

Thesis Title	Role of Dietary Factors and Colorectal Cancer
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ABSTRACT

A hospital-based case-control study was conducted at five government hospitals in Bangkok and at the National Cancer Institute during May 1995 - October 1995 to determine the effects of dietary factors for colorectal cancer among Thai people. A total of 100 colorectal cancer cases (involving caecum to rectum) with histological confirmation were matched by age, sex and period of hospitalization 1:2 with 100 other cancer controls and 100 non-cancer controls. Information was retrieved from the hospital records and by interviewing.

Multiple logistic regression analysis was used to calculate the effect of dietary factors adjusted for the effects of other potential confounding factors. The results showed that groups with high and medium consumption of fat-rich-food, were

4 and 3 times more likely to develop colorectal cancer as compared to those with low consumption level. A dose response relationship was apparent with increasing consumption of fat-rich-food (p-trend=0.004). No effects were found for increased consumption of total protein-rich-food. Association between fiber food and colorectal cancer cannot be detected in the present study as the sample size was too small to detect the real association. An association between fiber food and colorectal cancer should be confirmed either as a protective factor or a risk factor in a future study.

High consumption of fat-rich-food was a risk factor for colorectal cancer. The level of disease increased with increasing level of fat-rich-food consumption. Low level of fat-rich-food consumption was an appropriate advice that can be given for primary prevention.