

SmokeLess New Zealand

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Printable version: <http://www.smokeless.org.nz/tobcancers.pdf>

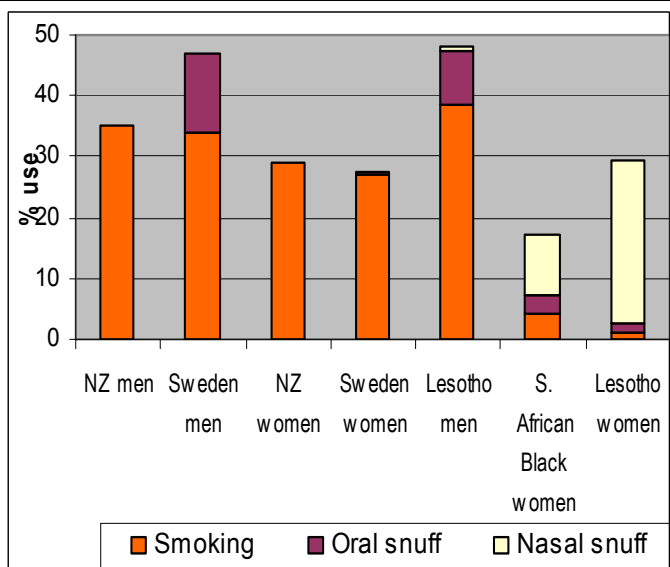
Tobacco cancer rates vary by type of tobacco used: Nasal or oral snuff use linked with lowest overall tobacco cancer rates

- Most lung cancer (80-90%) is due to smoking.
- Smoking is the main tobacco type causing mouth cancer, rather than snuff.
- We compare New Zealand, where snuffs are not sold, with three countries where snuff has been popular for many many years - Sweden (oral snuff in men) and Lesotho and South Africa (nasal snuff in women).

Figures 1 and 2 show that

- Smoking, not total tobacco use, best predicts total cancer rates in lung, and mouth.
- **Smoking, and not snuff or total tobacco use, is the best predictor of oral cancer.**
- **Smoking prevalence in the past is the best guide to the total tobacco cancer incidence in the future.**

Fig. 1. Prevalence of tobacco use by type used:
NZ, Sweden, and Lesotho; S. African Black women



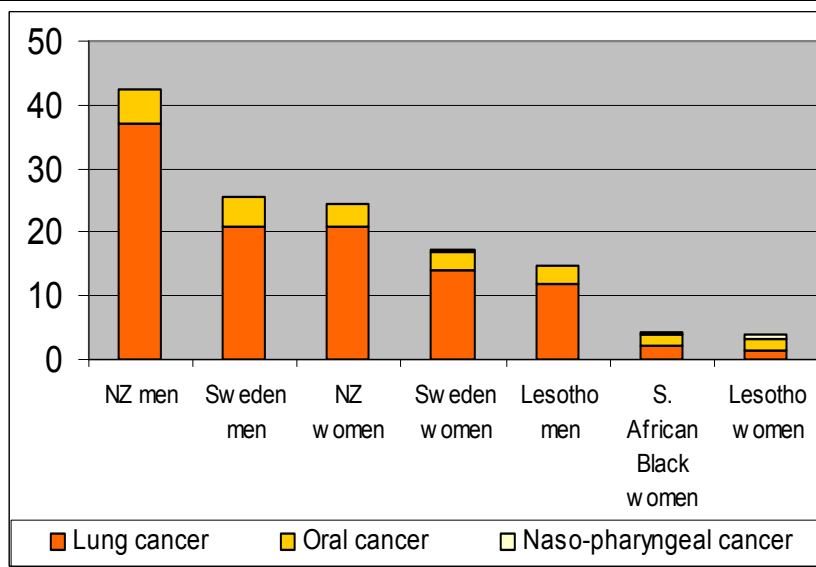
Lesotho and Black S. African women smoke the least, use nasal snuff the most, and have the lowest cancer death rates from tobacco,

Tobacco use is as common among Lesotho women as is tobacco smoking by NZ women, yet Lesotho women, using nasal snuff, have a tobacco cancer rate is one sixth that of NZ women (Figure 2).

Swedish men smoked just as much as NZ men in 1981 but they also used snuff. By 2002 more snuffed than smoked, and their lung and mouth cancer rates were less than in NZ men.

New Zealand: 1981 Census smoking prevalence. Tobacco

Fig 2. Tobacco cancer incidence by site 2002
NZ, Sweden, and Lesotho; and S. African Black women.



Lesotho and Black S. African women have by far the lowest rates of tobacco-related cancers: only 1 to 4 % smoke, even though nearly 30% of them use tobacco – mostly as nasal snuff.

The message is clear- smoking if more dangerous than snuff.

New Zealand males tend to smoke, avoid snuff and have a much lower prevalence of tobacco use in total than Swedish men. Despite their low tobacco use, they have a higher rate of both lung cancer and oral cancer than Swedish men. In 2002 fewer Swedish men smoked, many using snuff instead.

Based on Table 2 below. Cancer incidence data: Globocan 2002

Statistics 2000. Cancer Society of NZ.

Sweden 1981: www.statveca.com

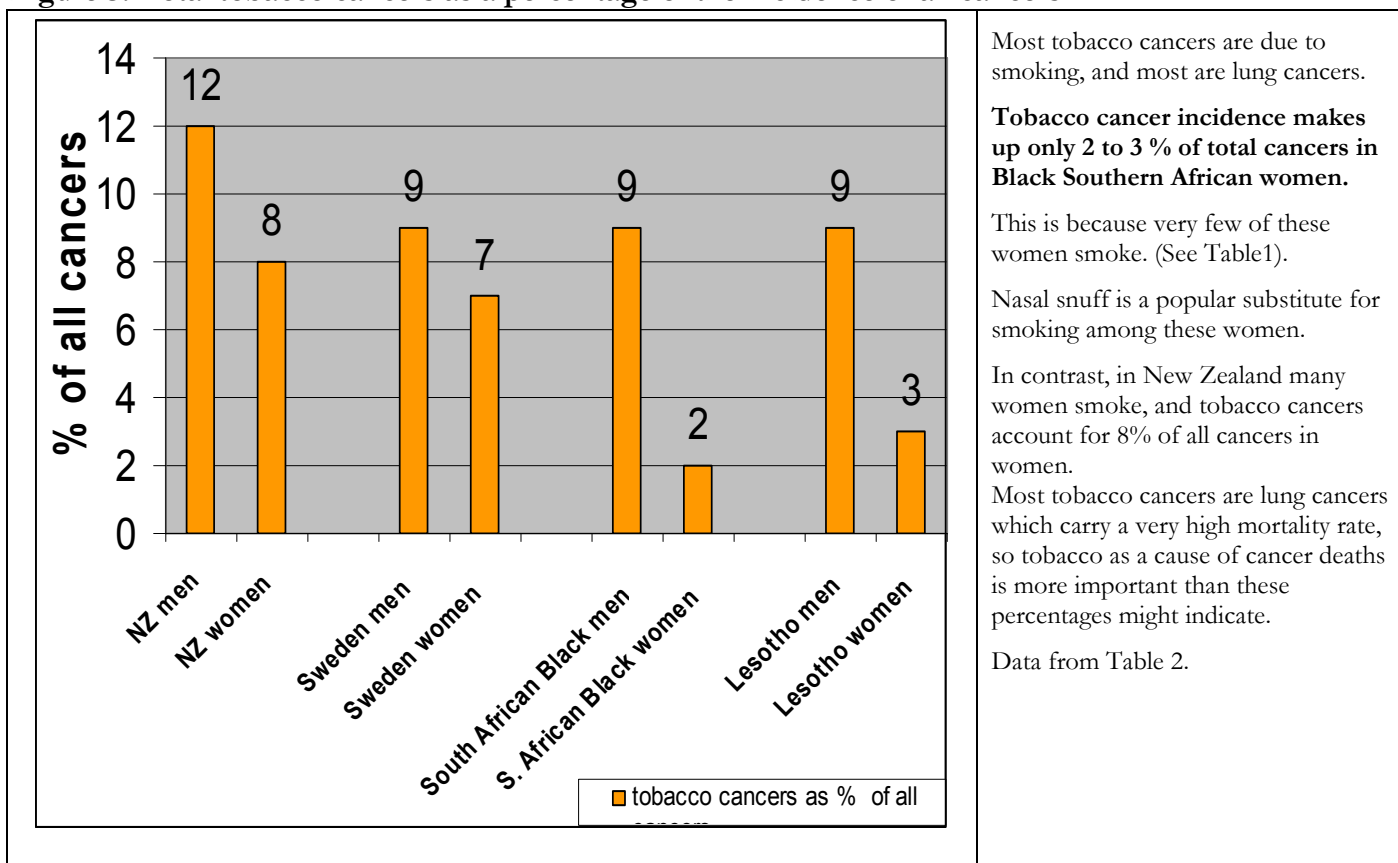
Lesotho, 1992: *Tobacco or Health, a global status report*. WHO 1997.

<http://www.cdc.gov/tobacco/who/lesotho.htm>

<http://www.dep-iarc.fr> Age standardised to a world population.

- Whatever the risk of cancer from traditional snuffs from Africa and India, import controls can bar these products from sale. See www.smokeless.org.nz/snuffregulations.htm
- Low nitrosamine snuffs are now available from Sweden and the United States.
- Full disclosure of nitrosamine levels with random independent testing at the manufacturer's expense, can ensure carcinogens are kept to low levels.
- Cigarettes before combustion have very low toxicity, but once lit, the high temperatures create toxic gases in the smoke, which cannot be adequately filtered by any known filter.

Figure 3. Total tobacco cancers as a percentage of the incidence of all cancers



Lesotho Women have traditionally used nasal snuff, but the risk of nasopharyngeal cancer is still less than 1 per 100,000 women per year. Only 1% smoke, and they have by far the lowest incidence of tobacco cancers, 4 per 100,000 per year. Lesotho men may have recently taken up smoking, as their lung cancer rate is low.

South Africa. 4% of Black women smoke, 13% using smokeless tobacco. Smoking is taboo for these women, and use of snuff is less taboo. They avoid lung cancer; and the total tobacco cancer rate is low. A third of South African men smoke, and lung cancer is expected to rise further.

per 100,000 for Swedish men. NZ women have now reduced their smoking below that of Swedish women, but due to past smoking have a cancer rate of 25 per 100,000, higher than for Swedish women.

Table 1. Smoking and snuff prevalence – Sweden, New Zealand, Maori, Lesotho; S. Africa.

Percentages exposed to each type of tobacco	Smoking A	Oral Snuff B	Nasal snuff C	Any tobacco use A+B+C	% of tobacco users who smoke A/(A+B+C)
Sweden – men 1981	34	13	0	47	72
Sweden – women 1981	27	0.3	0	27	99
NZ European – men 1981	33	0	0	33	100
NZ European – women 1981	27	0	0	27	100
NZ Maori men 1981	53	0	0	53	100
NZ Maori women 1981	58	0	0	58	100
Lesotho men 1992	38.5	8.7	1.0	48	80
S. African Black women 1998	4.2	3**	10**	17	24
Lesotho women 1992	1.0	1.8	26.5	29	3

New Zealand: Tobacco Statistics 2000. Cancer Society of NZ. 1981 Census data:35% of all men and 29% of all women smoked.

Sweden Tobacco use: www.statveca.com

Lesotho,1992 data: *Tobacco or Health, a global status report*. WHO 1997. <http://www.cdc.gov/tobacco/who/lesotho.htm>

**Total smokeless use 12.6%, of which “most” is nasal snuff.

New Zealanders consume all their tobacco as smoking tobacco, 99% in the form of cigarettes.

Table 2. Common tobacco-related cancer and total cancer incidence rates

Percentages exposed to each type of tobacco	All cancer All	Lung cancer A	Oral cancer B	Nasal cancer C	Any tobacco use A+B+C	Tobacco cancers as % of all cancer (A+B+C)/All
NZ – men 2002	363	37	5.6	0	42	12
Sweden men 2002	278	21	4.5	0	26	9
NZ women 2002	299	21	3	0.3	25	8
Swedish women 2002	299	14	3	0.2	17	7
S. African Black men	224##	9*	9#	2##	20	9
Lesotho men 2002	162	12	3	0	15	9
S. African Black women 1998	168##	2*	1.75#	0.4##	4	2
Lesotho women 2002	132	1	2	0.7	4	3

* Mqoqi N. et al. Incidence of histologically diagnosed cancer in South Africa 1998-99. National Cancer Registry of SA. 2004.

#Hille JJ et al. J Dent Assoc S Afr 1996 51: 771-6.

Rate for the total population, of which Blacks form the majority.

Note:1) Oral cancer is mainly due to smoking, partly to alcohol.. www.smokeless.org.nz/mouthcancer.htm

2) For Lesotho, earliest available tobacco use data is from 1992. Whereas smoking had probably increased prior to 1992 , nasal snuff use was traditional and widespread.

3) For South Africa, tobacco use data refers to 1998, whereas the recent cancer rates are due to tobacco use several decades previously.