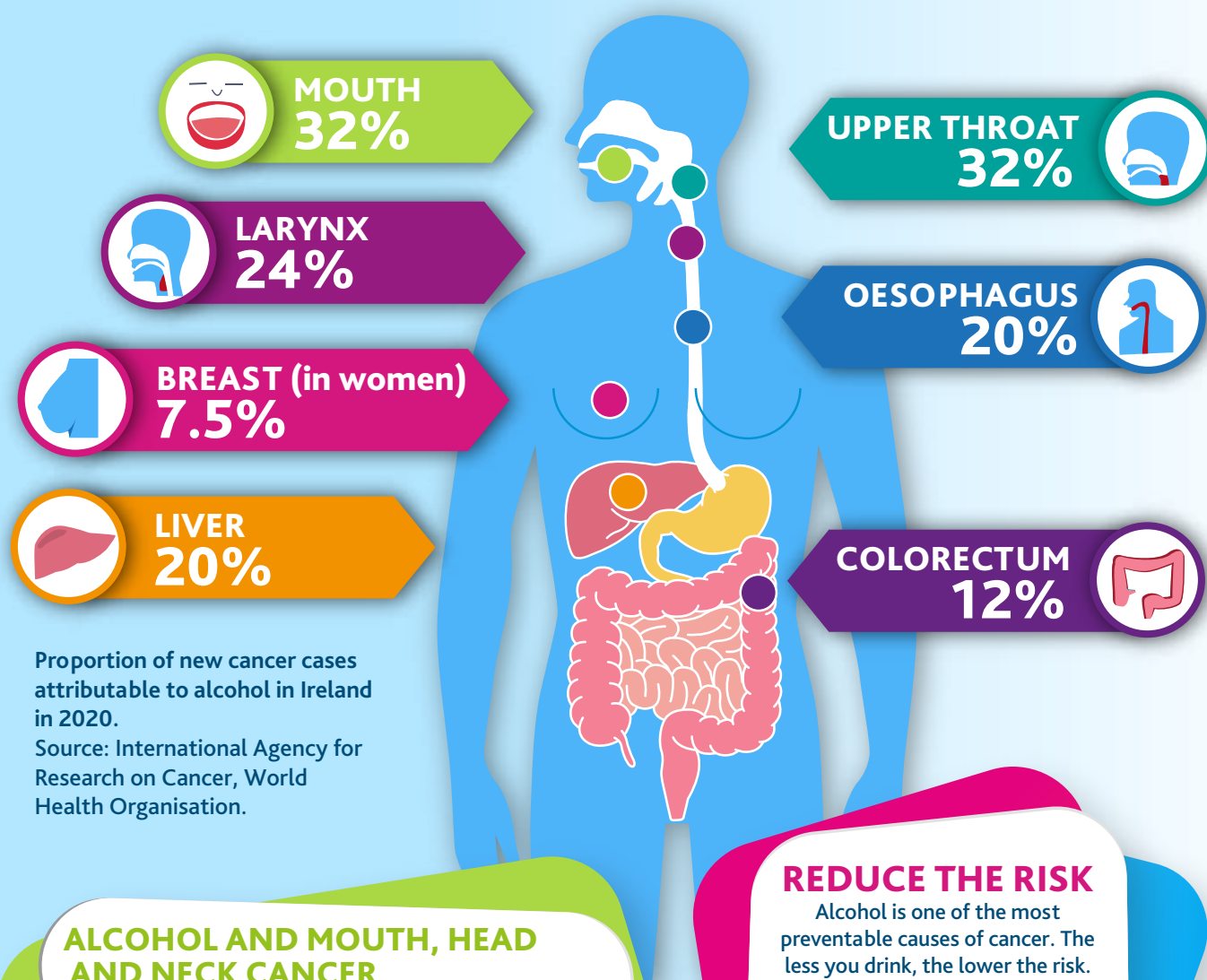


Alcohol and Cancer - Reduce the risk

Alcohol caused **1000** cases of cancer in Ireland in 2020



Proportion of new cancer cases attributable to alcohol in Ireland in 2020.

Source: International Agency for Research on Cancer, World Health Organisation.

ALCOHOL AND MOUTH, HEAD AND NECK CANCER

There are over **700** cases of mouth, head and neck cancer diagnosed in Ireland every year.

Alcohol causes a third of cancers of the mouth and upper throat, a quarter of cancers of the larynx, and one fifth of oesophageal cancers.

Drinking alcohol and smoking at the same time significantly increases the risk. Alcohol eases the transfer of cancer causing substances from tobacco to the body, especially in the mouth, head and neck.

REDUCE THE RISK

Alcohol is one of the most preventable causes of cancer. The less you drink, the lower the risk.

There is no safe level of alcohol consumption. Any amount or type of alcohol increases cancer risk. Reduce cancer risk by supporting your patients and service users to stop drinking alcohol or to drink less. Encourage them to visit the HSE's www.askaboutalcohol.ie for alcohol information, tips for cutting down and details of support services.

Visit the HSE NCCP's www.hse.ie/preventcancer for information on cancer prevention.