

# 警告： 熱飲可能導致食道癌

Warning: Hot Drinks Probably Cause Cancer

編輯部 Editor 編譯

## 摘要

過去認為咖啡或茶葉中所含的咖啡因是致癌因子，不過最新研究發現，「溫度」才是致癌關鍵，因為熱飲本身的「溫度」會導致盛裝熱飲之容器溶解出致癌物質，這也讓盛裝熱飲之容器變成一大隱憂。食品安全衛生管理法第26條即要求針對食品器具、食品容器或包裝材質名稱及耐熱溫度做出標示，以維護民眾身體健康。

People used to think that coffee or tea causes cancer. However, The International Agency for Research on Cancer found it was “the hot temperature,” not caffeine causes cancer. According to the study, drinking very hot beverages is one probable cause of oesophageal cancer. Tea has been confirmed as a healthy drink. The Royal Society of Chemistry recommends drinking tea at 60-65 degrees.



關鍵詞：食道癌 (oesophageal cancer)、致癌物 (carcinogen)、溫度 (temperature)、熱飲 (hot drink)

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According to Act Governing Food Safety and Sanitation Article 26, food containers or packaging designated by the central competent authority in a public announcement shall conspicuously indicate thermal resistance temperature in Chinese and common symbols.

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## 壹、新訊快遞\*

茶葉與咖啡飲品經歷過許多研究後已經洗刷致癌的汗名，真正致癌的風險來自於熱飲的「溫度」，國際癌症風險研究會（International Agency for Research on Cancer, IARC）發現飲用超過65度以上的飲品，罹患食道癌的風險將會增加1倍。

茶葉的最佳飲用溫度在60～65度之間，通常是沖泡後靜待6分鐘就能達到最佳飲用溫度，咖啡則是建議在40～60度間飲用，溫度適合也能嘗到咖啡風味。如果不想花時間等待，建議加入牛奶冷卻後再飲用。

## 貳、評析

食道癌是一種預後不好的癌症，病人早期通常無明顯症狀，到中晚期則會感覺到吞嚥困難、食慾不佳而體重明顯減輕，多數採用手術切除及放射線進行治療。

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\* Sarah Knapton, Hot Drinks Probably Cause Cancer, Warns World Health Organization, TELEGRAPH, 15/06/2016, <http://www.telegraph.co.uk/science/2016/06/15/hot-drinks-probably-cause-cancer-warns-world-health-organisation/>