

ALCOHOL AND CANCER

Fact sheet



8

Alcohol causes eight types of cancer

Alcohol causes 8 types of cancer: oral cavity (mouth), pharynx (throat), larynx (voice box), esophagus, stomach, liver, colon and rectum, and female breast.



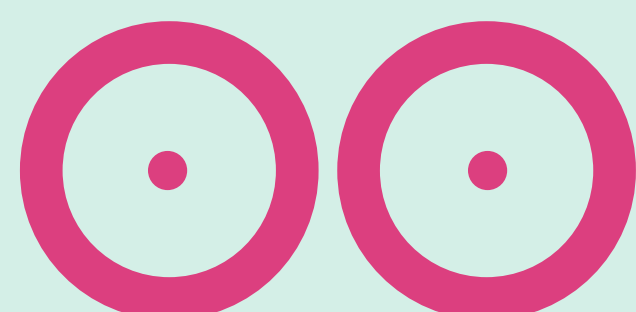
No. 2

Alcohol is the second biggest risk factor for cancer

After tobacco, alcohol use is the biggest risk factor for cancer, according to the WHO.

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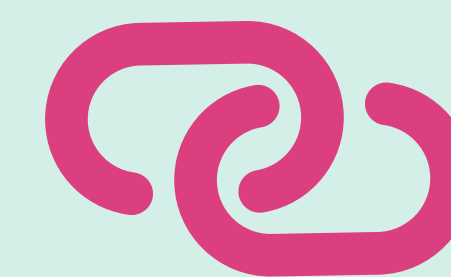
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10g

**12% risk increase for every 10g
of alcohol**

For every 10g of alcohol consumed regularly each day, the risk of female breast cancer increases by about 12%.



1988

**Alcohol classified as Group 1
carcinogen (highest level) since 1988**

Since then, several hundred more epidemiological studies have reported on the link between alcohol use and the risk for cancer at various sites.

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**Alcohol
Causes
Cancer**
NO SAFE AMOUNT



DNA

Acetaldehyde is harmful to human cells

When people consume alcohol, different enzymes in the body will metabolize it into acetaldehyde. Acetaldehyde is harmful to human cells and will cause breakage and mutations in the DNA.



Low

The public and medical professions are largely unaware

Among the general public in European Union countries, people in Sweden had the lowest recognition of the link between alcohol and cancer.

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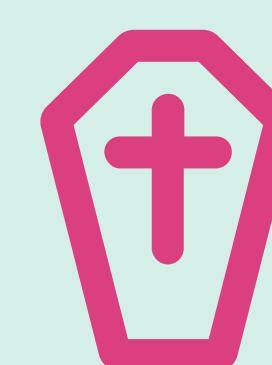
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770,000

Cancer cases worldwide due to alcohol

In the last decades, the total number of cancer cases due to alcohol has increased to approximately 770,000 worldwide or 5.5% of the total number of cancer cases.



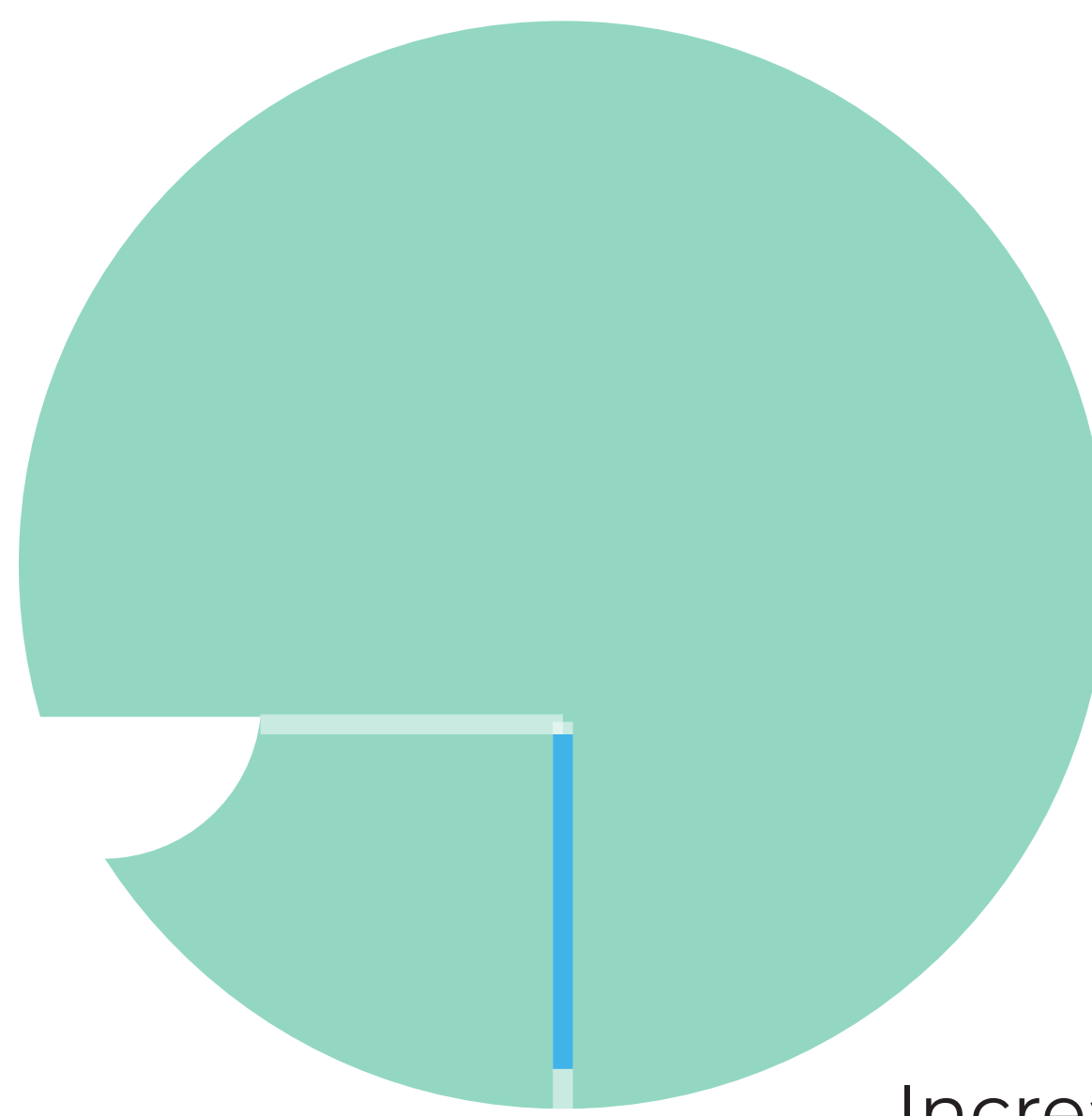
480,000

Cancer deaths due to alcohol

Alcohol use leads to 480,000 cancer deaths or 5.8% of the total number of cancer deaths worldwide.

Oral cavity & pharynx

At 60 grams of alcohol per day or more, there is a threefold increased risk of mouth and throat cancers.

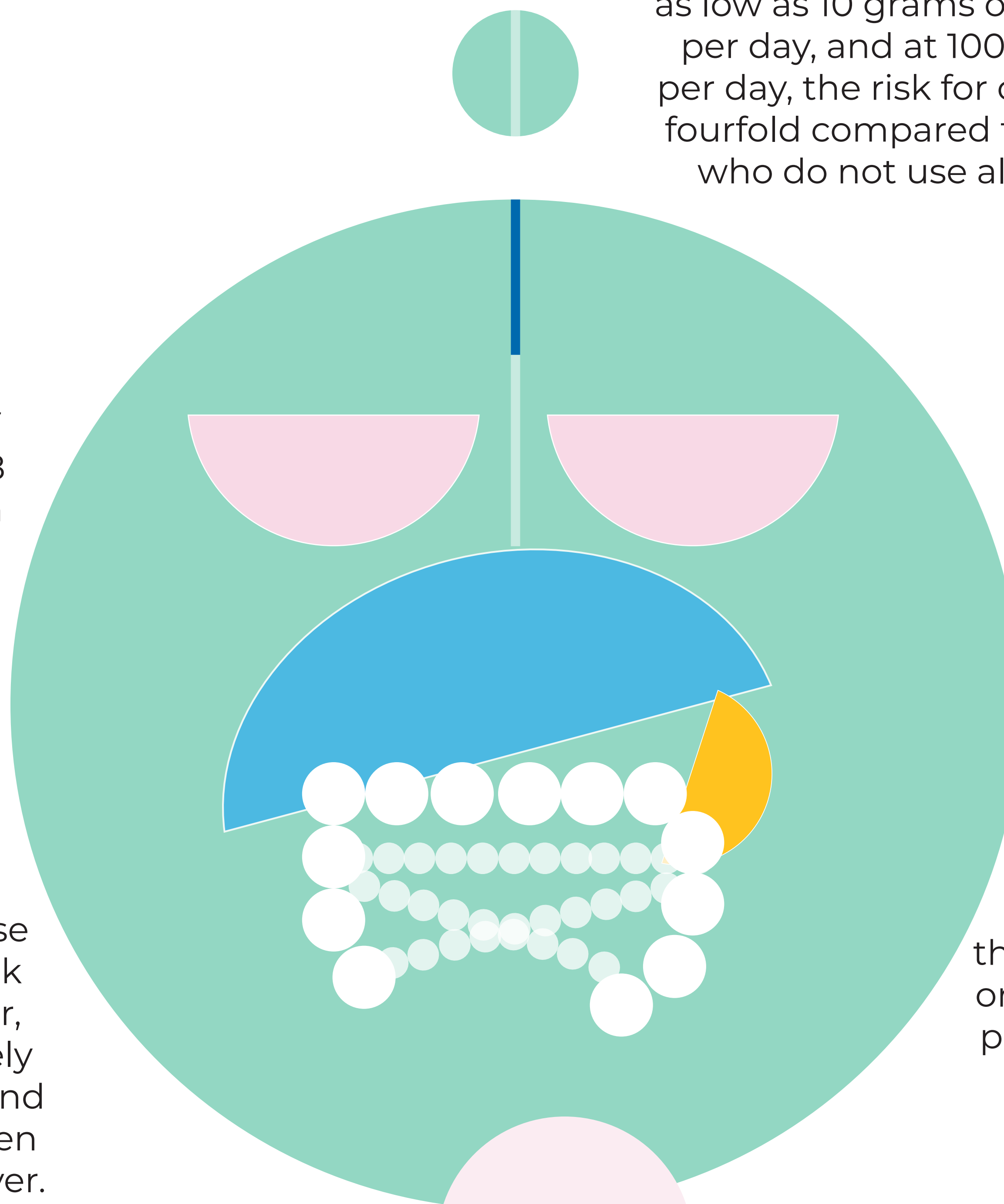


Larynx

Increased risk for laryngeal cancer is detectable at levels as low as 10 grams of alcohol per day, and at 100 grams per day, the risk for cancer is fourfold compared to those who do not use alcohol.

Esophagus

Increasing alcohol consumption increases risk for squamous cell cancer of the esophagus in a dose-dependent manner, with a 20% increase at an intake of 10 grams per day up to a 3–8 fold increased risk with high intakes of alcohol.



Breast

For every 10g of alcohol consumed regularly each day, risk of female breast cancer increases by about 12%.

Liver

There is a dose-response effect for alcohol on risk of liver cancer, however, it is difficult to accurately determine as cirrhosis and other liver disorders often predate cancer of the liver.

Stomach

There is strong evidence that consuming about three or more alcoholic beverages per day increases the risk of stomach cancer.

Colon & Rectum

Risk of these cancers increases with alcohol consumption in a dose dependent manner from 20+ grams of alcohol per day.