

Alcohol and cancer: Reducing your risk

How to reduce your risk of alcohol-related cancers

When it comes to cancer risk, there is no safe level of drinking. Reduce your drinking to reduce your risk of cancer.

- If you do drink, have no more than 10 standard drinks a week and no more than four standard drinks on any one day.
- Aim to have alcohol-free days each week.
- Try non-alcoholic drinks.

What is a standard drink?



Beer

3.5% alcohol
375ml



Wine

9.5% to 13% alcohol
100ml



Spirits

40% alcohol
30ml

It can be hard to know how many standard drinks we are really drinking because:

- drinks come in different sizes
- glasses may be topped up by other people
- we may drink mixed drinks (cocktails or punch).

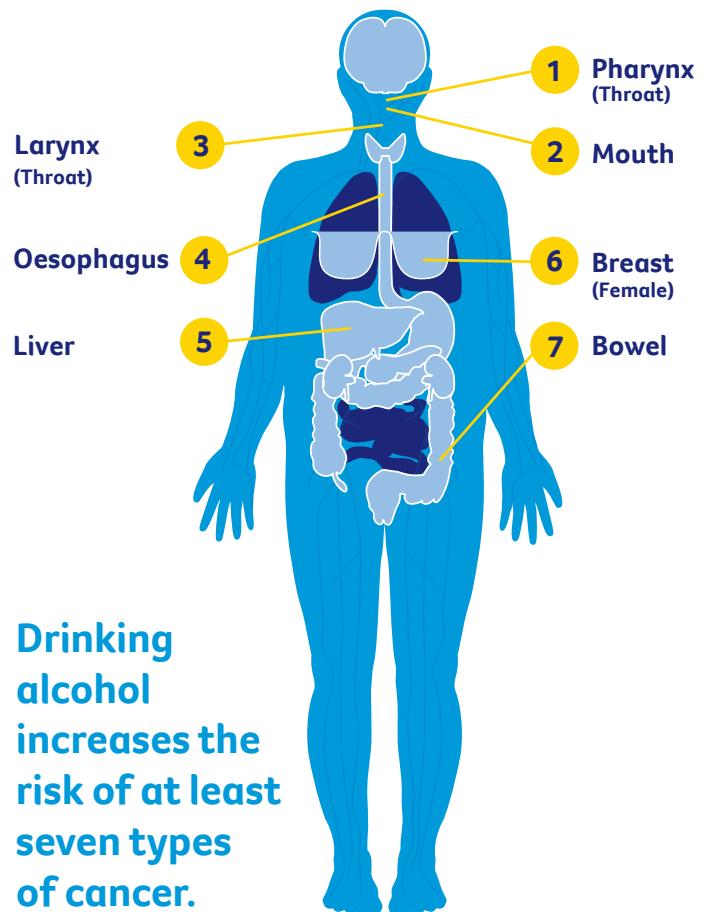
Try our standard drink tool at www.cancervic.org.au/alcohol to learn how many standard drinks are in different glasses.

Where to get more help?

If you or someone you know needs help, contact:







- your doctor
- DirectLine on 1800 888 236 for free support to help reduce drinking www.directline.org.au
- Cancer Council Victoria at www.cancervic.org.au/alcohol

If you have been diagnosed with cancer, speak with your specialist doctor or general practitioner. For cancer information and support call 13 11 20.



Remember

There are other things you can do to reduce the risk of cancer including:

-  not smoking
-  being a healthy weight
-  being active
-  eating a healthy diet
-  protecting ourselves from the sun
-  taking part in cancer screening programs.