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Proposal on:
Risk factors, oesophageal cancer among patients attending, Radiation, Isotope Center-Khartoum, from (July to October 2008)

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**ABSTRACT:**

Esophageal cancer accounts for 7% of all GIT tumors, and the eight most frequent cancer in the world.

This is an analytic case-control hospital-based study of some of the risk factors of esophageal cancer.

The main objective of the study is to find association between some factors (alcohol, smoking, tombak, hot drinks, spices, GERD) and the development of the disease; as the disease is increasing in Sudan, and this is because most of the people are not aware about the risk factors.

The study which includes 120 patients (60 case and 60 controls) was performed in Khartoum radiation and isotope center, the patients were interviewed and the data was collected in a precoded questionnaire.

The study revealed predominance of males (55% of the cases), and the risk is increasing with the increase in age as most of the patients were between 50-70 years. Alcohol was consumed by 25% of the cases, while 13.3% of the controls were consumption alcohol. 28.3% of the cases and controls were smokers. 45% of the cases were using tombak, while 26.7% of the controls were using it. Hot millet was eaten regularly by 48.3% of the cases and by a 46.7% of the patients were found to have history of longstanding gastroesophageal reflux disease. The majority of patients came from rural areas, especially the western and northern areas, so diagnostic materials and facilities should be available in rural areas. From the above informations the recommendation is to provide public health education about the risk factors, and advice people to eat food rich in fibres like fresh vegetables and fruits. Also smoking and snuffing should be controlled by the authorities. The most important recommendation is to perform routine endoscopy in patients with GERD every one or two years to detect any tumor in its early stage.