

Does Alcohol Cause or Contribute Towards Breast Cancer?



The vast majority of people know that alcohol is bad for the liver and increases the odds of getting **heart disease**. However, many people are unaware that **exposure to alcohol** increases the risk of getting **breast cancer**.

Global Cancer Deaths Linked To Alcohol

HARMFUL USE OF
ALCOHOL
RESULTS IN APPROXIMATELY
2.5 MILLION
DEATHS EACH YEAR

ONE IN FIVE
21.6%
OF ALCOHOL-RELATED DEATHS
ARE DUE TO **CANCER**

THAT'S AROUND
540,000
DEATHS
EVERY SINGLE YEAR

38,321
OF THESE DEATHS
ARE DUE TO
BREAST CANCER





DEATHS IN THE UK DUE TO BREAST CANCER

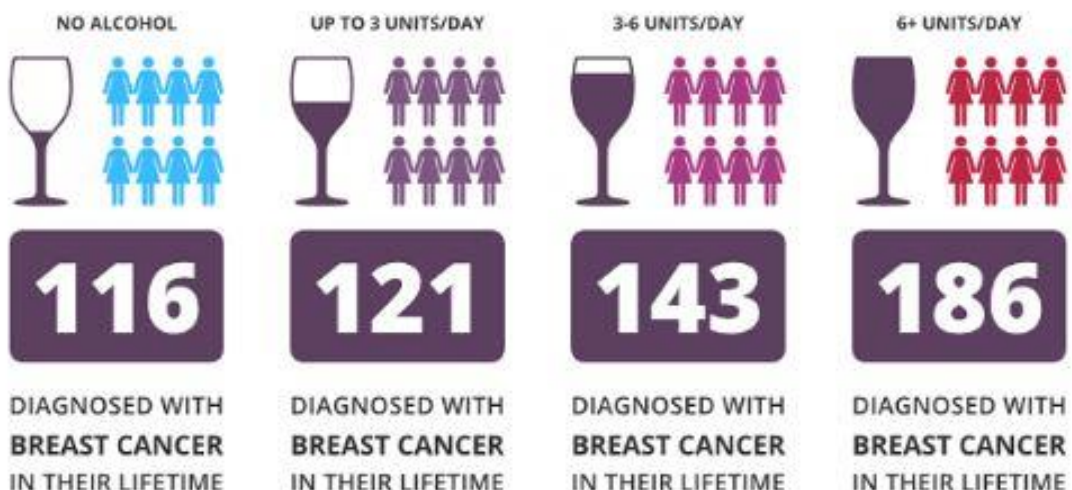
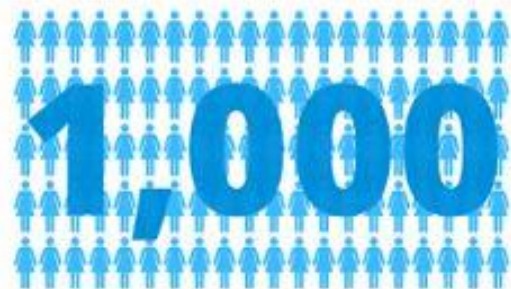
There were 11,433 deaths from breast cancer in 2014 in the UK.

The higher the consumption of alcohol, the greater the risk for these cancers; even the consumption of two drinks per day causes an increased risk of breast cancer. A woman's risk of getting breast cancer increases by 7–12% for every 10g of alcohol per day.

Scientists estimate each additional alcoholic drink regularly consumed per day was associated with 11 additional breast cancers per 1000 women up to age 75.

These Risks Rise in Proportion to the Amount of Alcohol Consumed

Sadly, the risk of developing breast cancer rises in tow with the number of alcohol units consumed. Per 1,000 women, around 116 are likely to get breast cancer during their lifetime. For women who drink 6+ units per day, this figure rises to 186 cases of breast cancer per 1000 women. This equates to a 60.3% increase in the risk of developing breast cancer by virtue of the fact that these women drink 6+ units per day.



How Much Are Women Drinking?

OF 1,000 WOMEN IN ENGLAND IN THE LAST WEEK

470

DRANK
NO ALCOHOL



260

DRANK UP TO
3 UNITS/DAY



140

DRANK 3-6
UNITS/DAY



120

DRANK
6+ UNITS/DAY



*FIGURES ARE ROUNDED AND DO NOT ADD UP TO 1,000

How does alcohol increase the risk of getting breast cancer?



Alcohol breaks down into a substance called acetaldehyde, which can cause genetic mutations – a permanent change in the DNA sequence that makes up our genes. This can trigger a response from the body which leads to cancerous cells developing.



Alcohol is also thought to increase levels of the female hormone oestrogen in pre-menopausal and post-menopausal women. One characteristic of a cancer cell is that it multiplies out of control and in certain types of breast cancer, high circulating levels of oestrogen can make this more likely to happen.

How to reduce these risks



Don't Drink At All



**Don't Drink More
Than 14 Units In A
Single Week**



**Spread Your Drinks
Evenly Throughout
The Week**

References

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