

**NEXUS BETWEEN HOT TEA CONSUMPTION AND RISK FOR ESOPHAGEAL
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Most of our lives revolve around our daily intake of caffeine which has increased dramatically over the years. However, China is known to be the largest consumer of caffeine around the world, especially in the form of tea. This has led to increased risks of esophageal cancer in people who consume tea at a relatively high temperature. Recent studies have shown that the chances of developing esophageal cancer increase 5-fold if accompanied with alcohol and/or smoking.

Esophageal cancer is a disease of esophagus in which abnormal growth of cells in esophageal mucosa occurs due to constant irritation and exposure of cancer causing agents. Squamous cell carcinoma and adenocarcinoma are the two types. Among the many causes of esophageal cancer, the most common are smoking, alcohol, and GERD. According to studies done in the past, the consumption of tea at high temperatures has been suggested to increase the risk of esophageal cancer.

The study published in International Journal of Cancer in 2009 stated that "Hot tea may cause esophageal cancer by causing thermal injury to the esophageal mucosa" which then leads to increased risk of Esophageal cancer, especially in Asia, where hot tea is commonly consumed. However, the association between hot tea and esophageal cancer is not firmly established.

On 3rd April 2018, a research was published in *Annals of Internal Medicine* which specified that consuming tea at high temperature is associated with an increased risk for esophageal cancer in those who also drink alcohol or smoke cigarettes. The study was conducted in China based on a long-term follow up on 456,155 participants out of which 1,731 reported to have developed Esophageal cancer who consumed hot tea with either alcohol or smoking.

Esophageal cancer is increasing in prevalence around the world, especially in underdeveloped countries. The chances of surviving this cancer is relatively very low. Although number of studies were conducted but they were not proven to be statistically accurate because the results were limited to the participants tea drinking habits and their usage of alcohol and smoking during the study period. In order to avoid subject biases, it is better to plan a more organized and detailed research to prove the association of hot tea with alcohol or smoking and esophageal cancer.

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