

# Alcohol Use & BREAST CANCER



Did you know that:



- Breast cancer is the most common form of cancer in women.
- Screening and early detection could save your life.

## HOW CAN I LOWER MY RISK?

You can lower your risk for developing breast cancer by eating a healthy diet, being physically active and limiting your alcohol intake to one standard drink per day.

“Individuals who consume more than one drink per day have a 1.5 times greater risk for breast cancer than non-drinkers.”

*American Cancer Society*

For more information on Canada's Low Risk Drinking Guidelines, call 1-800-463-6273 or visit [www.lrdg.net](http://www.lrdg.net)



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C.E.A.S.E.

(The committee to end the  
Abuse of Substances in  
Essex County.)