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Supplementary appendix 2

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Kutanthauzila kwa mu Chichewa uku kwachokela kwa alembi a nkhaniyi ndipo tayipeleka kwa inu m'mene tinayilandilila. Mawu a mu Chichewa sanawunikilidwenso kapena kukonzedwa. Nkhani ya mu Chingelezi yokha ndi imene yadutsa mu ukonzi wa Lancet, kotelo kuti nkhani ya mu Chingeleziyi ndi imene ikuyimilila mokwanila nkhani yonse imene yalembedwa.

Supplement to: Middleton DRS, Mmbaga BT, Menya D, et al. Alcohol consumption and oesophageal squamous cell cancer risk in east Africa: findings from the large multicentre ESCCAPE case-control study in Kenya, Tanzania, and Malawi. *Lancet Glob Health* 2021; published online Dec 15. https://doi.org/10.1016/S2214-109X(21)00506-4.

Ubale wa zakumwa zoledzeletsa ndi matenda a khansa ya pakhosi: Zotsatila za kafukufuka yemwe adachitika mmayiko a Kenya, Tanzania ndi Malawi (ESSCAPE study)

Cholinga cha kafukufuyu

Ngakhale nzosatsimizika komanso zovutirapo kupanga kafukufuku wake, zakumwa zoledzeletsa zili ndi kuthekera kokhala nawo m'gulu la zinthu zomwe zimayambitsa matenda a khansa ya pakhosi yomwe yavuta kwambiri mu chigawo cha ku m'mawa kwa Africa. Tachita kafukufukuyu ndi cholinga choti tione ngati kumwa zoledzeletsa komanso mlingo wa zakumwazo zingakweze chiopsyezo chodwala matenda a khansa ya pakhosi.

Njira zomwe tinagwiritsa ntchito popanga kafukufukuyu

Kafufukuyu adachitidwa m'zipatala za m'mayiko a Kenya, Tanzania ndi Malawi pofananiza mtundu wa zakumwa zoledzeletsa zopezeka m'mayikowa, ndi mlingo wake, pakati pa anthu odwala nthendayi ndi anthu omwe adalibe nthendayi. Kuti atengepo mbali m'kafukufukuyu, odwala nthendayi (cases) amayenera kukhala a zaka 18 kapena kuposera apo, ndi zotsatira za ku labotare (zomwe pafupifupi odwala onse adali nazo) kapena njira zina zoyezera matenda m'chipatala (kwa otsalawo) zotsimikizila kuti akudwala khansa ya pakhosi kwa nthawi yoyamba. Anthu ofanizira nawo (controls) adali odwala ogonekedwa m'chipatalamo kapena ayi, ndi odzaona odwala. Iwo samayenera kukhala odwala matenda a khansa ya mtundu uli onse kapena nthenda ina ili yonse yokhudza m'mimba. Aliyense odwala khansayi anali ndi ofanizira modzi malingana ndi zaka zake komanso mofanizira kuti ndi mwamuna kapena mkazi. Onse ovomereza kutengapo mbali m'kafukufukuyu amafunsidwa koyamba ngati adamwapo zamukwa zoledzeletsa. Kwa omwe adali atamwapo zakumwazi, adafunsidwa mafunso okhudza kwamwedwe ka zoledzeletsazo ndipo adagawidwa m'magulu awiri: okumwa mlingo wochepa (<30%) ndi okumwa mlingo wambiri. Kuphatikiza apo, chiwerengero cha zipanda ndi ethanol olowa m'thupi pa sabata ili yonse komanso mtundu wa chakumwacho ndi mmene chimathandizira kukweza mlingo wa ethanol m'thupi.

Zotsatira

Anthu odwala khansa ya pakhosi okwana 1279 (cases) and ofanizira nawo 1346 (controls) adatengapo gawo m'kafukufukuyu yemwe adachitika kuyambira mwezi wa August 2013 mpaka May 2020. Ku Kenya kudapezeka odwala 430 ndi ofanizira nawo okwana 440, ku Tanzania odwala 310, ofanizira nawo 313, ndi ku Malawi odwala 539, ofanizira nawo 593. Odwala khansa okwana 65 (4.8%) mwa odwala khansa onse okwana 1344 adapezeka osayenera kutengapo mbali m'kafukufukuyu. Zotsatira za kafukufuku zidaonetsa kuti kumwa zakumwa zoledzeletsa kumaonjezera kukweza chiopsyezo chodwala nthenda ya khansa ya pakhosi makamaka kwa abambo ku Kenya ndi Tanzania. Chiwerengero cha zipanda za mowa komanso mlingo wa ethanol m'thupi nazonso zimaonjezera chiopsyezochi kwa abambo ndi amayi omwe ku Kenya ndi Tanzania, koma kwa amayi okha ku Malawi. Pofanizitsa anthu okumwa ndi osamwa, anthu okwana 65 pa abambo 100 ali wonse okumwa zoledzeletsa ku Kenya adali ndi khansa ya pakhosi (PAF 65% (95%CI 52-78); 23 pa amayi 100 ali wonse okumwa ku Kenya adali ndi nthendayi (23%; <1-45); 56 pa abambo 100 ku Tanzania (36-76); ndi 5 pa amayi 100 ku Tanzania (0-42). Anthu okumwa mlingo wochuluka ndi amene adali pa chiopsyezo chachikulu chodwala khansayi.

Thandauzo la zotsatirazi

Kumwa zakumwa zoledzeletsa kungaonjezere chiopsyezo chodwala matenda a khansa ya pakhosi ku m’mawa kwa Africa, makamaka kwa abambo. Kulimbikitsa kusiya kapena kuchepetsa kumwa zoledzeletsa ngati njira zopewera matendawa kungachepetse chiwerengero cha anthu odwala khansayi mochuluka. Nkutheka kuti otengapo mbali a ku Malawi adayankha mochepetsa mlingo wawo. Kafukufuku wamtsogolo akuyenera kudzagwiritsa ntchito njira zina zoyezera kamwedwe pofuna kuthana ndi vuto ngati limeneli.