

# When it comes to cancer, alcohol matters

## Reducing your alcohol intake can reduce your risk of cancer

- Alcohol can cause cancer
- Any type of [alcohol can increase the risk for cancer](#)
- Alcohol is a cause of colorectal and breast cancers, two of the leading causes of cancer deaths in Ontario
- Alcohol increases the risk of cancer of the mouth and throat, esophagus, larynx and liver
- Women who drink about one standard drink per day can increase the risk of breast cancer by up to ten percent
- Each drink consumed daily [increases the overall risk of breast cancer for women by seven to ten percent](#)
- Using alcohol with tobacco causes greater cancer risk than using either one alone.

## How much is too much?

- There is [no safe limit of alcohol consumption](#) when it comes to cancer risk
- Drinking even small amounts of alcohol can increase your cancer risk
- As alcohol intake increases, the risk of cancer also increases
- Limit drinking alcohol to no more than one standard drink per day for women and no more than two standard drinks per day for men; less is better, none is best

## Does drinking alcohol have some heart health benefits?

Individuals aged 45 and older can experience some heart health benefits from low levels of alcohol consumption. However, even these low levels of consumption can increase your risk of cancer. Your heart and body will benefit more from being physically active every day, having a more balanced diet, being a healthier body weight, avoiding tobacco smoke and limiting alcohol.

**1-800-361-5653**  
TTY: **1-866-252-9933**



York Region Health Connection

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## What is a standard drink?



43 mL (1.5 oz.)  
Spirit  
(40% alcohol)



142 mL (5 oz.)  
Wine  
(12% alcohol)



341 mL (12 oz.)  
(Beer, cider or cooler)  
(5% alcohol)



85 mL (3 oz.)  
Fortified Wine  
(16-18% alcohol)

\*All these drinks contain 13.45 grams of alcohol

For cancer risk and alcohol, less is better.  
Reduce your drinking, reduce your cancer risk.



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