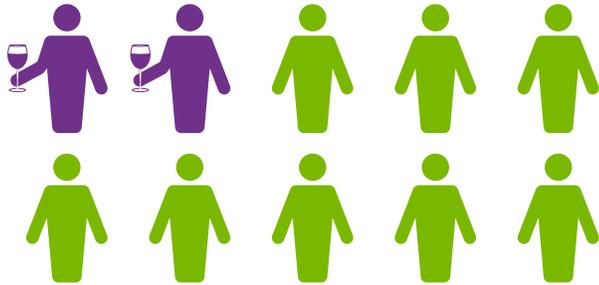


# Limit alcohol to reduce your cancer risk



**2 out of 10**  
Canadian adults drink alcohol daily\*



Drinking alcohol  
**increases cancer risk**

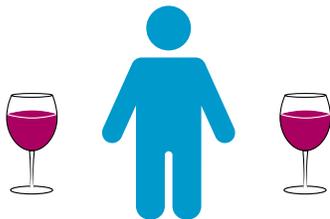


**3,300** new cancer cases  
are due to drinking alcohol



If the trend continues, the number  
of new cancer cases due to drinking  
alcohol will triple, increasing  
from 3,300 to **10,100** in 2042

**Together, we could prevent about 44,300 cancer cases**  
by 2042 if more Canadians limited their alcohol intake to



**less than 2 drinks a day for men**



**less than 1 drink a day for women**

\*Drinking alcohol is defined as more than 1 drink a day. A drink is defined as 5 oz wine, 1.5 oz spirits, 12 oz beer or cider.  
See website for details on data and additional definitions.