

Preventive Effect of Ginseng Intake on Various Human Cancers: A Case-Control Study

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The authors earlier investigated the effect of ginseng consumption on the risk of cancer by interviewing 905 pairs of cases (cancer patients) and controls who were admitted to the Korea Cancer Center Hospital, Seoul, Korea. Ginseng extract and powder were shown to be more effective than fresh slice, ginseng juice, or tea in the reduction of the odds ratio. This study was conducted with the object of 1,987 pairs of cases and controls to examine odds ratios by the sites of cancer and also get more stable results on the cancer risks by the types of ginseng product. 52% of the cases had ever consumed ginseng in any type, while 69.8% of the control had. The odds ratio in relation to ginseng intake was 0.51. The odds ratio of red ginseng was 0.23,

the lowest in all types of ginseng product. The odds ratio by the sites of cancer in both sexes were 0.46 in lip, oral cavity & pharynx, 0.23 in esophagus, 0.38 in stomach, 0.42 in colon & rectum, 0.49 in liver, and 0.54 in lung ($p < 0.01$, respectively). The odds ratios by sites of cancer in male had no differences from those in both sexes. In female, however, the decreases of the odds ratios were not remarkable in cancers of hormone-related sites by showing 0.68 in breast, 0.64 in cervix uteri, and 0.72 in thyroid. In conclusion ginseng effectively prevented cancers closely related with environmental factors, while it only showed slight decreases of odds ratios in breast, cervix uteri, and thyroid in female.