

ALCOHOL AND CANCER



THE MORE YOU DRINK, THE HIGHER YOUR CANCER RISK

Each year, more than

21,000

people die from alcohol-related cancers in the United States.

WE CAN DECREASE ALCOHOL-RELATED CANCERS IN WISCONSIN BY:



Decreasing high-risk alcohol consumption



Supporting policies that discourage excessive alcohol consumption



Discouraging underage drinking



Encouraging healthcare providers to talk about these cancer risks

70%

of adults do not know that alcohol can cause cancer.

HOW MUCH IS TOO MUCH?

It's recommended that women have no more than one drink per day, and men have no more than two drinks per day.

One drink =



12 ounces of beer
(5% alcohol)



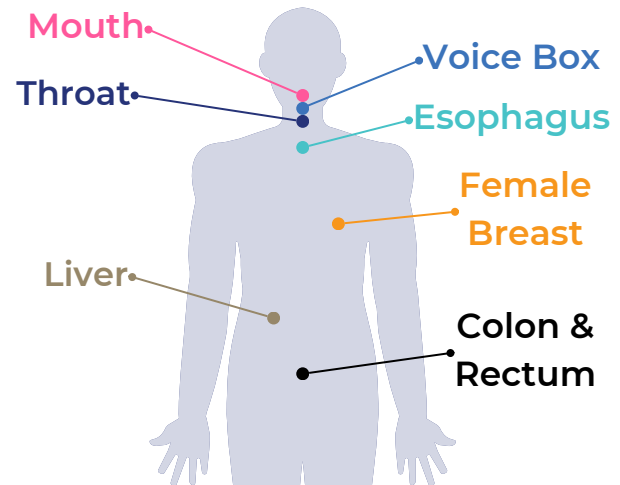
5 ounces of wine
(12% alcohol)



1.5 ounces of hard liquor
(40% alcohol)

Alcohol can damage your DNA - the genetic material that controls cell growth and function. When DNA is damaged, cells can grow out of control and become cancerous.

Alcohol consumption may increase the risk of these seven cancers:



Scan for infographic references and more resources.

