

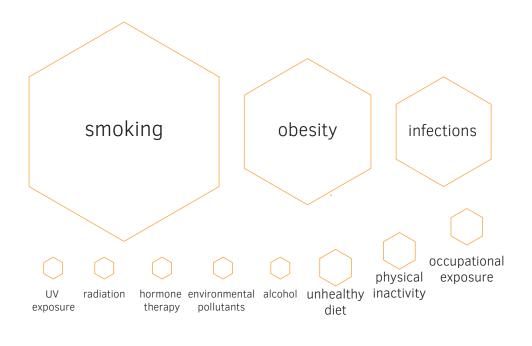
Cancer is a multifactorial disease. Alcohol is only one of the preventable risk factors. Of over hundred types of cancer, six are related to - mainly heavy - alcohol consumption.

new cancer cases per year in Europe.



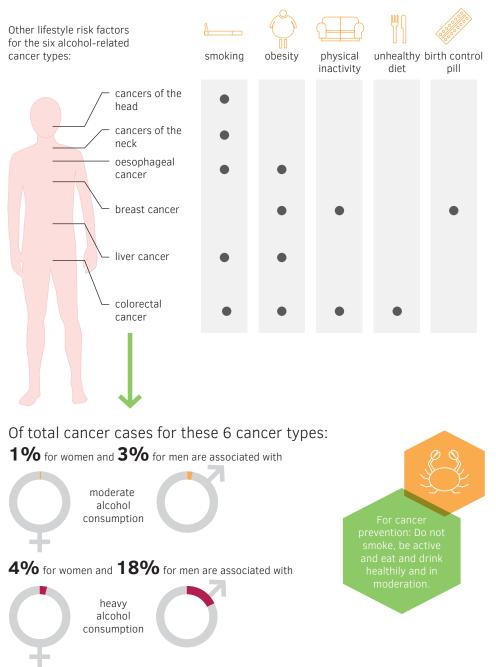
Researchers estimate that 25% of all cancer cases are caused by biological (unmodifiable) factors: age, sex, race and ethnicity and other genetic factors.

About 50% of all cancer cases is **preventable**. Preventable factors that may increase the risk of cancer include:



Cancer risk factors may co-exist and interact with each other. Healthy living can lower the risk of getting cancer but is no guarantee against cancer.

There are over **100** types of cancers. **6** types are related to alcohol.





This infographic has been prepared by Kennisinstituut Bier and validated by the Beer & Health Scientific Committee. The scientific research it is based on can be found in the Beer and Health booklet on www.beerandhealth.eu. Possible adverse health effects mainly apply to heavy alcohol consumption. A healthy lifestyle is strongly advised. Moderate alcohol consumption is defined in this infographic as no more than two 25 cl drinks of 5% beer (or two 33 cl drinks of 3.8% beer, or two 10 cl drinks of 13% wine) daily for men and one for women. This may vary for one's age, size and overall health. For personal guidance, check with your general practitioner. Please note this does not constitute a drinking guideline. All start benefits from this infographic are backed-up by science that can be retrieved on www.beerandhealth.eu.