Let's rethink the way we drink

When it comes to drinking alcohol: Less is better

Alcohol and Cancer

Mouth and Throat

Larnyx

Esophagus

Breast (Women)

Liver

Colon and Rectum

Understand your risk for alcohol related cancers.

> 3-6 standard drinks (moderate risk) standard drinks

7 + standard drinks (increasingly high risk)

3 or more drinks per week increases your risk of at least 7 types of cancer

(low risk)

standard drinks (no risk)

More than 6 drinks per week further increase risk for cancer, heart disease and stroke

> **Alcohol** related health problems, diseases and injuries can shorten your life.

Tips to reduce your drinking:

- Be informed about Canada's Guidance on Alcohol and Health. For your health, less alcohol is better
- Choose drinks with lower percentage of alcohol
- Drink slowly in small sips
- For every drink of alcohol, have water or a non-alcoholic drink



durham.ca/alcohol

Durham Health Connection Line 905-668-2020 or 1-800-841-2729





