

Alcohol and cancer risk

Alcohol increases the risk of many cancers.

The level of risk increases with the amount of alcohol you drink.



Drinking and smoking together significantly increases the risk of some cancers



3 in 10 alcohol related deaths are due to cancer



Breast Cancer is the number one cause of death related to alcohol in New Zealand women

Common cancers linked to drinking alcohol

Mouth, pharynx (upper throat)

Larynx (voice box)

Oesophagus (food pipe)

Breast (in women)

Liver

Bowel

There is some evidence that alcohol also increases the risk of gastric and pancreatic cancers.

Reducing cancer risk



DO

more activities that don't involve drinking



REDUCE

the amount of alcohol you drink



DELAY

drinking until 18 years old or over



SWITCH

to lower strength alcoholic drinks



Cancer Information Helpline
0800 CANCER (226 237)
www.cancernz.org.nz



Cancer Society

Te Kāhui Matepukupuku
o Aotearoa