

**Table 2.31. Cohort studies on tobacco smoking and upper aero-digestive cancer squamous cell carcinoma**

Reference, Country and years of study	Subjects	Cancer site ICD code	Smoking categories	Number of cases	Relative risk (95% CI)	Comments		
Yun <i>et al.</i> (2005) Korea 1996-2000	733134 Korean men aged 30 years or older	Mouth and pharynx analyzed together	Never	25	1.0	Adjusted for age, place of residence, alcohol consumption, BMI, leisure-time physical activity frequency, preferences for vegetables and meats, and frequency of meat consumption		
			Former	41	1.53 (0.93-2.51)			
			Current	106	1.75 (1.12-2.74)			
			<i>Current, cigarettes smoked per day</i>					
			1-9	13	1.24 (0.62-2.48)			
			10-19	67	1.77 (1.10-2.83)			
			≥20	26	2.15 (1.23-3.78)			
			<i>Current smokers</i>					
			<i>Years of smoking duration</i>					
			Never	25	1.0			
			1-19	33	1.42 (0.81-2.48)			
			20-29	45	2.17 (1.31-3.60)			
			30	28	1.67 (0.94-2.96)			
			<i>Former smokers</i>					
			Never	25	1.0			
1-19	27	1.49 (0.87-2.57)						
20-29	12	2.63 (1.31-5.26)						
30	2	1.00 (0.23-4.27)						

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Freedman <i>et al.</i> (2007a) USA 1995-2000	National Institutes of Health/ American Association of Retired Persons Diet and Health Study 283691 men 192520 women	Larynx, oral cavity, oropharynx (ICD-O: C32.0-C32.9, C00.1-C00.9, C01.9-C02.9, C03.0-C03.9, C04.0-C04.9, C05.0-C05.9, C06.0-C06.9, C09.0-C09.9, C10.0-C10.9, C12.9, C13.0-C13.9, C14.0) analyzed together	<b>Men</b>			Multivariate hazard ratios adjusted for age or sex at entry into cohort, BMI, education, alcohol intake, vigorous physical activity, usual activity throughout the day, fruit intake, vegetable intake, and total energy intake.
			Never smokers	93	1.0	
			Former smokers	273	1.52 (1.19-1.92)	
			Current smokers	218	5.45 (4.22-7.05)	
			<i>Years of cessation</i>			
			Stopped ≥10 y	177	1.23 (0.95-1.59)	
			Stopped 5-9 y	52	2.28 (1.61-3.21)	
			Stopped 1-4 y	44	3.53 (2.46-5.08)	
			<i>Usual no. of cigarettes</i>			
			≤1 pack/d	219	1.90 (1.49-2.43)	
			>1 to ≤2 packs/d	202	2.42 (1.88-3.11)	
			>2 packs/d	70	47.9 (19.4-76.4)	
			<b>Women</b>			
			Never smokers	19	1.0	
			Former smokers	56	3.47 (2.06-5.87)	
			Current smokers	100	12.96 (7.81-21.52)	
<i>Years of cessation</i>						
Stopped ≥10 y	26	2.29 (1.26-4.15)				
Stopped 5-9 y	13	4.45 (2.19-9.05)				
Stopped 1-4 y	17	9.31 (4.82-18.01)				
<i>Usual no. of cigarettes</i>						
≤1 pack/d	87	5.10 (3.09-8.42)				
>1 to ≤2 packs/d	58	8.97 (5.28-15.22)				
>2 packs/d	11	8.96 (4.22-19.00)				
Ide <i>et al.</i> (2008) Japan 1988-1990	Japan Collaborative Cohort Study for Evaluation for Cancer Risk 34136 men 43711 women	ICD 10 (before 1994, ICD 9) Oral and pharyngeal (C01-C14 of ICD 10), exceptions C07-C08 and C11, analyzed together	<b>Men</b>			Multivariate RR (using Cox regression) adjusted for age (continuous); alcohol consumption, consumption of green tea, preference for salty foods, consumption of green yellow vegetables
			Non-smoker	5	1.0	
			Past smoker	7	0.9 (0.3-3.0)	
			Current smoker	29	2.6 (1.0-6.7)	
			1-24 cigs/day	23	2.6 (1.0-6.7)	
			25+ cigs/day	6	2.8 (0.9-9.5)	
			<b>Women</b>			
			Non-smoker	8	1.0	
			Past smoker	0	-	
			Current smoker	3	8.2 (2.1-32.1)	
1-24 cigs/day	-	-				
25+ cigs/day	-	-				