COVID-19 & Cancer Risk Reduction
Before we get started…

The Wisconsin Cancer Collaborative is a statewide coalition of 140 organizations working together to reduce the burden of cancer for everyone in Wisconsin.

We connect our members with the tools, support, and knowledge they need to create healthier communities.

Wisconsin Cancer Plan 2015-2020

www.wicancer.org
Agenda

- Wisconsin COVID-19 Update – DHS
- Cancer Risk Factors Overview
- Cancer Risk Factors and COVID-19
- Alcohol & Cancer Risk
Wisconsin Update
Dr. Mark Wegner, Chronic Disease Medical Advisor, Division of Public Health

As of July 8th, Wisconsin has:

- 611,150 negative test results
- 33,154 positive test results
- 3,683 hospitalizations
- 807 deaths

All 72 Wisconsin counties have positive cases

www.dhs.wisconsin.gov/covid-19/
COVID-19 disproportionately impacts certain communities in Wisconsin

https://www.dhs.wisconsin.gov/covid-19/data.htm
What are some behaviors that lower cancer risk?

- Decreasing Tobacco Use
- Physical Activity
- Healthy Diet
- Decreasing Sun & UV Exposure
- Decreasing Radon Exposure
- Decreasing Alcohol Use
- Hepatitis B & HPV Vaccination
- Cancer Risk
COVID-19 and Cancer Risk Factors

Many of the same factors that impact cancer risk also impact one’s risk for serious illness from COVID-19.

**Tobacco Use**
- Smoking is associated with an increased risk for severe illness from COVID-19
- 1-800-QUIT-NOW

**Sun & UV Exposure**
- Exposure to the sun and high temperatures does not protect against COVID-19
- If opting outside for exercise instead of the gym, remember sunscreen

**Physical Activity & Diet**
- Important to stay active and have a healthy diet during quarantine
- Obesity is associated with greater risk for severe illness from COVID-19

**Radon Exposure**
- With more people spending more time at home, getting homes tested for radon can protect you

Additional Resources:
Alcohol and COVID-19

Why should cancer organizations care?
Why should we discuss alcohol and cancer?

- **Awareness** of the connection is low
- **Until recently**, many cancer organizations were not discussing

- Increased awareness of the connection is shown to:
  - Encourage behavior change
  - Increase support for policies that prevent and reduce excessive drinking

Alcohol Use and Cancer Risk

Alcohol increases the risk of at least 7 different cancers:

- Mouth & Throat
- Larynx
- Esophagus
- Breast
- Liver
- Colorectal
Alcohol Use and Cancer Risk

Alcohol increases cancer risk by many potential pathways, including:

- Ethanol → Acetaldehyde
- Blocking the absorption of certain nutrients
- Increasing estrogen levels
- Cirrhosis of the liver
- Weight gain
How much is too much?

► Even light drinking can increase your risk for some cancers, including breast.

► But, drinking heavily, especially over longer period of time, has the greatest impact on risk. Especially for head and neck cancers.

So, what is “high risk”?

High risk drinking includes:

- **Heavy Drinking**
  - (Women: 8+ drinks/week)
  - (Men: 15+ drinks/week)

- **Binge Drinking**
  - (Women: 4+ drinks in 2-3 hours)
  - (Men: 5+ drinks in 2-3 hours)

- **Underage Drinking**

**Excessive drinking** refers to heavy & binge drinking.

**What is “A Drink”?**

- 12 ounces of beer (5% alcohol)
- 8 ounces of malt liquor (7% alcohol)
- 5 ounces of wine (12% alcohol)
- 1.5 ounces of hard liquor (40% alcohol)
How has Wisconsin’s alcohol landscaped evolved in the wake of COVID-19?

Julia Sherman
Wisconsin Alcohol Policy Project
Project Coordinator
https://law.wisc.edu/wapp
Thank you!

QUESTIONS?
August Networking Webinar - Registration Open!

“Introducing the Wisconsin Cancer Plan 2020-2030”

Join us as we unveil the Wisconsin Cancer Plan 2020-2030! Learn what's new in the latest Plan and how it can help you increase your impact. Fellow members will share how they use the Wisconsin Cancer Plan as a blueprint for action to guide their work.

Register here: https://wicancer.org/events/webinars/
Resources

Check out our alcohol and resources!

https://https://wicancer.org/resources/cancer-control-resources/
Resources

Cancer Risk Factors and COVID-19 Resources


Alcohol and Cancer