



Does Alcohol Cause Cancer?

The National Toxicology Program of the US Department of Health and Human Services recognizes alcoholic beverage intake as a suspected human carcinogen.

Every year, over 20,000 adults in the United States die from alcohol-related cancers.

In 2021, more than 522,000 alcohol-related cancers were identified in the United States, with over 155,000 males and 367,000 women.

- **Breast cancer** is the most common alcohol-related cancer in **Women**.
- **Colorectal cancer** is the most common alcohol-related cancer in **Men**.

How does alcohol increase the risk of cancer?

- **Damage to cells:** When we drink alcohol, our bodies turn it into acetaldehyde, a chemical that damages cells and blocks recovery.
- **Changes to hormones:** Alcohol raises hormone levels like estrogen and insulin, promoting cell division and increasing cancer risk.
- **Changes to cells in the mouth and throat:** Alcohol increases the absorption of harmful chemicals in the mouth and throat, causing damage.

How can I reduce my cancer risk?

You can **limit or avoid alcohol** consumption

Reference

1. <https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet>
2. <https://www.cdc.gov/cancer/risk-factors/alcohol.html>

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