



January 23, 2015

Alcohol Alert



Alcohol and Cancer

- There is no doubt that alcohol can cause seven types of cancer.
- The less alcohol you drink, the lower the risk of cancer
- Overall, the risk of developing cancer is smaller if you stay within the government guidelines, about one standard drink a day for women or two for men.
- Drinking and smoking together are even worse for you.

Not everyone who drinks will develop cancer. But, on the whole, scientists have found that some cancers are more common in people who drink more alcohol than others. [Read more about the evidence that alcohol causes cancer.](#)

The risk isn't just increased for heavy drinkers. [Read more.](#)

FOR IMMEDIATE ACTION

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- Forward to 10 others.

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