

For more information, contact:

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**LOWER YOUR RISK**

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Any health benefits from alcohol come from as little as 1/2 a standard drink (6.8 grams) per day.

**If you don't drink, don't start.**

If you choose to drink, limit yourself to 1-2 drinks per day and no more than 9 drinks per week for women and 14 drinks per week for men.

**Breast Cancer Society of Canada**  
[www.bcsc.ca](http://www.bcsc.ca)

**Canadian Breast Cancer Foundation**  
[www.cbcbf.org](http://www.cbcbf.org)

**Canadian Cancer Society**  
[www.cancer.ca](http://www.cancer.ca)

**Cancer Care Ontario**  
416.971.9800  
[www.cancercare.on.ca](http://www.cancercare.on.ca)

**Centre for Addiction and Mental Health**  
416.535.8501 [www.camh.net](http://www.camh.net)

**Health Canada**  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

**Heart and Stroke Foundation of Ontario**  
416.489.7111 [www.heartandstroke.on.ca](http://www.heartandstroke.on.ca)

**Low Risk Drinking Guidelines**  
[www.lrdg.net](http://www.lrdg.net)

**Focus Resource Centre**

20 Queen Street, Suite 200  
Kingston, Ontario K7K 6W7  
613.531.3895 1.888.433.3181  
[www.frcentre.net/asc.htm](http://www.frcentre.net/asc.htm)



**A hangover is the least of your worries.**

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## Drinking too much can lead to stroke or cancer.

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### Stroke

- Binge drinking (more than 5 standard drinks of alcohol at one time) significantly increases the risk for stroke.
- Drinking more than 2 standard drinks of alcohol a day, with a weekly limit of 9 for women and 14 for men, increases the risk of stroke
- The risk of stroke increases the more you drink.
- Sparkling mineral water and low-sodium tomato juice make for a delightful heart-healthy change.



### Some facts about alcohol

If you drink too much alcohol the trademark headache, upset stomach and fatigue you experience from a hangover will be the least of your concerns.

Research indicates that drinking more than 1 standard drink per day for women, and 2 standard drinks for men, is associated with increased risks of high blood pressure, stroke and some types of cancer.



### Cancer

- Drinking more than 1 or 2 standard alcohol drinks per day can put you at risk for many types of cancer.
- Studies show that drinking alcohol is a risk factor for cancers of the mouth, esophagus, liver, breast, colon and rectum.
- The risk of cancer is more closely related to the amount of alcohol a person drinks, than the type of alcohol.
- Drinking alcohol and using tobacco at the same time increases the risk of developing cancer of the throat.

### High Blood Pressure

- Consuming more than 2 drinks per day increases the risk of high blood pressure.
- High blood pressure is one of the main causes of heart disease, strokes, and kidney failure.
- Research shows that men who have 3 or more alcoholic drinks per day, may reduce their blood pressure by limiting their intake of alcohol to 2 or less drinks per day.
- Reducing the amount of alcohol you drink is an important lifestyle choice that will reduce blood pressure.



In Canada a standard drink contains 13.6 grams of alcohol.

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142 ml (5 oz) wine  
43 ml (1.5 oz) spirits  
341 ml (12 oz) beer



### Breast Cancer

- Not drinking or limiting alcohol to one or less alcohol drinks per day can reduce the risk of breast cancer for women.
- Risk factors for breast cancer include: age, family history, previous breast disorders, taking hormone replacement therapy for more than 5 years, and drinking alcohol.
- Drinking alcohol is a risk factor a woman can do something about.
- Canadian research shows a positive connection between the risk of breast cancer in post menopausal women and the amount of alcohol they drink.