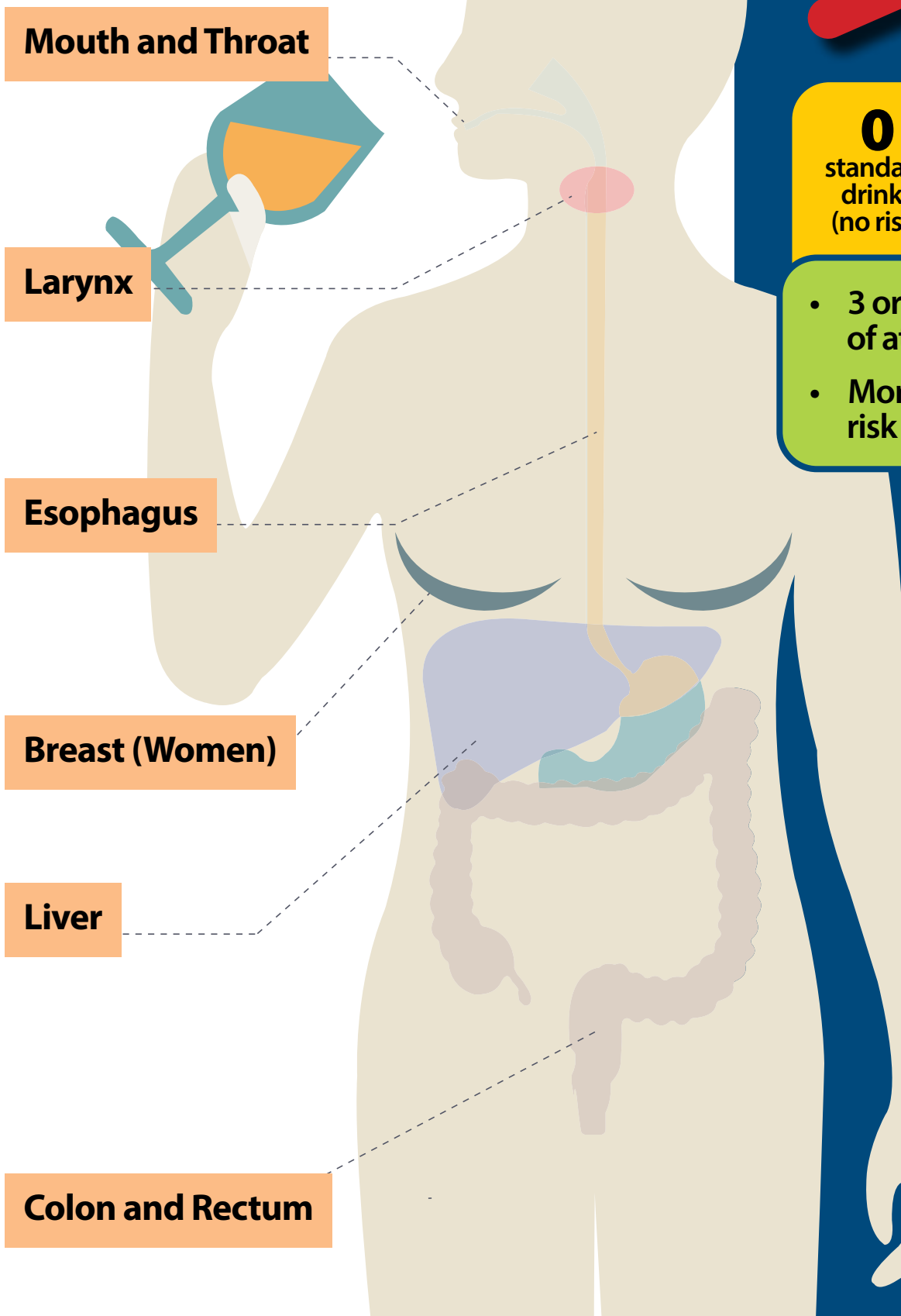


Let's rethink the way we drink

When it comes to drinking alcohol: Less is better

Alcohol and Cancer



Understand your risk for alcohol related cancers.

0 standard drinks (no risk)

1-2 standard drinks (low risk)

3-6 standard drinks (moderate risk)

7+ standard drinks (increasingly high risk)

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

HEALTH DEPARTMENT



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