

HOW MUCH DOES ALCOHOL INCREASE WOMEN'S RISK OF BREAST CANCER COMPARED TO NON-DRINKERS?



Low-level
drinkers



Hazardous
drinkers

Low-level: ≤ 2 drinks/day (**WITHIN** Canada's low-risk drinking guidelines)
Hazardous: ≥ 3 drinks/day (**ABOVE** Canada's low-risk drinking guidelines)

- * These results were based on 60 studies published worldwide
- * Alcohol is a carcinogen and can cause several types of cancer
- * There are between 250 and 500 breast cancer deaths in Canada each year caused by alcohol



University
of Victoria

Centre for Addictions
Research of BC

Zeisser, C., Stockwell, T. R., & Chikritzhs, T. (2014). Methodological Biases in Estimating the Relationship Between Alcohol Consumption and Breast Cancer: The Role of Drinker Misclassification Errors in Meta-Analytic Results. *Alcoholism: Clinical and Experimental Research*, 38(8), 2297-2306
<http://bit.ly/AlcCancer> [OPEN ACCESS i.e., free to download]