

**Table 2.34. Case-control studies on tobacco smoking and cancers of the upper aerodigestive tract combined: smoking cessation**

Reference, Country and years of study	Cancer subsite ICD code	N. of cases	No. of controls	Years since quitting	Relative risk (95% CI)	Comments
Schlecht <i>et al.</i> (1999b) Brazil 1986-89	Oral , pharynx and larynx (ICD-9 140-145, 146-149, 161) analyzed together	31	339	Never smoker	1.0	Controlling additionally for race, beverage temperature, religion, wood stove use, and consumption of spicy food
		570	625	<i>All tobacco products</i>		
		39	68	Current smokers	8.8 (5.3-14.4)	
		54	132	Ex-smokers ≤1 yrs	4.6 (2.4-9.1)	
		28	127	Ex-smokers 2-5 yrs	4.7 (2.6-8.6)	
		19	62	Ex-smokers 6-10 yrs	2.4 (1.2-4.6)	
		14	72	Ex-smokers 11-15 yrs	2.8 (1.3-6.1)	
		29	143	Ex-smokers 16-20 yrs	2.3 (1.0-5.0)	
				Ex-smokers ≥20 yrs	2.0 (1.0-3.8)	
				<i>Commercial cigarettes</i>		
		467	597	Current smokers	8.1 (4.9-13.4)	
		50	121	Ex-smokers ≤5 yrs	4.8 (2.6-8.9)	
		16	77	Ex-smokers 6-10 yrs	2.8 (1.3-6.0)	
		7	40	Ex-smokers 11-15 yrs	1.9 (0.7-5.5)	
		11	99	Ex-smokers >15 yrs	1.3 (0.5-2.9)	
		202	295	Other than cigarettes	5.4 (3.2-9.2)	
				<i>Black tobacco</i>		
		328	294	Current smokers	9.6 (5.7-16.4)	
		52	107	Ex-smokers ≤5 yrs	4.5 (2.4-8.4)	
		18	71	Ex-smokers 6-10 yrs	2.5 (1.2-5.4)	
		15	42	Ex-smokers 11-15 yrs	3.3 (1.4-7.6)	
		12	60	Ex-smokers 16-20	2.5 (1.1-5.7)	
		31	126	Ex-smokers >20 yrs	2.4 (1.2-4.6)	
297	529	Other than black tobacco	6.3 (3.9-10.3)			
		<i>Cigars</i>				
5	6	Current smokers	4.6 (1.1-18.1)			
4	6	Ex-smokers 1-10 yrs	3.4 (0.7-15.9)			
3	10	Ex-smokers >10 yrs	2.6 (0.6-11.6)			
741	1207	Other than cigars	5.8 (3.6-9.4)			
		<i>Pipes</i>				
30	19	Current smokers	11.3 (5.0-25.7)			
9	12	Ex-smokers 1-10 yrs	4.3 (1.4-13.4)			
10	26	Ex-smokers >10 yrs	3.4 (1.3-8.8)			
704	1172	Other than pipe	5.8 (3.6-9.2)			
Garrote <i>et al.</i> (2001) Cuba 1996-1999	Oral cavity and oropharynx analyzed together			<i>Years since quit smoking</i>		Estimates from unconditional logistic regression equations including terms for gender, age, area of residence, education and smoking and drinking habits
		142	80	Current smoker	1.0	
		28	14	<10	2.32 (1.11-4.81)	
		11	25	≥10	0.37 (0.16-0.85)	

**Table 2.34. Case-control studies on tobacco smoking and cancers of the upper aerodigestive tract combined: smoking cessation**

Reference, Country and years of study	Cancer subsite ICD code	N. of cases	No. of controls	Years since quitting	Relative risk (95% CI)	Comments
Gallus <i>et al.</i> (2003a) Italy and Switzerland 1992-1999	Oral cavity, pharynx, oesophageal	60	692	<b>Oral cavity and pharynx</b> Never smokers	1.0	Estimates from unconditional multiple logistic regression models, including terms for age, sex, study centre, education and alcohol consumption
				<i>Time since smoking cessation (years)</i> <10	3.6 (2.4-5.4)	
				≥10	1.3 (0.9-2.0)	
Lissowska <i>et al.</i> (2003) Poland 1997-2000	Oral cavity and pharynx (ICD-9 Tongue 141.0 Oral cavity 143.0-145.8 Oropharynx 146.0-146.9 Unspecified parts of pharynx 149) analyzed together	72	43	<i>Years since ceasing smoking</i> Current	1.0	Estimates from unconditional logistic regression equations, including terms for gender, age, residence and drinking habits
				≤10	0.50 (0.20-1.25)	
				>10	0.31 (0.12-0.83)	
Castellsagué <i>et al.</i> (2004) Spain 1996-1999	Oral cavity and oropharynx (ICD-O C01-C10 Tongue, base of tongue, gum, floor of mouth, palate, salivary glands, tonsil, other parts of the mouth and oropharynx) analyzed together	238	129	<i>Years since quitting smoking</i> Current smoker	6.78 (3.49-13.17)	OR adjusted for center, gender, age group, years of schooling and average daily consumption of pure ethanol
				1-3	3.88 (1.69-8.91)	
				4-8	2.53 (1.05-6.12)	
				9-16	2.53 (1.09-5.86)	
				≥17	1.16 (0.47-2.85)	
Rodriguez <i>et al.</i> (2004) Italy and Switzerland 1984-1997	Oral and pharynx analyzed together	14	125	Never smokers	1.0	Estimates from logistic regression models conditioned on sex, age and study centre, and adjusted for education, marital status, body mass index, tobacco, alcohol and coffee consumption
				<i>Time since stopping (years)</i> 1-5	3.45 (1.14-10.45)	
				>5	1.37 (0.43-4.32)	
Menvielle <i>et al.</i> (2004a) France 1989-1991	Hypopharynx and larynx analyzed together	386	75	<i>Duration since quitting</i> Current smoker	1.0	OR adjusted for age, alcohol consumption, duration of smoking and amount of tobacco smoked
				10 years and less	0.4 (0.2-0.6)	
				11-20 years	0.2 (0.1-0.5)	
				21 years and more	0.1 (0.03-0.4)	

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Reference, Country and years of study	Cancer subsite ICD code	N. of cases	No. of controls	Years since quitting	Relative risk (95% CI)	Comments
Bosetti <i>et al.</i> (2008) Italy 1984-2000	Oral cavity, pharynx and larynx	87	943	<b>All upper aerodigestive tract</b>		Estimated from unconditional logistic regression with adjustment for age, study center, education, and alcohol drinking
		1514	1476	Never smokers	0.12 (0.09-0.15)	
				Current smokers	1.0	
				<i>Ex-smokers</i>		
				<i>Time since cessation (years)</i>		
		338	478	<10	0.70 (0.56-0.88)	
		155	489	10-19	0.58 (0.47-0.73)	
		95	391	≥20	0.27 (0.22-0.34)	
				<i>Age at cessation (years)</i>		
		40	248	<35	0.19 (0.13-0.27)	
		105	391	35-44	0.26 (0.21-0.34)	
		215	426	45-54	0.44 (0.36-0.53)	
		228	293	55-64	0.69 (0.56-0.86)	
				<b>Oral cavity and pharynx together</b>		
		24	701	Never smokers	0.07 (0.05-0.11)	
712	1176	Current smokers	1.0			
		<i>Ex-smokers</i>				
		<i>Time since cessation (years)</i>				
144	383	<10	0.51 (0.40-0.65)			
56	330	10-19	0.20 (0.14-0.28)			
23	232	≥20	0.12 (0.08-0.20)			
		<i>Age at cessation (years)</i>				
13	162	<35	0.14 (0.08-0.26)			
45	279	35-44	0.20 (0.14-0.29)			
90	301	45-54	0.36 (0.27-0.48)			
75	203	55-64	0.48 (0.34-0.66)			