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Cancer Epidemiol Biomarkers Prev. 2010 Jun 22. [Epub ahead of print]

## Coffee and Tea Intake and Risk of Head and Neck Cancer: Pooled Analysis in the International Head and Neck Cancer Epidemiology Consortium.

Galeone C, Tavani A, Pelucchi C, Turati F, Winn DM, Levi F, Yu GP, Morgenstern H, Kelsey K, Dal Maso L, Purdue MP, McClean M, Talamini R, Hayes RB, Franceschi S, Schantz S, Zhang ZF, Ferro G, Chuang SC, Boffetta P, La Vecchia C, Hashibe M.

Authors' Affiliations: 1Istituto di Ricerche Farmacologiche "Mario Negri" and 2Dipartimento di Medicina del Lavoro "Clinica del Lavoro Luigi Devoto," Sezione di Statistica Medica e Biometria "Giulio A. Maccacaro," Università degli Studi di Milano, Milan, Italy; 3National Cancer Institute, Bethesda, Maryland; 4Institut Universitaire de Médecine Sociale et Préventive, Centre Hospitalier Universitaire Vaudois and University of Lausanne, Lausanne, Switzerland; 5New York Eye and Ear Infirmary, 6Division of Epidemiology, New York University School of Medicine, and 7The Tisch Cancer Institute, Mount Sinai School of Medicine, New York, New York; 8Departments of Epidemiology and Environmental Health Sciences, University of Michigan School of Public Health and Comprehensive Cancer Center, University of Michigan, Ann Arbor, Michigan; 9Brown University, Providence, Rhode Island; 10Aviano Cancer Centre, Aviano, Italy; 11Boston University School of Public Health, Boston, Massachusetts; 12International Agency for Research on Cancer and 13International Prevention Research Institute, Lyon, France; 14University of California at Los Angeles School of Public Health, Los Angeles, California; 15Imperial College London, London, United Kingdom; and 16University of Utah School of Medicine, Salt Lake City, Utah.

### Abstract

**BACKGROUND:** Only a few studies have explored the relation between coffee and tea intake and head and neck cancers, with inconsistent results. **METHODS:** We pooled individual-level data from nine case-control studies of head and neck cancers, including 5,139 cases and 9,028 controls. Logistic regression was used to estimate odds ratios (OR) and 95% confidence intervals (95% CI), adjusting for potential confounders. **RESULTS:** Caffeinated coffee intake was inversely related with the risk of cancer of the oral cavity and pharynx: the ORs were 0.96 (95% CI, 0.94-0.98) for an increment of 1 cup per day and 0.61 (95% CI, 0.47-0.80) in drinkers of >4 cups per day versus nondrinkers. This latter estimate was consistent for different anatomic sites (OR, 0.46; 95% CI, 0.30-0.71 for oral cavity; OR, 0.58; 95% CI, 0.41-0.82 for oropharynx/hypopharynx; and OR, 0.61; 95% CI, 0.37-1.01 for oral cavity/pharynx not otherwise specified) and across strata of selected covariates. No association of caffeinated coffee drinking was found with laryngeal cancer (OR, 0.96; 95% CI, 0.64-1.45 in drinkers of >4 cups per day versus nondrinkers). Data on decaffeinated coffee were too sparse for detailed analysis, but indicated no increased risk. Tea intake was not associated with head and neck cancer risk (OR, 0.99; 95% CI, 0.89-1.11 for drinkers versus nondrinkers). **CONCLUSIONS:** This pooled analysis of case-control studies supports the hypothesis of an inverse association between caffeinated coffee drinking and risk of cancer of the oral cavity and pharynx. **Impact:** Given widespread use of coffee and the relatively high incidence and low survival of head and neck cancers, the observed inverse association may have appreciable public health relevance. *Cancer Epidemiol Biomarkers Prev*; 19(7); 1723-36. (c)2010 AACR.

PMID: 20570908 [PubMed - as supplied by publisher]

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