Does binge drinking increase the risk of lung cancer: results from the Findrink study
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Extraction

Participants
2,267 middle-aged men from Eastern Finland without a history of lung cancer at baseline

Exposure
Alcohol consumption - Binge drinking classified as >70g ethanol/drinking session

Outcome
Lung cancer incidence in smokers (1–19/day) compared to nonsmokers, as identified by Finnish cancer registry

Outcomes

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Present</th>
<th>Absent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>15</td>
<td>352</td>
</tr>
<tr>
<td>No</td>
<td></td>
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</tbody>
</table>

Chi Square 29.25

Conclusions

Authors Conclusions
The authors concluded that binge drinking was not associated with an increased risk of lung cancer among non-smokers; however, among smokers, it was associated with an increased risk irrespective of number of cigarettes smoked daily. The authors state that the effects of smoking cannot be disentangled and that the pattern of alcohol consumption may need to be taken into consideration when investigating the association.
between alcohol and lung cancer because drinking pattern may have independent effects on health not explained by total alcohol consumption.

**Journal Club Conclusions**

**Quality of the paper**

**Domains of appraisal most significant for the study design**
Well-designed and conducted study with a cohort representative of the target population. Confounding factors were identified and adjusted in the analysis. There was sufficient follow-up period; however, it was not clear whether people who withdrew were described and included in the analysis. Statistical methods were adequately described.

**Total scores for Y, N, Unclear, N/A**
Yes: 8 No: 0 Unclear: 2 N/A: 0

**Appropriateness of Authors Interpretation of Results**

**Congruency with actual findings**
Based on the results reported, authors' conclusions were appropriate and correct. The findings are congruent with results reported from other similar studies.

**Your conclusion on the applicability of the paper**

**For local practice**
Research informing alcohol binge drinking as a causative risk factor for lung cancer is important in any attempt on behalf of health care to initiate informed strategies and treatments for the prevention and management of disease. By identifying and understanding the risk imposed by alcohol binge drinking, appropriate priorities will be identified and steps made to eliminate exposure as much as possible.

**For policy**
Interventions or programs to reduce the incidence of lung cancer in men should consider alcohol drinking pattern, particularly in populations where there is a high incidence of binge drinking and who are smokers.

**For their usefulness to your Journal Club**
Critical appraisal of this article has highlighted the various important elements of appraising a journal article, particularly related to risk and causation. Further, armed with increased knowledge of this risk factor for lung cancer in smokers, health professionals may be better able to differentiate alternative diagnoses, and better inform and mange patients, based on a profile of risk factor established whilst documenting patient history.