

Quotes From the National Cancer Institute article: **Alcohol and Cancer Risk:**

- “According to the federal government’s *Dietary Guidelines for Americans, 2020-2025*, Individuals who do not drink alcohol should not start drinking for any reason.”
- “There is strong scientific consensus that alcohol drinking can cause several types of cancer. In its Report on Carcinogens, the National Toxicology Program of the US Department of Health and Human Services lists consumption of alcoholic beverages as a known human carcinogen.”
- “The evidence indicates that the more alcohol a person drinks – particularly the more alcohol a person drinks regularly over time – the higher his or her risk of developing an alcohol-associated cancer. . . . Based on data from 2009, an estimated 3.5% of cancer deaths in the United States were alcohol related.”
- “Clear patterns have emerged between alcohol consumption and the development of the following types of cancer: Head and neck cancer, Esophageal Cancer, liver Cancer, Breast Cancer, Colorectal Cancer.
- Alcohol consumption may also be associated with an increased risk of second primary cancers.
- “Researchers have hypothesized multiple ways that alcohol may increase the risk of cancer, including:
 - Metabolizing ethanol in alcohol drinks to acetaldehyde, which is a toxic chemical and a probable human carcinogen; acetaldehyde can damage both DNA and proteins.
 - Generating reactive oxygen species dan damage DNA, proteins and lipids in the body through a process called oxidation
 - Impairing the body’s ability to break down and absorb a variety of nutrients that may be associated with cancer risk, including Vitamin A; nutrients in the B complex such as folate; vitamin C; vitamin D; vitamin E and carotenoids
 - Increasing blood levels of estrogen, a sex hormone linked to the risk of breast cancer”

Taken from **Alcohol and Cancer Risk: The US Surgeon General's Advisory**

- “This advisory highlights alcohol use as a leading preventable cause of cancer in the United States, contributing to nearly 100,00 cancer cases and about 20,000 cancer deaths each year.”
- “...but less than half of U.S. adults are aware of the relationship between alcohol consumption and cancer risk”
- “Alcohol consumption is the third leading preventable cause of cancer in the United States, after tobacco and obesity.”
- “The largest burden of alcohol-related cancer in the US is for breast cancer in women.”
- “17% of the estimated 20,000 US alcohol-related cancer deaths per year occur at levels within the daily recommended limits of alcohol consumption.”
- “Higher alcohol consumption increases alcohol-related cancer risk in women and men.”
- “We can take action . . . Update the existing Surgeon General's health warning label on alcohol-containing beverages to include a warning about the risk of cancer associated with alcohol consumption. . . . Reassess recommended limits for alcohol consumption to account for the latest evidence . . . Strengthen and expand education efforts. . .”