

Cancer

Did you know....

Drinking more than 1 or 2 standard drinks of alcohol per day can put you at risk for a variety of cancers.

- Alcohol is linked to cancers of the mouth, throat, esophagus, colon, rectum, and liver. It is also causally linked with breast cancer in women.
- Cancer is one of the few alcohol-related problems where the association is largely linear and dose-related - that is, the risk of cancer increases with the amount of alcohol consumed.
- Among women, cancer was the leading cause of alcohol-related death in 1995 (in Canada) ahead of motor vehicle accidents and liver cirrhosis. For men, cancer was the second leading cause of alcohol-related death after suicide/self-inflicted injury, followed by motor vehicle accidents and liver cirrhosis.
- To reduce risk, limit yourself to 1-2 drinks a day, to a weekly maximum of 9 for women and 14 for men.

(Source: Report on the Links Between Alcohol and Cancer, The Toronto Cancer Prevention Coalition Alcohol Working Group - <http://www.city.toronto.on.ca/health/resources/tcpc/#reports>)

- For additional information on the links between alcohol and cancer see:

National Institute on Alcohol Abuse and Alcoholism <http://www.niaaa.nih.gov/publications/aa21.htm>

Breast Cancer

Did you know....

Drinking alcohol is one of the risk factors for breast cancer a woman can do something about.

- Breast cancer is an important health concern among women as they age. Developing breast cancer can have a profound effect on women psychologically, physically and socially. It is also important from a national perspective: Canada has the second highest incidence of breast cancer in the world (trailing only the United States). It is estimated that in 2003 there will be over 21,000 new cases of breast cancer among women in Canada (*Canadian Cancer Society*).
- About 4% of the breast cancers in women are directly attributable to alcohol. The more women who drink at higher levels, the greater the number of breast cancer cases we are likely to see. So conservatively, over 840 women in Canada each year might be able to prevent developing breast cancer by reducing their alcohol consumption to safer levels for women.
- Compared with nondrinkers, women who consume 1 alcoholic drink a day have a very small increase in risk, and those who have 2 to 5 drinks daily have about 1½ times the risk of women who drink no alcohol.

(Source: *Alcohol and Breast Cancer* http://www.agingincanada.ca/alcohol_and_breast_cancer.htm)

- Evidence suggests that women who drink alcohol have a higher risk for breast cancer. The more alcohol a woman drinks, the higher her risk. If you consume alcohol, limit your alcohol intake to one alcoholic drink a day: 12 ounces (340ml) of beer, 5 ounces (140 ml) of wine, or 1.5 ounces (42 ml) of spirits).

(Source: *Reducing the Risk of Breast Cancer*, Health Canada
http://www/hc-sc.gc.ca/english/iyh/diseases/breast_cancer.html)

- For additional information on alcohol and breast cancer see :

"Alcohol and Breast Cancer," Keith Singletary, PhD, and Susan Gapstur, PhD, Journal of the American Medical Association (Vol. 286, No. 17: 2143-2151)

"Alcohol Consumption Increases The Risk Of Fatal Breast Cancer" Heather Feigelson, PhD, Cancer Causes and Control, December 2002