



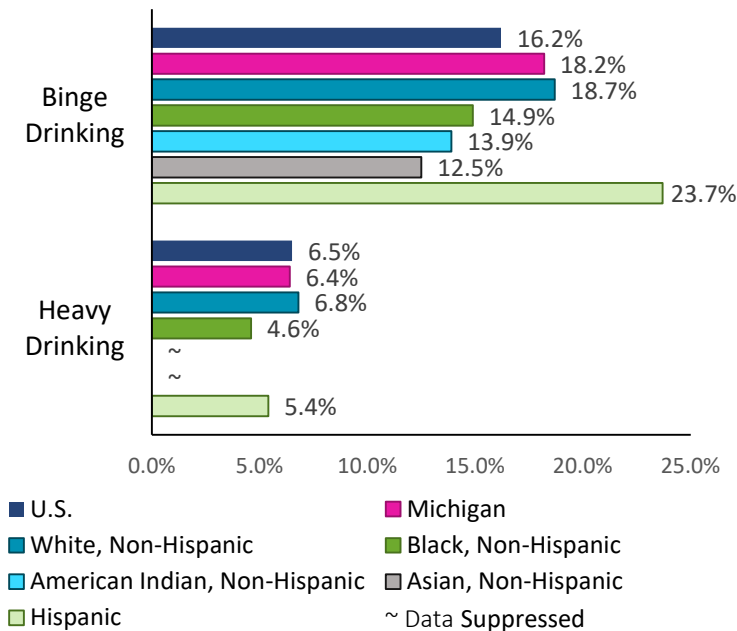
# Alcohol and Cancer Risk



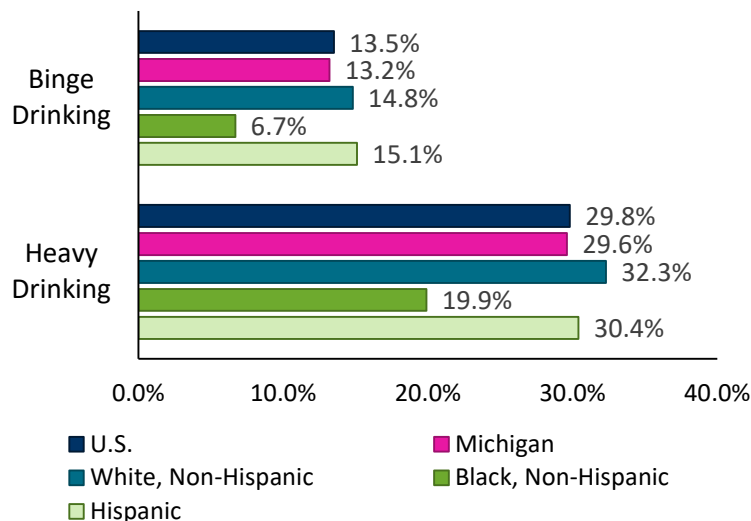
- Drinking alcohol can cause several types of cancers. <sup>1</sup>
- Research has shown even light to moderate drinking increases one's risk for some cancers. <sup>1</sup>
- It is estimated 3.5 percent of cancer deaths in the U.S. are alcohol-related, which is about 19,500 people a year. <sup>2</sup>

## Alcohol Use among Adults and Youth in Michigan

### Adult Alcohol Use in the Past Month, 2018 <sup>3</sup>



### Youth Alcohol Use in the Past Month, 2017 <sup>4</sup>



## Alcohol Definitions <sup>5</sup>

### 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

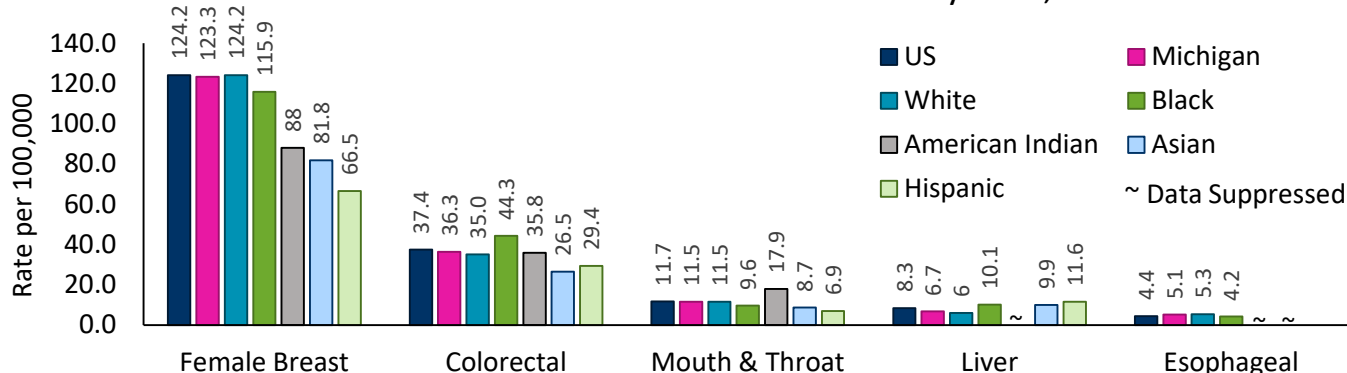
## What Can Healthcare Providers Do?

- Alcohol screening and brief clinical interventions in health care settings can successfully and cost effectively reduce alcohol consumption. <sup>6</sup>
- 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. <sup>7</sup>
- For implementing alcohol screening visit: <https://www.cdc.gov/ncbddd/fasd/alcohol-screening.html>

# Lifetime Risk for Specific Cancers among People who Drink Heavily: <sup>8</sup>

	Average Lifetime Risk	Heavy Drinker's Lifetime Risk
 Female Breast	12.4%	20.0%
 Colorectal	4.3%	6.2%
 Mouth & Throat	1.1%	5.6%
 Liver	1.0%	2.1%
 Esophageal	0.5%	2.5%

Cancer Incidence for Alcohol-Related Cancers by Race, 2016 <sup>9</sup>



## 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. <sup>1</sup> In Michigan, 37.3 percent of people who drink heavily also smoke. <sup>10</sup>

### References

- 1) Alcohol and Cancer Risk. National Cancer Institute. 2018. <https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet>
- 2) Alcohol Use and Cancer. American Cancer Society. 2017. <https://www.cancer.org/cancer/cancer-causes/diet-physical-activity/alcohol-use-and-cancer.html>
- 3) BRFSS Prevalence & Trends Data. Centers for Disease Control and Prevention. 2018. [www.Michigan.gov/BRFS](http://www.Michigan.gov/BRFS)
- 4) Youth Risk Behavioral Risk Factor Survey, 2017. Centers for Disease Control and Prevention. <https://nccd.cdc.gov/youthonline/App/Default.aspx>
- 5) Alcohol Use and Your Health. Centers for Disease Control and Prevention. 2018. <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>
- 6) CDC's Alcohol Screening and Brief Intervention Efforts. Centers for Disease Control and Prevention. <https://www.cdc.gov/ncbddd/fasd/alcohol-screening.html>
- 7) Babor T, Caetano R, Casswell S, et al. Alcohol: No Ordinary Commodity. Research and Public Policy. Oxford, UK: Oxford University Press; 2010
- 8) Bagnardi V, et al. Alcohol Consumption and site-specific cancer risk: a comprehensive dose-response meta-analysis. BR J Cancer. 2015 Feb; 112(3):580-593.
- 9) United States Cancer Statistics: Data Visualizations. Centers for Disease Control and Prevention. <https://gis.cdc.gov/Cancer/USCS/DataViz.html>
- 10) Michigan Behavioral Risk Factor Survey 2017. Michigan Department of Health and Human Services. [www.Michigan.gov/BRFS](http://www.Michigan.gov/BRFS)

For more information on alcohol use:

[www.Michigan.gov/Substanceabuseepi](http://www.Michigan.gov/Substanceabuseepi)

For more information on cancer:

[www.Michigan.gov/Cancer](http://www.Michigan.gov/Cancer)

