The ingredient responsible for cancer risks in alcoholic beverages is the alcohol, or ethanol, itself. Therefore, all types of alcoholic beverages, including beer, wine, and spirits, can cause cancer. The risk starts at low levels and increases substantially the more alcohol is consumed. Compared to men, women experience a greater increase of the risk of developing cancer per drink of alcohol consumed.

Reducing alcohol consumption reduces the risk of developing cancer. The following regulations can support the reduction of alcohol consumption and ultimately of cancers caused by alcohol consumption:

- Making alcohol less affordable
- Banning or restricting alcohol marketing across all types of media
- Reducing alcohol availability

People who use both alcohol and tobacco have a five-times increased risk of developing cancers of the oral cavity, oropharynx, larynx, and esophagus, compared with people who use either alcohol or tobacco alone.

The Pan American Health Organization strongly supports regulations to place health warnings on alcoholic beverages so that the public can know about the risks of cancer from alcohol consumption. Then customers can make informed choices, such as reducing or stopping drinking alcohol. If you already drink alcoholic beverages, reduce your drinking to reduce your cancer risk.

Sources


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