

REDUCE YOUR CANCER RISK

DRINK LESS ALCOHOL

Cancer risk increases with excessive alcohol consumption. People who frequently drink large amounts of alcohol are at higher risk of developing cancers of oral cavity, throat, larynx, esophagus, liver, breast, colon, and rectum.

PROTECT



YOUR LIVER

WHAT YOU CAN DO

If you drink, limit yourself to not more than two standard drinks a day.
One standard drink is roughly equal to:



ONE CAN OF BEER
(285 ML)



ONE GLASS OF WINE
(120 ML)



ONE MEASURE OF LIQUOR
(30 ML)

