

# Media Release



## Rethink Your Drinking – Cancer Matters

January 9, 2018 - For immediate release



According to the Canadian Cancer Society, only 28% of Ontarians are aware that alcohol causes cancer. The truth is that not only does it cause cancer, it doesn't need to be misused or abused to do so. Light to moderate drinking has been linked to cancers of the mouth, pharynx, esophagus, and female breast with risk increasing with the amount consumed. It is estimated that approximately 15% of female breast cancers can be attributed to alcohol. Alcohol also causes cancers of the larynx, colon, rectum as well as liver and is suspected in a number of other cancers. When it comes to cancer risks, there are no known safe levels of alcohol.

People often underestimate the amount of alcohol that they consume. While light drinking is defined as one drink or less per day, drinking within the daily and weekly limits outlined in Canada's Low-Risk Alcohol Drinking Guidelines (LRADG) is considered moderate. Anything above the limits outlined in Canada's LRADG is heavy drinking.

"Drinking is a personal choice," says Walter Humeniuk Public Health Promoter with the Timiskaming Health Unit. "But many people believe that alcohol only affects our health when we abuse it or drink too much. This is simply not true. Cancer risk increases the more we drink and even those who drink small amounts experience some risk. The less we drink, the lower our risk."

For those who are concerned about their cancer risks, the Canadian Cancer Society suggests women consume less than one standard drink per day and men less than two per day. There is no such thing as 'risk-free' drinking but if you choose to drink, following the Guidelines can lower your risk. For more information, visit [www.rethinkyourdrinking.ca](http://www.rethinkyourdrinking.ca)

For more information, [www.timiskaminghu.com](http://www.timiskaminghu.com)

### Media Contact:

Walter Humeniuk  
Public Health Promoter  
705-647-4305, Ext. 2232  
Email: [humeniukw@timiskaminghu.com](mailto:humeniukw@timiskaminghu.com)