

ALCOHOL AND CANCER

Small choices can support your long-term health.

WHY THIS MATTERS

Alcohol consumption increases the risk of several types of cancer. Research has linked alcohol with cancers of the:



MOUTH, PHARYNX
& LARYNX



ESOPHAGUS



LIVER



STOMACH



COLORECTAL
REGION



BREAST



FOCUS ON SMALL CHANGES



CHOOSE ALCOHOL-FREE OPTIONS

- Sparkling water
- Herbal tea
- Flavored water
- 100% juice



IF YOU DRINK, LIMIT CONSUMPTION



Women:
up to 1 drink per day



Men:
up to 2 drinks per day

1 drink = 12 oz. beer, 5 oz. wine, or 1.5 oz. spirits



SUPPORT LONG-TERM HEALTH

- Small changes can add up over time.
- You have choices.
- Your health matters.



REMEMBER

For cancer prevention, avoiding alcohol is the best option.