

Alcohol and Cancer Risk

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HEALTH

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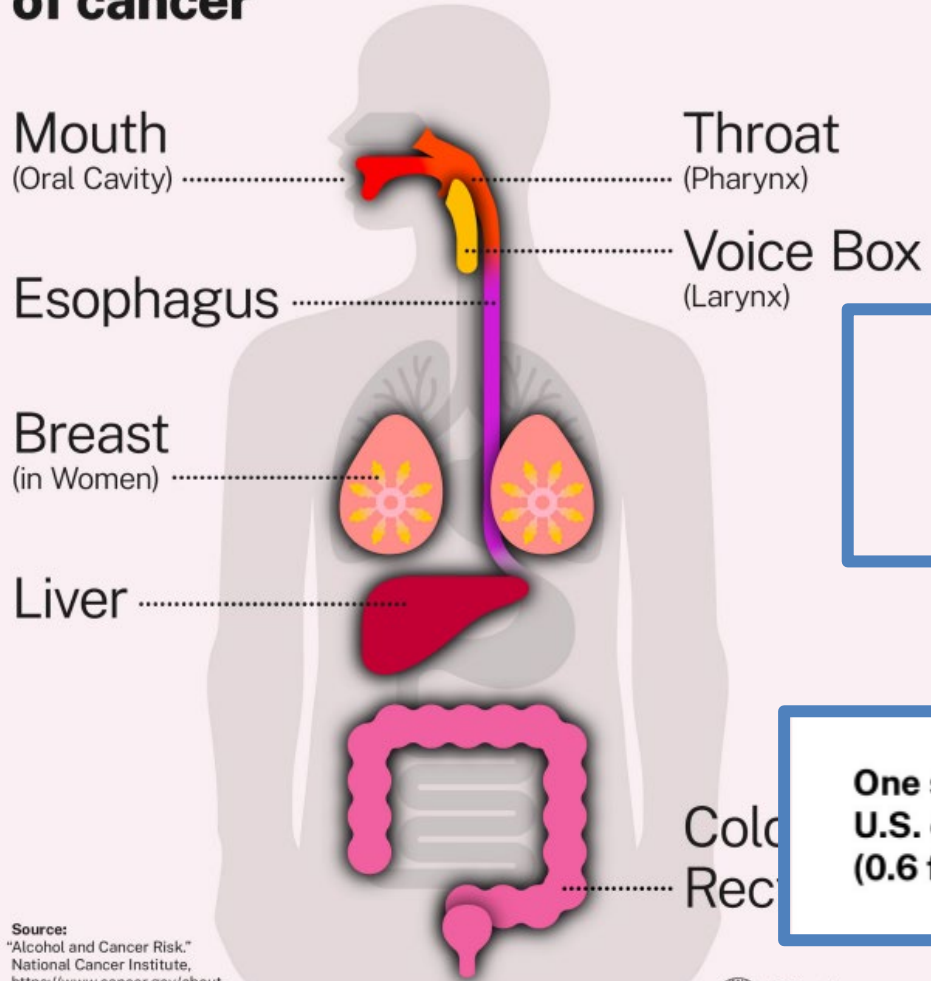
Alcohol and Cancer Risk 2025

The U.S. Surgeon General's Advisory



- Alcohol use the third leading cause of preventable death after tobacco use and obesity
- 72% of Americans consume 1 or more alcoholic beverage per week
- <50 % of American are aware of the link between alcohol and cancer

Consuming alcohol increases the risk of developing at least 7 types of cancer






Source:
"Alcohol and Cancer Risk,"
National Cancer Institute,
<https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet>

Office of the
U.S. Surgeon General

Is one type of alcohol *better* than the rest?

No.
Ethanol, the substance linked to cancer, is present in all alcoholic beverages.

One standard drink in the U.S. contains 14 grams (0.6 fl oz) of pure alcohol:

| | | | | | |
|--|----|---------------|--|------------------|---|
|  | † | |  | |  |
| 5 fl oz wine | or | 12 fl oz beer | or | 1.5 fl oz liquor | |

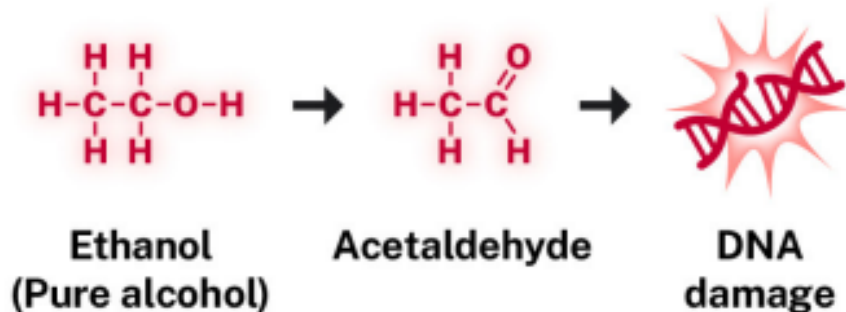
“Healthy” and At-Risk Drinking

- 2020-2025 *Dietary Guidelines for Americans*
 - If you do not drink, do not start for any reason
 - When drinking alcohol
 - Try to limit alcohol ≤ 2 drinks/day for men and ≤ 1 drink/day for women
- *AT RISK drinking*
 - Women: ≥ 4 drinks/day or ≥ 8 drinks per week
 - Men: ≥ 5 drinks/day or ≥ 15 drinks per week
- Men are more likely to consume large amounts, but women absorb more alcohol and metabolize it slower

The 4 ways in which alcohol causes cancer

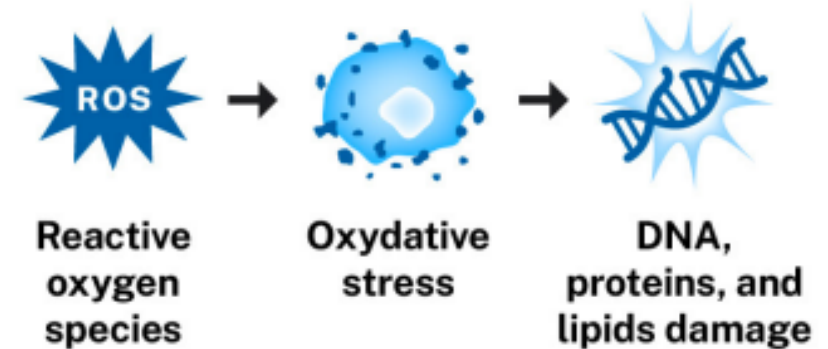
MECHANISM A

Alcohol breaks down into **acetaldehyde** which damages DNA in multiple ways, causing an increased risk of cancer.



MECHANISM B

Alcohol induces **oxidative stress**, increasing the risk of cancer by damaging DNA, proteins, and cells and increasing inflammation.



The 4 ways in which alcohol causes cancer

MECHANISM C

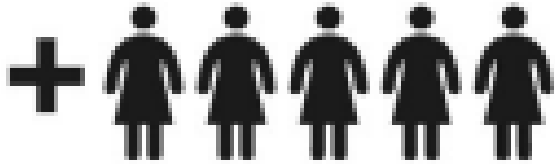
Alcohol alters **levels of multiple hormones**, including estrogen, which can increase breast cancer risk.



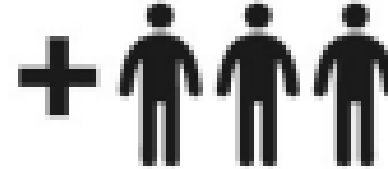
MECHANISM D

Alcohol leads to greater absorption of **carcinogens**.





About 5 more women out of 100 would develop cancer due to consumption of two drinks a day.



About 3 more men out of 100 would develop cancer due to consumption of two drinks a day.



About 4 more women out of 100 would develop breast cancer due to consumption of two drinks a day.

Liver and colorectal cancer account for the majority of alcohol related cancer deaths in men

Best Next Steps

- Find out about your personal family history
- Discuss other risk factors for cancer with your physician
- Share this information with your family
- Educate our communities and patients!

Strategies to reduce harms



Alcohol Use Disorder (AUD)

- If you, or someone you love, are unable to stop drinking alcohol despite harm there is hope
- AUD treatable chronic medical disease
- The symptoms & The disease

Thank you!

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