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## COMMENTARY

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# Asian Pacific Cancer Prevention in the 21<sup>st</sup> Century: Five Rule Points from the Hospital-based Epidemiologic Research Program at Aichi Cancer Center (HERPACC)

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*Asian Pacific J Cancer Prev*, 2, 81

To promote primary cancer prevention in the Asian Pacific in the 21<sup>st</sup> century, we recommend implementation of five important rules, based on information from the hospital-based epidemiologic research program at Aichi Cancer Center (HERPACC) conducted in 1988-2000. To confirm risk and protective effects of lifestyle factors like dietary habits, smoking and drinking, and exercise on cancer in Japanese, we have been undertaking large-scale case-referent comparative studies of main cancer site (stomach, colorectal, lung, breast and uterine cancers) using the data generated by HERPACC. The risk of respiratory tract cancer was thereby found definitely elevated by habitual smoking and that of upper digestive tract cancer by combined habitual smoking and drinking. However, the risk of any cancer among people with a moderate alcohol intake (less than 30g per day for men and 15g for woman) is in fact a little lower than that in non-drinkers. Frequent intake of raw green-yellow vegetables and/or fruit clearly reduces the risk of many sites of cancer. In contrast, a high amount of dietary salt definitely increases the likelihood of gastric cancer development, relatively common in northeast Asian countries. Current obesity is positively associated with risk of fat-associated cancers, prevalent in Australia and now on the increase in most countries of Asia. All sites of cancer in combination demonstrate linear decrease with frequency of exercise in both males and females. Based on these pieces of epidemiological evidence and other main results obtained from the HERPACC studies, we would like to propose the five rules listed below, with adequate provision of information about protective and risk factors for cancer, including chronic disease, to the general population in the Asian Pacific.

### Five Rule Points for Cancer Prevention

- 1<sup>st</sup> **Stress the strongest weapons for cancer prevention-**  
no-smoking and moderation in alcohol consumption
- 2<sup>nd</sup> **Focus on green, yellow and red signals for health-**  
consume colored fruits and vegetables
- 3<sup>rd</sup> **Reduce all risk for cancer, including chronic diseases-**  
take at least 30 minutes gentle exercise twice a week
- 4<sup>th</sup> **Develop a well-balanced health sense-**  
ensure adequate intake of nutrients with variation in foods
- 5<sup>th</sup> **Contribute to healthy life in Asian Pacific in the 21st century-**  
plan a menu of low salt and moderate fat



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