

FIREFIGHTER CANCER INITIATIVE

Alcohol consumption
increases the risk for the
following cancers:

Including: **Breast, Colorectal, Endometrial,
Kidney, Liver, Stomach/ gastric, Upper
digestive**

A standard drink of alcohol is defined as:



12oz

BEER



5oz

WINE



1.5oz

**80proof
distilled spirits**



Binge drinking is defined as a drinking pattern that brings a person's blood alcohol concentration (BAC) to 0.08 g/dl or above which is about 5 or more drinks for men and 4 or more drinks for women over the course of about 2 hours.

Among other adverse health effects associated with binge drinking, an increased risk for cancer of the breast, mouth, throat, esophagus, liver, and colon

People who chose to drink alcohol should limit consumption to no more than **1 drink per day for women** and **2 drinks per day for men**.

