



Talk to your doctor today

With every drink, the risk of cell mutation in the mouth, throat, breast, liver and bowel increases. These cell mutations are known as cancer.

Evidence has shown that alcohol is a cause of cancer. The more alcohol used over a lifetime, the greater the risk of developing alcohol-caused cancers.

Alcohol is classified as a Group 1 carcinogen, which means there is no doubt it causes cancer, just like tobacco smoke and asbestos.

Research has found there is no safe level of alcohol use, and the risk of developing an alcohol-caused cancer increases in line with the amount of alcohol consumed.

Alcohol causes around 3,500 cancer cases in Australia each year. The less alcohol you drink, the lower your risk of developing an alcohol-caused cancer.

Reducing your alcohol use can help reduce your risk.

Tips to reduce your drinking



Set yourself a drink limit and count your drinks



Have a few alcohol-free days each week



Swap to low or no alcohol alternatives



Keep up your water and food intake



Set yourself a new after-work or end-of-day routine



Talk to your doctor today about reducing your risk or visit reduceyourrisk.org.au



Supported by



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Foundation for Alcohol Research & Education



Alcohol and cancer go together

The less you drink, the lower your risk of harm.

Reduce your drinking to reduce your risk

To reduce the risk of harm from alcohol-related diseases or injury, healthy men and women should drink:

- no more than **10 standard drinks a week**
- no more than **4 standard drinks in one day**



NO MORE THAN

4 on any day
standard drinks
10 a week

What is a standard drink



Light Beer
425ml
2.7% alc/vol



Mid Strength Beer
375ml
3.5% alc/vol



Full Strength Beer
285ml
4.9% alc/vol



Sparkling wine
100ml
13% alc/vol



Wine
100ml
13% alc/vol



Spirit
30ml
40% alc/vol

Types of alcohol-related cancers

There is strong evidence that alcohol causes cancer in at least seven sites of the body.

The risk of alcohol-caused cancer at these sites increases with the amount of alcohol consumed.

Mouth

Pharynx

Larynx

Oesophagus

Female Breast

Liver

Bowel

