

# Rethink What You Drink:

## Alcohol Raises Your Cancer Risk

It is best not to drink alcohol. Any kind of alcohol can raise your cancer risk.

### Drinking alcohol can cause 7 different types of cancer:

- Mouth (oral)
- Throat (pharynx)
- Voice box (larynx)
- Esophagus (the tube that connects your throat to the stomach)
- Liver
- Colorectal (colon and rectum)
- Breast (in women)

### Cancers due to alcohol are preventable.

In the United States, the top 3 habits that can increase cancer risk are:

1. Smoking cigarettes and tobacco\*
2. Being overweight or obese
3. **Drinking alcohol**

If you drink and smoke, you have a 5-times greater chance of getting cancer.

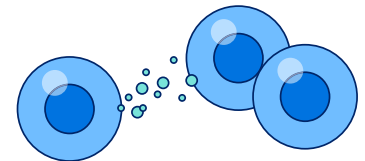
### How Does Alcohol Cause Cancer Risk?



It can **damage** your **DNA**




It may **increase** free radicals and **oxidative** (ox-eh-DATE-ive) **stress** in the body



It can affect your **hormonal balance**.

**6%** of new cancer cases in the United States – more than 75,000 – are caused by drinking.



**19,000 people** will die this year because of an alcohol-related cancer.

### Connect with us

The MSK Direct team is available to help you and your family make smart decisions about the best cancer care options at MSK or close to home. Call your dedicated MSK Direct phone number: **646-449-1515** or visit [mskcc.org/mskdirectforyou](https://mskcc.org/mskdirectforyou) to learn more.

Sources:

1. <https://www.mskcc.org/news/does-drinking-alcohol-cause-cancer-learn-about-risks>
2. <https://www.paho.org/en/documents/alcohol-series-alcohol-and-cancer-five-facts>

