Cancers of the mouth, throat, voice box, and esophagus

- Drinking & smoking combined raises risk more than either alone
- Alcohol can help harmful chemicals in tobacco get inside cells lining the mouth, throat, & esophagus
- Alcohol may limit cells’ ability to repair damaged DNA caused by chemicals in tobacco

Breast cancer

- Even a few drinks a week is linked with an increased risk of breast cancer in women
  - Risk may be especially high in women who do not get enough folate (a B vitamin) in their diet or through supplements
- Alcohol can also raise estrogen levels in the body

Source: American Cancer Society
TREND
After a precipitous drop in 2009, awareness that alcohol raises cancer risk has begun to climb to 43 percent – incredibly, less than half of Americans realize that alcohol is a potent carcinogen.

AICR’s TAKE
Messages about the potential heart-health benefits of modest alcohol intake may be clouding the alcohol-cancer link in the minds of Americans. Nonetheless, alcohol remains a clear and convincing cause of several cancers, and the best advice, when it comes to cancer risk, is not to drink at all.

State-specific prevalence of alcohol use

Proportion of current drinkers who exceeded moderate drinking guidelines

Prevalence of current alcohol use