistan, Macedònia, Turquia, Turkmenistan, Uzbekistan, Iugoslàvia; **Europa C:** Belarus, Estònia, Hongria, Kazakhstan, Latvia, Lituània, Moldàvia, Rússia, Ucraïna; **Sud-est Àsia B:** Indonèsia, Sri Lanka, Tailàndia; **Sud-est Àsia D:** Bangladesh, Bhutan, Corea, Índia, Maldives, Myanmar; Nepal, Timor; **Western Pacific A:** Austràlia, Brunei; Japó, Nova Zelanda, Singapur; **Western Pacific B:** Cambodja, Xina, Illes Cook, Fiji, Kiribati, Rep. Laos, Malàcia, Illes Marshall, Micronèsia, Mongòlia, Nauru, Nieu, Palau, Nova Guinea Papua, Filipines, Rep. Corea, Samoa, Illes Salomó, Tonga, Tuvalu, Vanuatu, Vietnam.

## MORTALITAT CÀNCER

TABLE IV – ALCOHOL-ATTRIBUTABLE CANCER DEATHS  
WORLDWIDE BY SEX, 2002

	Men		Women		Total	
	AF%	Deaths	AF%	Deaths	AF%	Deaths
Oral cavity, pharynx	33.3	49,500	8.6	5,400	25.9	54,900
Esophagus	24.6	64,200	4.4	5,500	18.1	69,700
Colon and rectum	4.4	12,300	1.6	4,000	3.1	16,300
Liver	12.1	50,600	3.0	5,500	9.4	56,100
Larynx	23.5	18,500	6.4	700	21.4	19,200
Breast (women)	NA	NA	4.1	16,800	4.1	16,800
Total	5.1 <sup>1</sup>	195,000	1.3 <sup>1</sup>	37,900	3.5 <sup>1</sup>	232,900

NA, not applicable. Numbers might not add up because of rounding. AF%, fraction of cancer deaths attributable to alcohol drinking.

<sup>1</sup>Denominator comprises all cancer deaths.

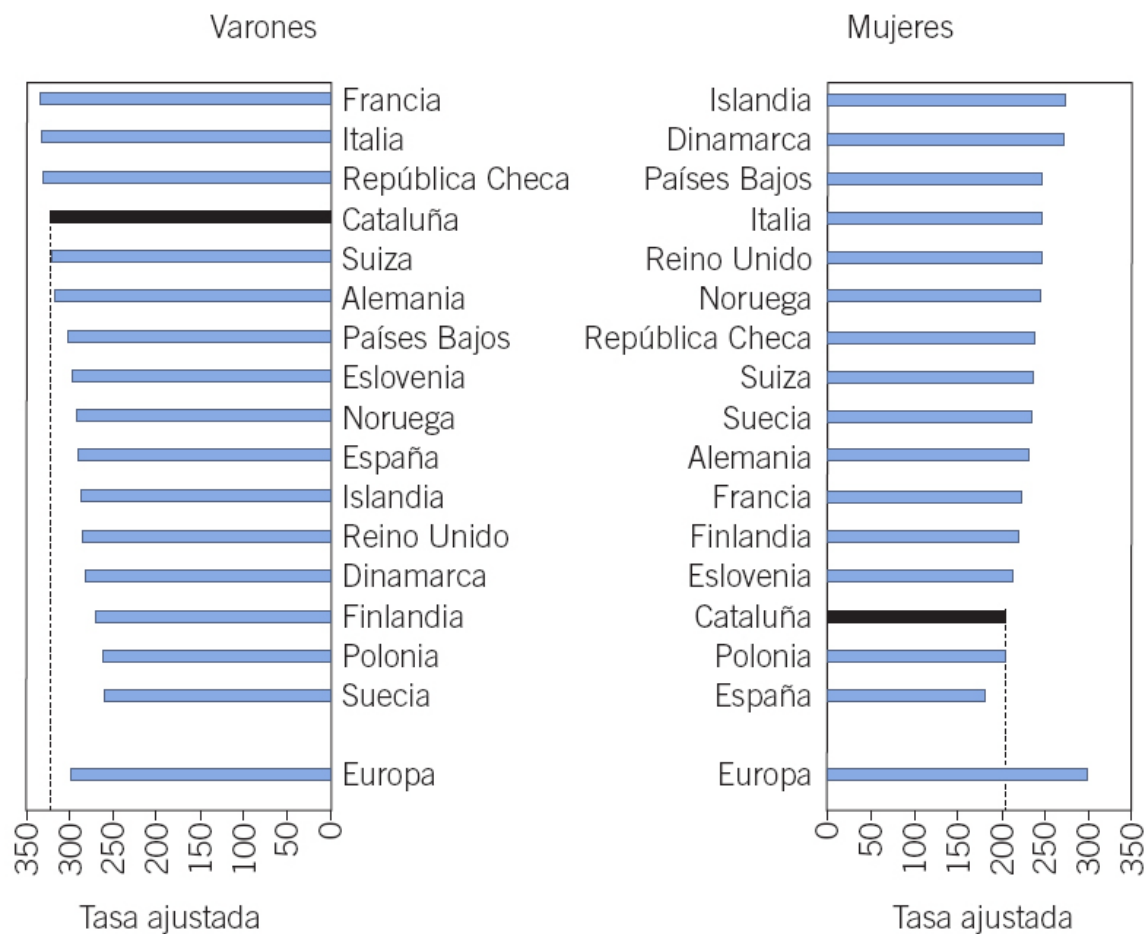
# Incidència del Càncer a Catalunya, 1998-2002

	CASOS	(%)			CASOS	(%)
Pròstata	3.268	18,0		Mama	3.366	28,1
Pulmó	2.839	16,1		Colorectal	1.845	15,2
Colorectal	2.500	13,9		Cos d'úter	730	6,1
Bufeta urinària	2.127	11,9		Limfoma no hodgkinià	495	4,1
Cavitat oral i faringe	789	4,7		Estómac	469	3,8
Estómac	715	4,0		Ovari	453	3,7
Limfoma no hodgkinià	583	3,3		Bufeta urinària	408	3,3
Laringe	530	3,0		Melanoma cutani	360	2,9
Fetge	481	2,7		Pàncrees	344	2,8
Ronyó	355	2,0		Coll uterí	328	2,7

Marcos-Gragera R. Incidència del Càncer a Catalunya, 1998-2002. Med Clin 2008

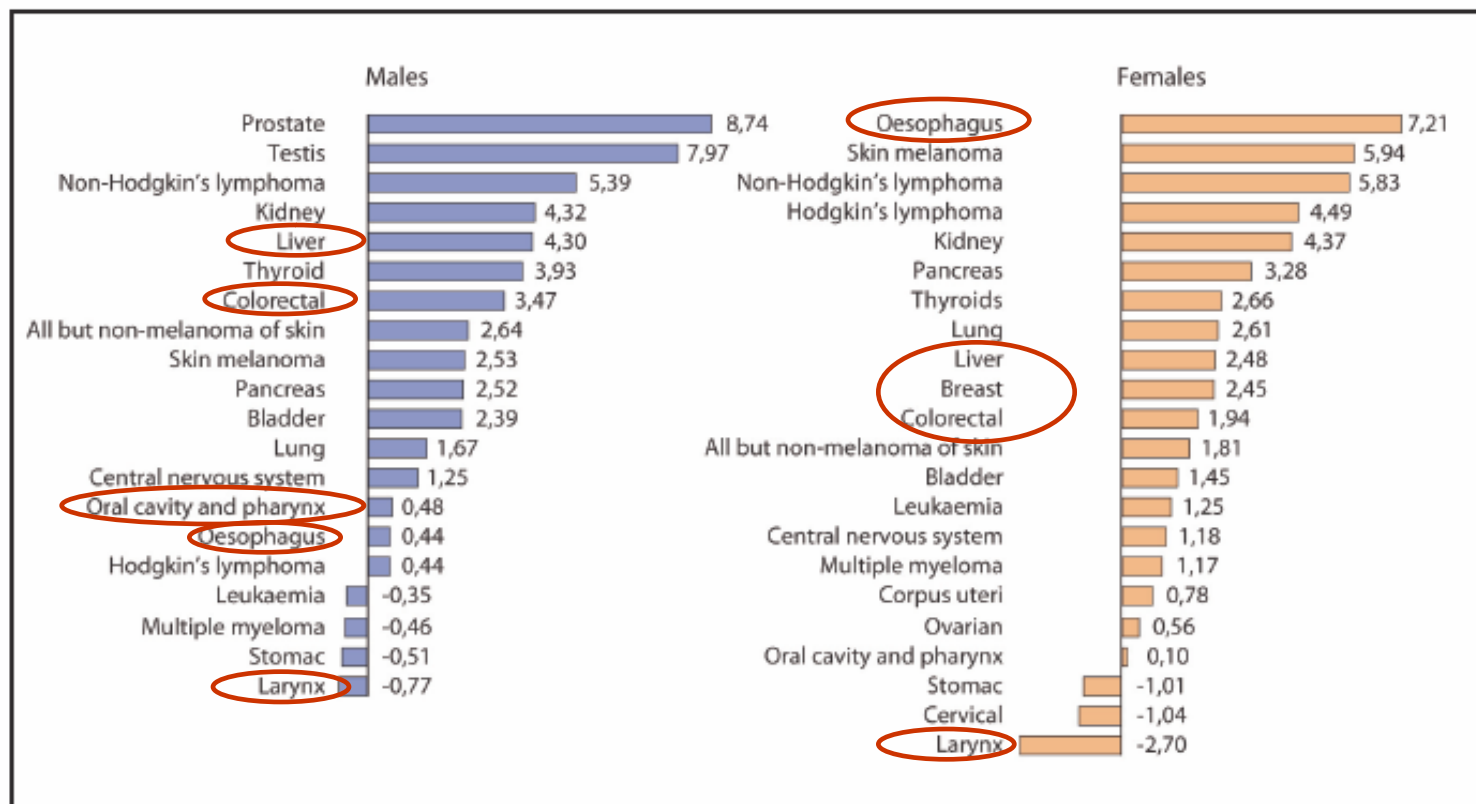


# Incidència global per càncer a Europa, 1998-2002



Marcos-Gragera R. Incidència del Càncer a Catalunya, 1998-2002. Med Clin 2008

# Percentatge de Canvi Anual d'Incidència a Catalunya, 1985-2002



Font: Cancer Incidence in Five Continents, Vols.: I - IX

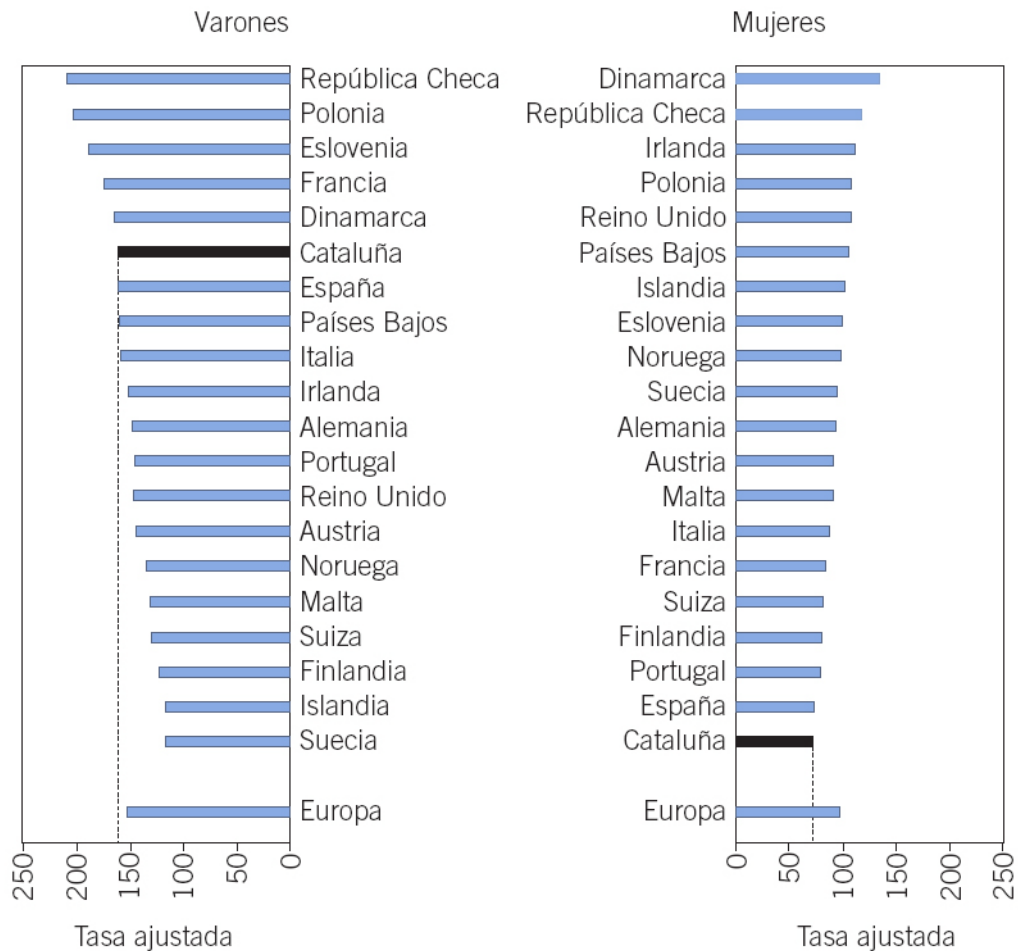
Accessible a: <http://www-dep.iarc.fr/>

# Mortalitat per Càncer a Catalunya, 2002

	CASOS	(%)			CASOS	(%)
Pulmó	2.576	27,77		Mama	1.029	17,86
Colorectal	1.112	11,99		Colorectal	866	15,03
Pròstata	839	9,04		Pulmó	369	6,40
Bufeta urinària	577	6,22		Pàncrees	360	6,25
Estómac	501	5,40		Estómac	335	5,81
Fetge	473	5,10		Ovari	299	5,19
Pàncrees	357	3,85		Fetge	258	4,48
Leucèmies	280	3,02		Leucèmies	236	4,10
Esòfag	269	2,90		Limfoma no hodgkinià	210	3,64
Cavitat oral i faringe	268	2,89		Sistema nerviós central	174	3,02

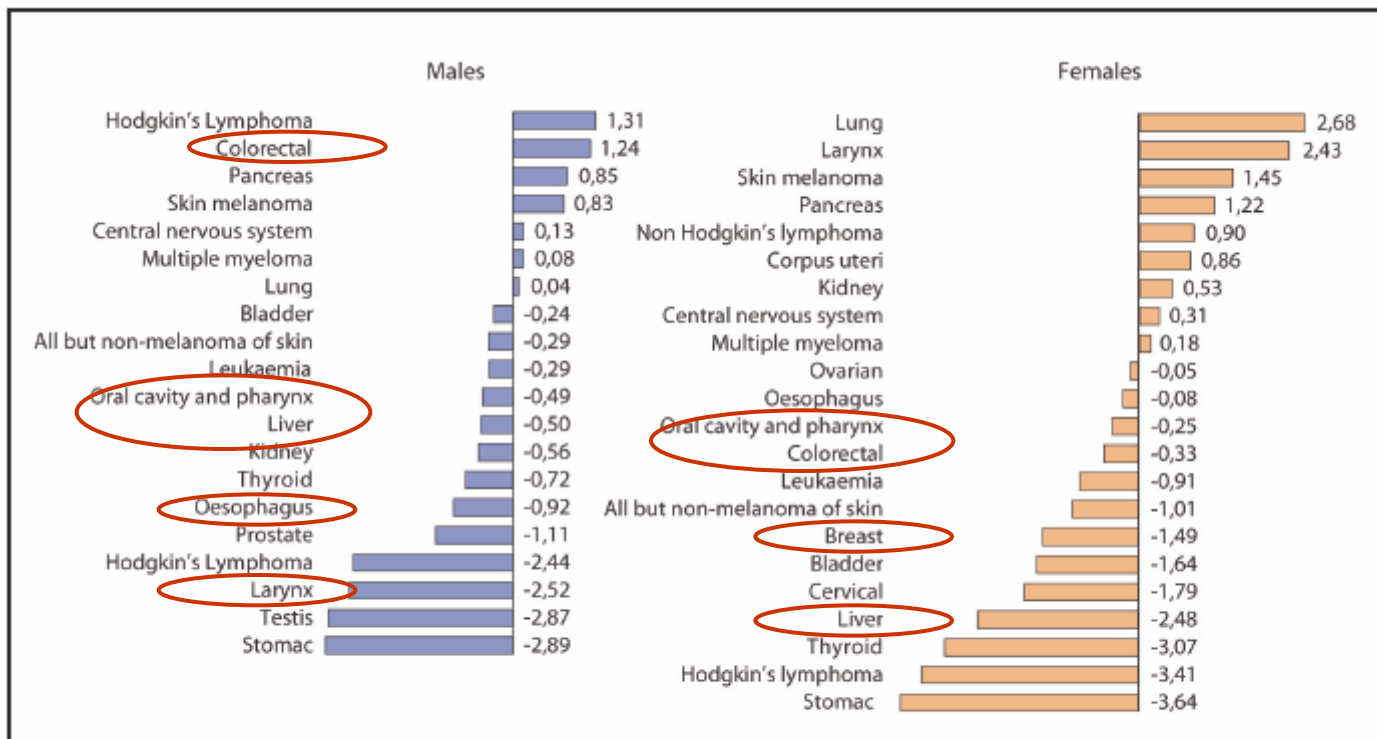
Rosa Gispert. Tendencias de la mortalidad por càncer en Cataluña, 1985-2004. Med Clin 2008

# Mortalitat global per càncer a Europa, 2000-2004



Rosa Gispert. Tendencias de la mortalidad por càncer en Cataluña, 1985-2004. Med Clin 2008

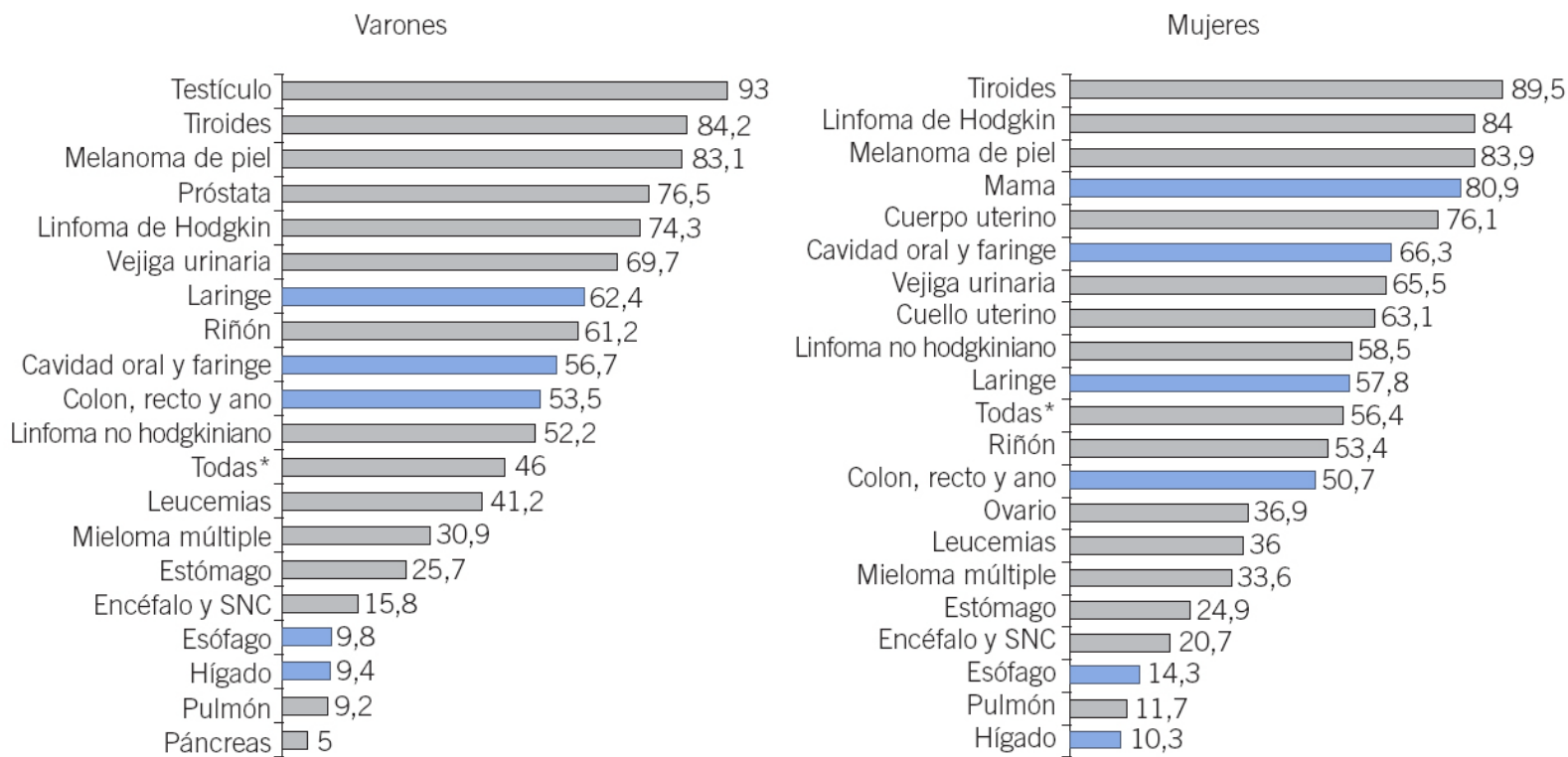
# Percentatge de Canvi Anual , Mortalitat per Càncer. Catalunya, 1985-2004



Font: WHO 1985-2004. Accessible a: <http://www-dep.iarc.fr/>

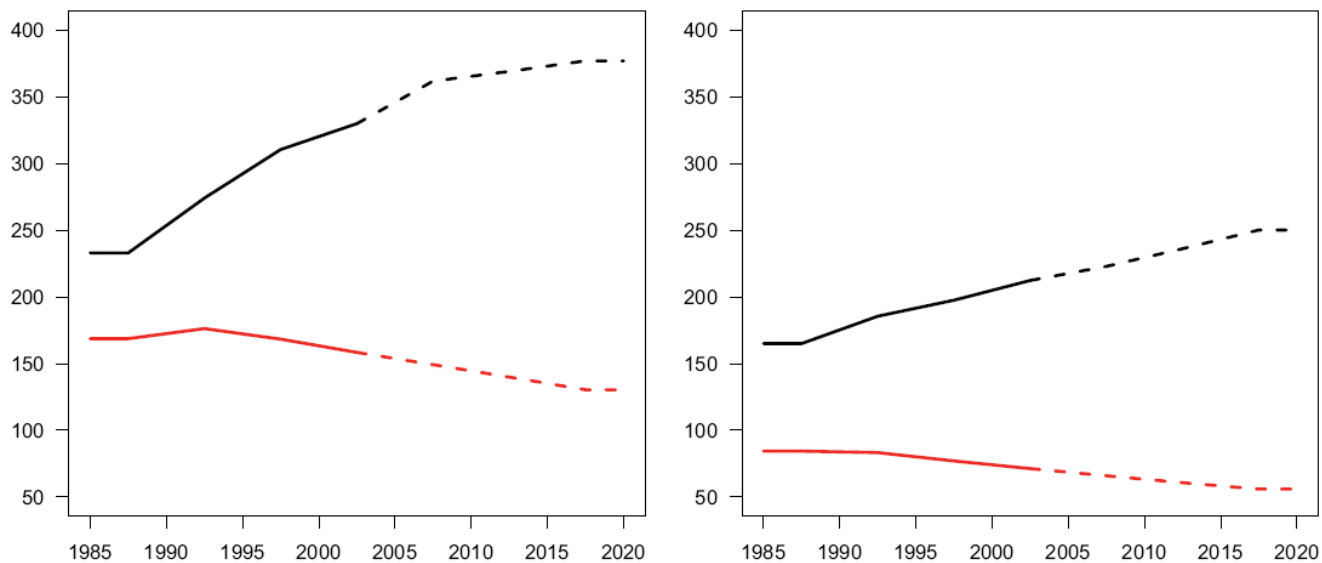
Rosa Gispert. Tendencias de la mortalidad por càncer en Cataluña, 1985-2004. Med Clin 2008

# Supervivència Relativa 5 anys segons tipus de càncer i sexe. Casos incidents 1995-1999 a Catalunya



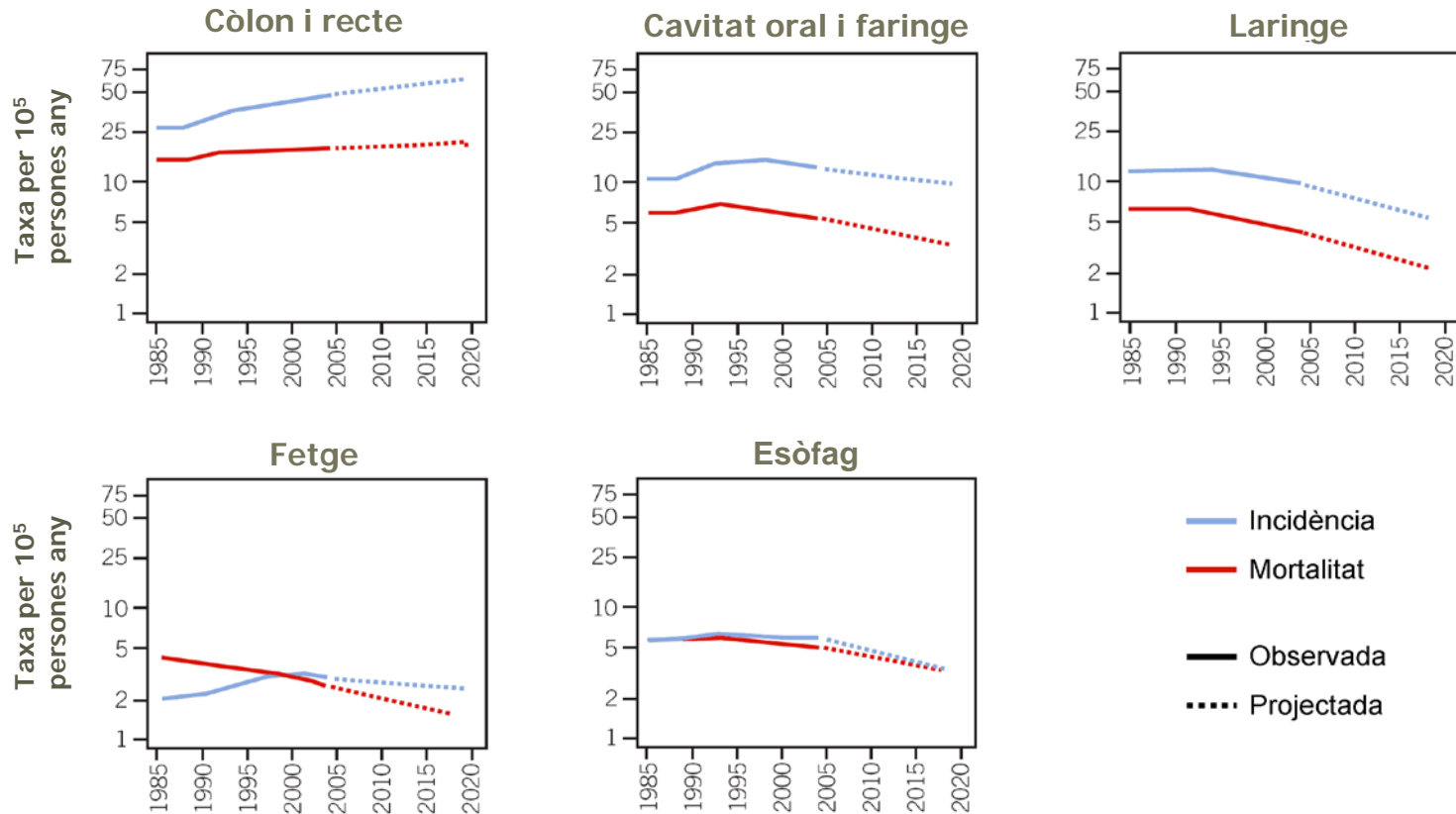
J Galceran. Evolución de la supervivencia del cáncer en Cataluña y comparación con Europa. Med Clin 2008.

# Projecció de la incidència i la mortalitat per càncer a Catalunya, 2020



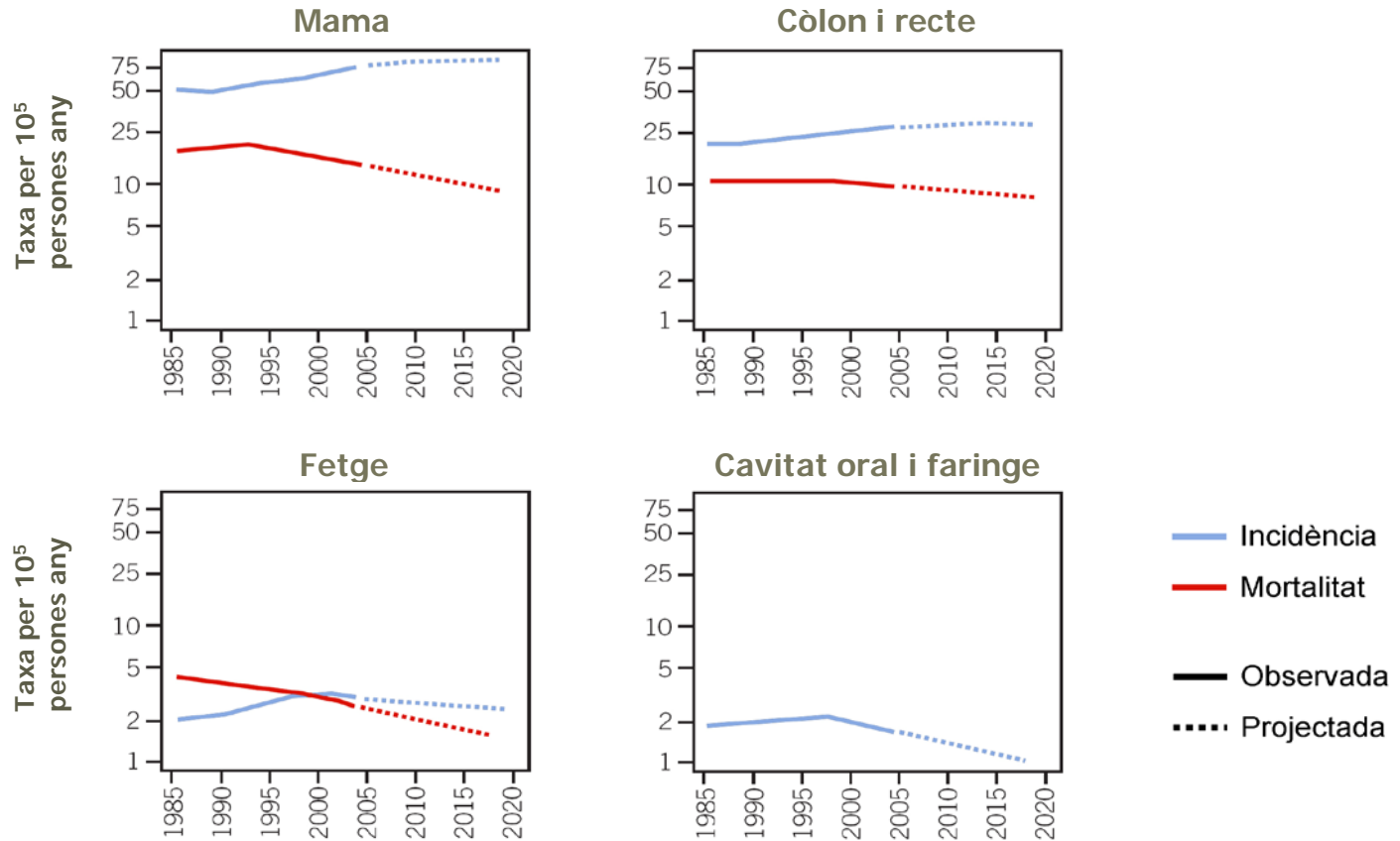
J Ribes. **Proyección de la incidencia y la mortalidad del cáncer en Cataluña hasta el año 2015 mediante un modelo bayesiano.** Med Clin 2008.

# Projeccions càncer associat al consum d'alcohol (2020). Homes

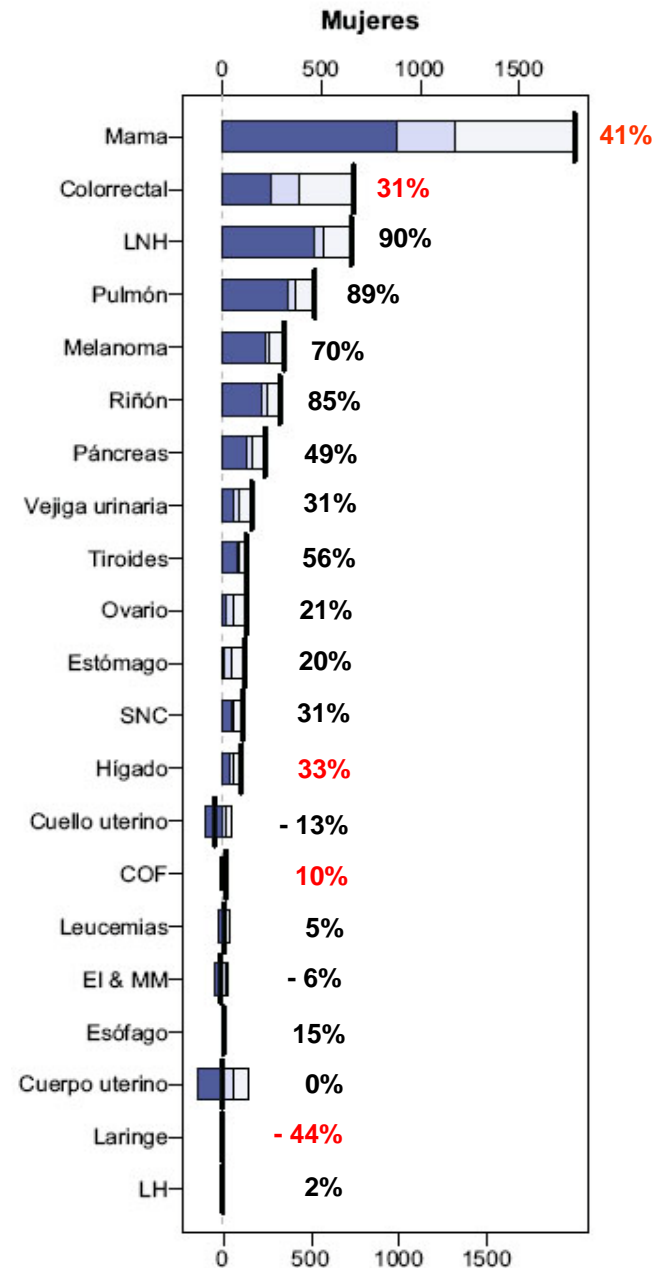
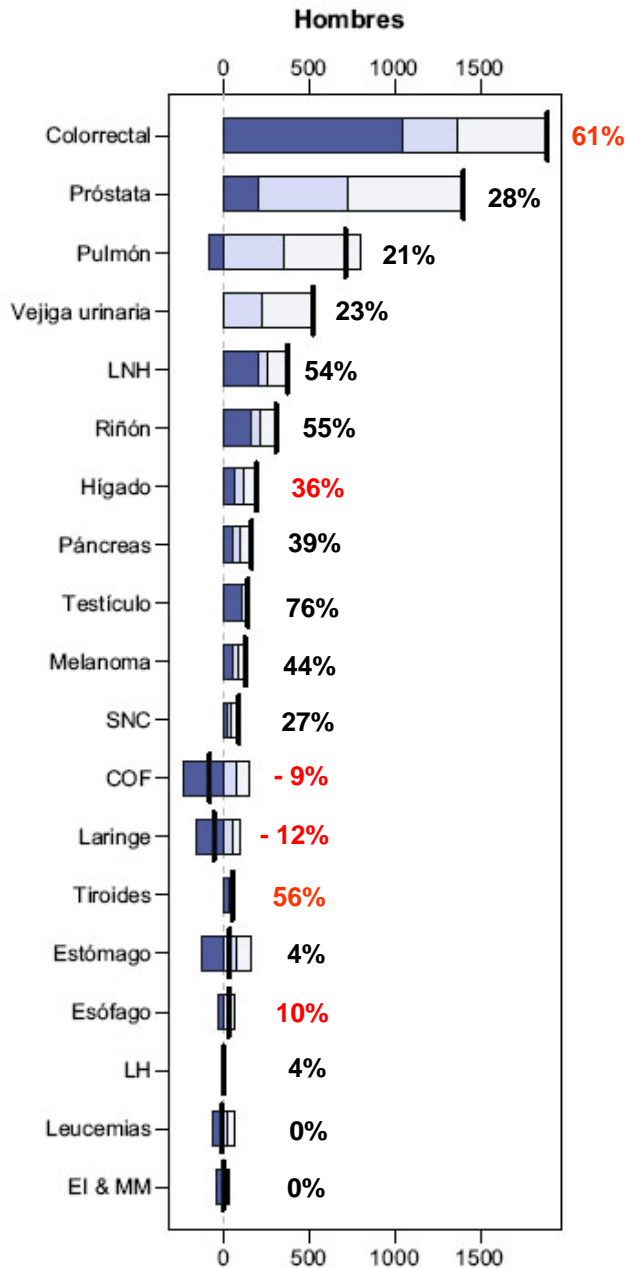




# Projeccions càncer associat al consum d'alcohol (2020). Dones

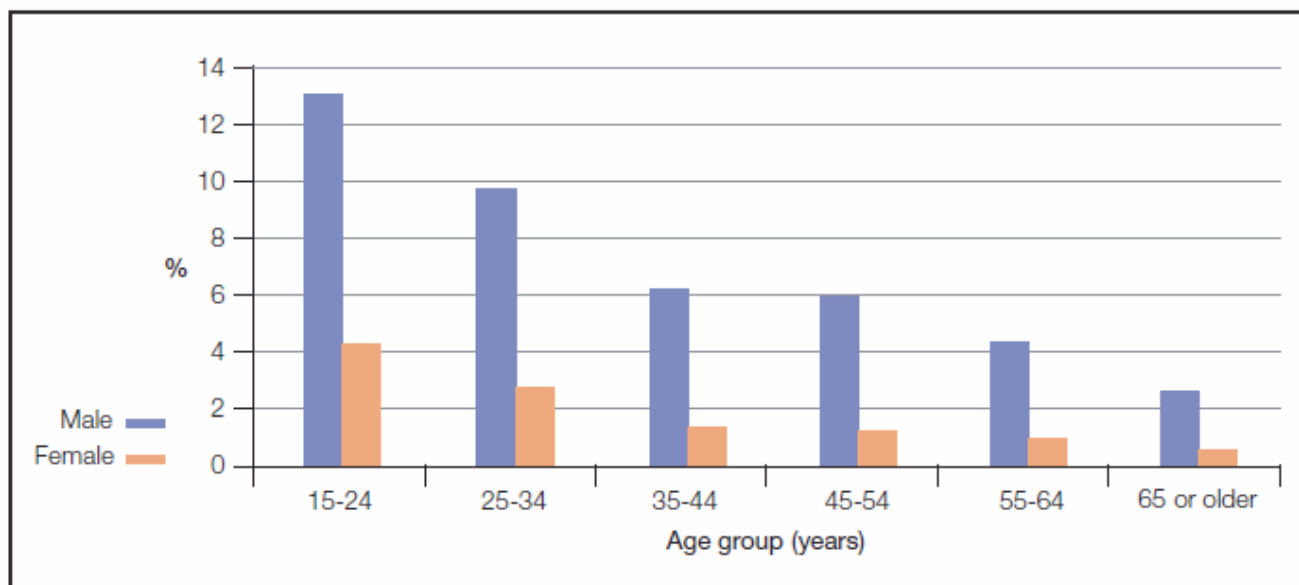


# INCIDÈNCIA



■ CANVI TOTAL  
 ■ RISC  
 ■ ESTRUCTURA POBLACIÓ  
 ■ MIDA POBLACIÓ

## Consum de risc d'alcohol a Catalunya, 2006



Font: Enquesta de salut de Catalunya 2006. Departament de Salut

### BEVEDOR DE RISC:

Homes > 28 unitats /setmana →	7.3 %	Total: 4.5 %
Dones > 17 unitats / setmana →	1.7 %	

# Prevenió Primària

## *Alcohol*

Alcohol consumption is associated with cancers of the oral cavity, larynx and oesophagus and, in many cases the interaction with alcohol increases the risk. Alcohol is also associated with colorectal cancer, breast cancer and liver cancer; 3.6% of cancer incidence being attributable to the excessive consumption of alcohol.<sup>44</sup> Alcohol consumption is considered second after tobacco in magnitude of preventive impact. Even though the limit of safe consumption is a matter of debate, the European Code estimates it to be two units per day for men and one unit per day for women. The cancer-related risk associated with alcohol consumption are not well known in the population. Any intervention must consider the impact on younger individuals and must include economic policy actions.<sup>45</sup>

The *Drink Less* programme has been active since 2002. The aim has been to increase public awareness regarding detection and implementing short intervention strategies in primary care in Catalonia in relation to alcohol abuse.

# Prevenció Secundària


**Table 8** Screening tests for the main types of tumours

Cancer	Screening tests	Available evidence	Estimated benefit
Breast	Mammography 50-69 year old women	Sufficient	20-35% mortality reduction
	Mammography 40-49 year old women	Insufficient	–
Colorectal	Breast self-examination	No evidence of benefit	–
	Faecal occult blood (FOBT) 50-75 years	Sufficient	15-25% mortality reduction
	Sigmoidoscopy	Insufficient (pending results from clinical trial )	–
Cervical cancer	Colonoscopy	Insufficient	–
	Cytology Pap smear 20/25-65 year old women	Sufficient	80% reduction of cancer risk
	Liquid cytology	Insufficient	–
	Visual inspection	Sufficient (developing countries)	–
Lung	HPV detection	Insufficient	–
	Chest X ray	No-evidence	–
	CT	Insufficient (pending results from clinical trials)	–
Prostate	PSA men over 50 years	Insufficient (pending results from clinical trial )	–
	Digital rectal examination	No-evidence	–
Oral	Visual inspection	Insufficient	–
Ovarian	Ultrasound and/or CA125	Insufficient (pending results from clinical trial )	–
			–
Melanoma	Visual inspection	Insufficient	–
Neuroblastoma	Serum test	No-evidence	–

*Source:* Modified from 57


Windows Internet Explorer browser window showing the website **Generalitat de Catalunya** (www.gencat.cat). The page title is **Veus el que beus?**.

The page content includes:

- Navigation menu: **Departament de Salut**, **Serveis i tràmits**, **Àmbits d'actuació**.
- Sub-menu under **Àmbits d'actuació**: **Professionals de la salut** (selected), **Ciutadans i ciutadanes**.
- Text: **Veus el que beus?** (with **Imprimeix** link).
- Text: **Amb l'alcohol cal anar amb compte perquè ens pot semblar que bevem "una quantitat normal" i no adonar-nos que, en realitat, estem bevint massa i que això ens pot ocasionar problemes tant a nosaltres com a les persones que ens envolten.**
- Image: 
- Text: **Alguna vegada t'has parat a pensar quina quantitat d'alcohol beus?**
- Text: **Si vols conèixer quins són els teus hàbits de consum, introdueix a la graella el nombre de consumicions de cada tipus de beguda que habitualment prens cada dia de la setmana. En acabar de complementar la graella, rebràs un missatge amb informació i consells al voltant del teu patró de consum. Aquesta informació només és orientativa i anònima. Si necessites saber-ne més et recomanem que parlis amb el teu metge o metgessa de capçalera. Trucant al telèfon 93 4120412 de la línia verda d'informació també et podran informar.**
- Section: **Introdueix les teves dades:**
- Form: **home** (selected) **dona** **Edat:** [input] **Pel funcionament de la calculadora cal especificar aquest camp**

Consumicions	dilluns	dimarts	dimecres	dijous	divendres	dissabtes	diumenges	total
cervesa	[input]	[input]	[input]	[input]	[input]	[input]	[input]	[input]
vi	[input]	[input]	[input]	[input]	[input]	[input]	[input]	[input]
conyac	[input]	[input]	[input]	[input]	[input]	[input]	[input]	[input]
aperitius	[input]	[input]	[input]	[input]	[input]	[input]	[input]	[input]
cigaló	[input]	[input]	[input]	[input]	[input]	[input]	[input]	[input]
combinats	[input]	[input]	[input]	[input]	[input]	[input]	[input]	[input]
Consumicions	[input]	[input]	[input]	[input]	[input]	[input]	[input]	[input]

[input] **Calcular**

- Image: 
- Text: **[Per a més informació] [Vols fer-hi algun comentari?] [Valora la pàgina]**

Windows taskbar at the bottom shows: **Inicio**, **Bandeja de entrada**, **RE: Petició: presenta...**, **ALCOHOL\_CANCER\_**, **Microsoft PowerPoint**, **Veus el que beus? - ...**, **ES**, **Internet**, **100%**, **16:03**.