Alcohol and Cancer Risk

- Drinking alcohol can cause several types of cancers. 1
- Research has shown even light to moderate drinking increases one’s risk for some cancers. 1
- It is estimated 3.5 percent of cancer deaths in the U.S. are alcohol-related, which is about 19,500 people a year. 2

Alcohol Use among Adults and Youth in Michigan

Alcohol Definitions 5

One U.S. Standard Drink Size
12 ounces of 5% ABV beer, 8 ounces of 7% ABV malt liquor, 5 ounces of 12% ABV wine, 1.5 ounces of 40% ABV liquor

Excessive Drinking
Includes binge drinking, heavy drinking, and any drinking by pregnant women or people younger than 21

Heavy Drinking
Women: 8 or more drinks per week
Men: 15 or more drinks per week

Binge Drinking
For women: 4 or more drinks on an occasion
For men: 5 or more drinks on an occasion

What Can Healthcare Providers Do?

- Alcohol screening and brief clinical interventions in health care settings can successfully and cost effectively reduce alcohol consumption. 6
- Many alcohol screening tools are available. Behavior change and positive effects have been observed in adults, older adults, and pregnant women following alcohol screening and brief interventions aimed at reducing alcohol intake. 7
- For implementing alcohol screening visit: https://www.cdc.gov/ncbddd/fasd/alcohol-screening.html
### Lifetime Risk for Specific Cancers among People who Drink Heavily:

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Average Lifetime Risk</th>
<th>Heavy Drinker’s Lifetime Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Breast</td>
<td>12.4%</td>
<td>20.0%</td>
</tr>
<tr>
<td>Colorectal</td>
<td>4.3%</td>
<td>6.2%</td>
</tr>
<tr>
<td>Mouth &amp; Throat</td>
<td>1.1%</td>
<td>5.6%</td>
</tr>
<tr>
<td>Liver</td>
<td>1.0%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Esophageal</td>
<td>0.5%</td>
<td>2.5%</td>
</tr>
</tbody>
</table>

**Tobacco and Alcohol Use**

Research has shown that there is a higher than expected risk for mouth, throat, and esophagus cancers among people who are both a heavy drinker and a smoker. In Michigan, 37.3 percent of people who drink heavily also smoke.

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**For more information on alcohol use:**
www.Michigan.gov/Substanceabuseepi

**For more information on cancer:**
www.Michigan.gov/Cancer

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**References**

6) CDC's Alcohol Screening and Brief Intervention Efforts. [https://www.cdc.gov/ncbddd/fasd/alcohol-screening.html](https://www.cdc.gov/ncbddd/fasd/alcohol-screening.html)