



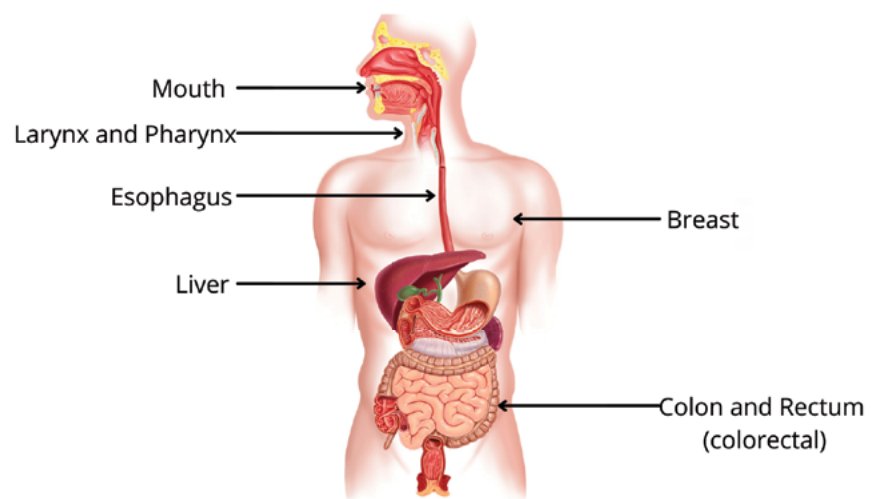
Alcohol and cancer

Cancer is the leading cause of death among Canadians, and alcohol increases the risk of people getting and dying from cancer. The more alcohol you drink, the higher your risk of developing cancer, including breast and colorectal cancers. Yet, only 28% of Ontarians know that alcohol can cause cancer.¹

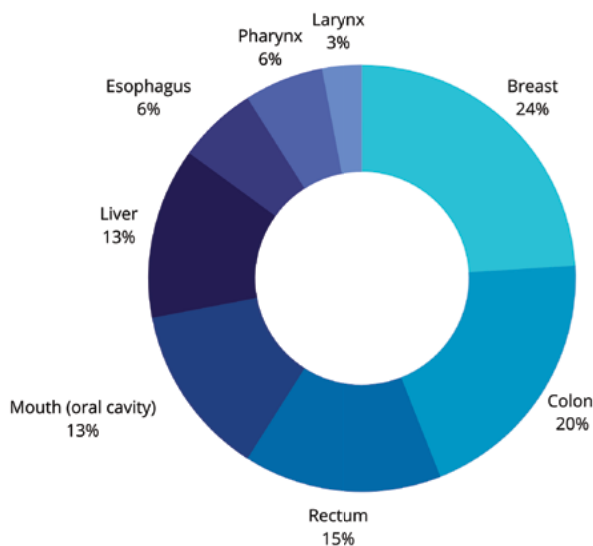
What are the types of cancers causally associated with alcohol use?

There is strong evidence that drinking alcohol increases the risk of at least **7 types of cancers**.^{2,3}

- mouth
- larynx
- pharynx
- esophagus
- breast
- liver
- colon and rectum.



In 2020, alcohol use contributed to **7,000** new cases of cancer in Canada³.



Drinking **3.5 standard drinks** a day²:



- will **double or increase** your risk of developing cancer of the mouth, pharynx, larynx and esophagus **up to 3 times**.
- will **increase** your risk of developing colorectal and breast cancers by **1.5 times**.

The evidence also shows that individuals who consume up to **2 standard drinks** a day are at an increased risk of developing cancer.³

References

1. Leger. (2015, June). *Drinking habits and perceived impact of alcohol consumption* [PowerPoint slides]. Canadian Cancer Society.
2. Canadian Cancer Society. (n.d.). *Some sobering facts about alcohol and cancer risk*. Available: <https://cancer.ca/en/cancer-information/reduce-your-risk/limit-alcohol/some-sobering-facts-about-alcohol-and-cancer-risk>. Accessed January 18, 2022.
3. Centre for Addiction and Mental Health. (2021, July 13). *New WHO study links moderate alcohol use with higher cancer risk*. Available: <https://www.camh.ca/en/camh-news-and-stories/new-who-study-links-moderate-alcohol-use--with-higher-cancer-risk>. Accessed January 18, 2022.