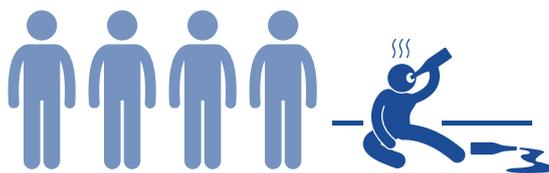




Alcohol and Cancer - An Avoidable Risk

"If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention"
- European Code Against Cancer



Worldwide, the WHO **European Region** has the highest proportion of total ill health and premature death due to alcohol¹

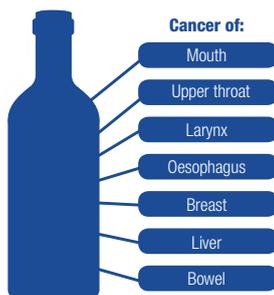
Over one fifth of the European population aged 15 years and above report heavy episodic drinking* at least once a week²

12% of cancer cases



Around 12% of cancer cases worldwide are linked to alcohol consumption³

60+ diseases, including



Alcohol is a causal factor in more than 60 diseases and conditions⁴, including 7 types of cancer: Mouth, Upper throat, Larynx, Oesophagus, Breast, Liver and Bowel⁵

5.9% deaths



Globally, alcohol causes 5.9% deaths (as at 2012), of which 1 in 8 are due to cancer⁶

Breast cancer



The relative risk of breast cancer increases with alcohol intake, increasing by 7.1% for each additional 10 g per day intake of alcohol, i.e. for each extra unit/drink of alcohol consumed on a daily basis⁷

Bowel cancer



Lifetime alcohol intake can increase the risk of bowel cancer by 23%⁸

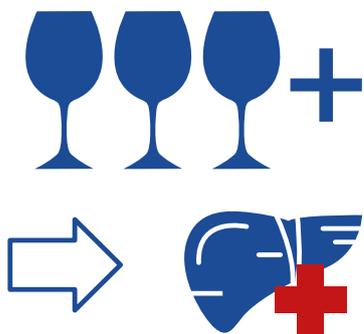
* five or more drinks on an occasion, or 60g pure alcohol

** one drink = 12g pure alcohol



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Liver cancer



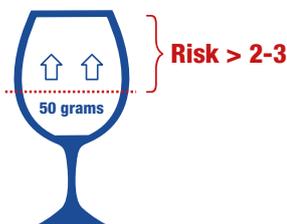
People who drink more than 3 drinks per day** increase their risk of liver cancer by 16%⁹. Alcohol is responsible for one third of all liver cancers, being the first cause in Central and Western Europe, and the second cause globally¹⁰.

Digestive cancer



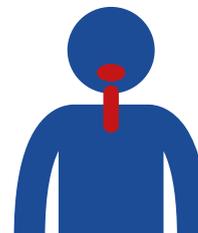
Alcohol consumption is a known risk factor for digestive cancers, including oesophageal, liver, pancreatic, colorectal and gastric cancer¹¹

Head & neck cancers



People who consume 50 or more grams of alcohol per day have at least a two to three times greater risk of developing head and neck cancers than non-drinkers¹²

Mouth & Pharynx cancers



More than 4 drinks** resulted in a 5% increase in the risk of developing mouth and pharynx cancers, compared to people who never drank or drank occasionally¹³

- 1 WHO Europe, <http://www.euro.who.int/en/health-topics/disease-prevention/alcohol-use/data-and-statistics>. Accessed November 2017.
- 2 WHO Europe, <http://www.euro.who.int/en/health-topics/disease-prevention/alcohol-use/data-and-statistics>. Accessed November 2017.
- 3 Cancer Research UK, <http://www.cancerresearchuk.org/health-professional/cancer-statistics/worldwide-cancer/risk-factors>. Accessed November 2017
- 4 <http://cancer-code-europe.iarc.fr/index.php/en/>.
- 5 Cancer Research UK, <http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/alcohol-and-cancer/how-alcohol-causes-cancer>. Accessed November 2017.
- 6 WHO Global status report on alcohol and health 2014, http://www.who.int/substance_abuse/publications/global_alcohol_report/en/. Accessed November 2017.
- 7 British Journal of Cancer (2002) 87, 1234–1245 (18 November 2002) <http://www.nature.com/articles/6600596> and British Journal of Cancer (2015) 112, 580–593 (03 February 2015) <http://www.nature.com/articles/bjc2014579>. Accessed November 2017.
- 8 Ferrari P et al, 2007, 'Alcohol intake and the risk of bowel cancer'. EPIC Oxford, Int J Cancer, pp. 2065-72. <http://www.epic-oxford.org/publications/1428/alcohol-intake-and-risk-of-bowel-cancer>. Accessed November 2017.
- 9 Turati F, Galeone C, Rota M, et al. Alcohol and liver cancer: a systematic review and meta-analysis of prospective studies. Ann Oncol. 2014;25(8):1526-1535 <https://academic.oup.com/annonc/article-lookup/doi/10.1093/annonc/mdu020>. Accessed November 2017.
- 10 JAMA Oncology, 2017 - JAMA Oncol. doi: 10.1001/jamaoncol.2017.3055. Published online October 5, 2017. Accessed November 2017.
- 11 Ueg - United european gastroenterology, <https://www.ueg.eu/publications/alcohol-and-digestive-cancers-report/>. Accessed November 2017.
- 12 The Lancet, <http://oncology.thelancet.com> Vol 8 April 2007 [http://www.thelancet.com/pdfs/journals/lanonc/PIIS1470-2045\(07\)70099-2.pdf](http://www.thelancet.com/pdfs/journals/lanonc/PIIS1470-2045(07)70099-2.pdf). Accessed November 2017.
- 13 Oral Oncology – Head and Neck Oncology [http://www.oraloncology.com/article/S1368-8375\(10\)00136-3/fulltext](http://www.oraloncology.com/article/S1368-8375(10)00136-3/fulltext). Accessed November 2017.