



An epidemiological study on the incidence of gastrointestinal cancers in the city of Alborz in 1393

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Introduction & Aim: This study examined the incidence of gastrointestinal cancers in the population covered by the city of Alborz due to changes in the incidence of diseases and impressive increasing of non-communicable diseases (cancers, cardiovascular disease and diabetes) in the country and dramatic effects of these diseases on health, and also regarding that the most common cancers in Iran are digestive tract cancers.

Methods: This study is descriptive-analytical one and data related to cancer over the 1393 have collected from Qazvin's renal pathology centers which recorded them in the corresponding software (PARS), and then information about the city of Alborz have been separated and analyzed.

Results: In this study, 187 patients with cancer were identified in the Alborz city of which

54 cases (29%) were related to gastrointestinal cancer. And the incidence of gastrointestinal cancers estimated about 24.5 per 100000 population of which 63% were male and 37% were female. The incidence of gastric cancer, colorectal, esophageal are respectively, 13.6- 5.9 and 4 per 100000 population. 55.5% of cases of gastrointestinal cancer related to stomach cancer, colon cancer, 24% and esophageal cancer 17%.

Conclusion: Regarding to high prevalence of gastrointestinal cancer, following measures suggested to public: education on healthy lifestyle with an emphasis on proper diet, increasing physical activity, reducing tobacco consumption.

Keywords: gastrointestinal cancers, non-communicable diseases, cardiovascular disease