

SHORT REPORT

The Importance of Smoking Cessation as Part of Lung Cancer Control Measures in Japan

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A study of annual trends in the number of deaths and mortality rate in Japan found that lung cancer is one of the most frequent causes of death (1). Lung cancer is clearly associated with cigarette smoking (2). Thus, this paper reviews reports on the importance of measures to stop smoking as part of lung cancer control measures in Japan and it discusses how these findings can be linked to more specific preventive measures.

Keywords: Lung cancer, smoking cessation, Japan

A report (3) indicated that “there is a clear association between lung cancer and smoking in Japanese” and that “the risk of lung cancer for current smokers is, in comparison to nonsmokers, 4–5 times higher for men and 3–4 times higher for women.” As the report further indicated, “assuming nonsmokers, *ie* individuals who are not exposed to passive smoking, have a risk of lung cancer due to passive smoking of 1”, then smokers have “a risk of lung cancer due to passive smoking 1.2 – 1.3 times” higher. Anticipating an increase in the incidence of lung cancer and the number of deaths caused by lung cancer, another report (4) stated the need to further encourage smoking cessation. The current authors earlier examined the mortality rate due to lung cancer and previous

measures to reduce it and reported on the importance of encouraging smoking cessation as part of lung cancer control measures from the perspective of preventive medicine (5).

Measures to stop smoking are a key means of decreasing lung cancer morbidity and mortality in Japan. Another vital component of such efforts is for administrative bodies and relevant organizations, along with experts in clinical medicine and preventive medicine, to work in concert to encourage smoking cessation.

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