



# ALCOHOL AND CANCER

Dra. Isabel T. Rubio

Madrid, Spain

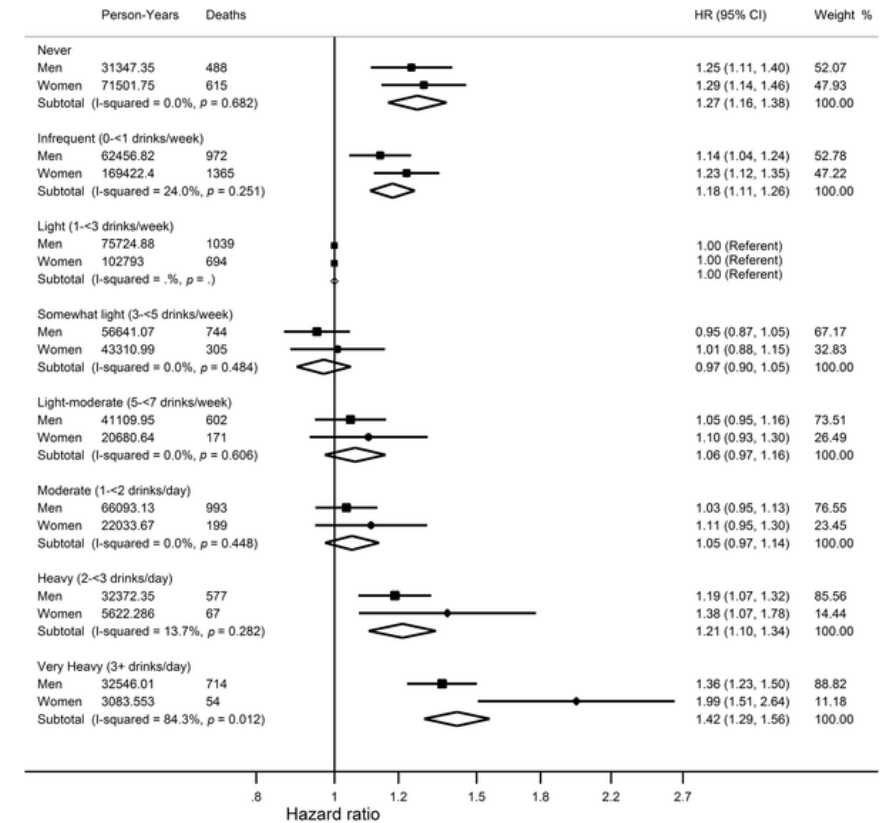


# ALCOHOL AND CANCER

- Alcohol consumption is causally linked to several different types of cancer, including breast, liver, and colorectal cancer.
- But also mouth, throat, laryngeal, and esophageal

# How much is too much?

- 3-6 drinks of alcohol per week was associated with a 15% increased risk of breast cancer
- study of patients with early-stage breast cancer found that consuming three or more drinks of alcohol increased risk of breast cancer recurrence compared to nondrinkers
- 1 alcoholic drink per day (~12 g/day) may be associated with a 1.1 times higher liver cancer risk.
- increased risk for oral, pharyngeal, esophageal, colorectal, laryngeal, and breast cancers as consumption increased



intakes between 1 and <5 drinks per week were associated with the lowest combined risk of cancer or death.

Shu- Chun Chuang et al. *Cancer Causes Control* 2015  
 Chen WY et al. *JAMA*. 2011 Nov 2; 306(17):1884-90  
 V, Rota M, et al. *Br J Cancer*. 2015 Feb 3; 112(3):580-93

# RISK AWARENESS OF CANCER: How can we make a difference?



cancer warning labels applied to alcoholic beverages at a liquor store in Canada increased support for alcohol policies (e.g., minimum unit pricing) among store patrons

Enhanced alcohol labels get noticed and may be an effective population-level strategy for increasing awareness and knowledge of national drinking guidelines.

Weerasinghe A et al. Int J Environ Res Public Health. 2020

Hobin E et al. J Stud Alcohol drugs 2020

# CONCLUSION

- People who drink a lot have higher rates of cancer and higher rates of dying from those cancers
- Promote education about the risks between alcohol abuse and certain types of cancer
- If people are aware of the cancer risks associated with alcohol consumption:
  - more likely to reduce their consumption accordingly
  - engage in other cancer prevention measures.
- Support policy efforts to prevent excessive use of alcohol