

LOWER YOUR RISK

If you don't drink, don't start.

If you choose to drink, limit yourself to 1-2 standard drinks per day and no more than 9 standard drinks per week for women and 14 standard drinks for men.

Any health benefits from alcohol come from as little as 1/2 a standard drink per day.

Eating well and being active are other ways to improve your health.

Try non-alcoholic drink choices such as sparkling mineral water and fruit juices.

For more information, contact:

Canadian Breast Cancer Foundation

866.373.6313
www.cbcf.org

Canadian Cancer Society

800.268.8874
www.cancer.ca

Cancer Care Ontario

416.971.9800
www.cancercare.on.ca

Centre for Addiction and Mental Health

800.463.6273
www.camh.net

Heart and Stroke Foundation of Ontario

416.489.7111
www.heartandstroke.on.ca

Low Risk Drinking Guidelines

www.lrdg.net

Ontario Stroke Strategy

www.preventstroke.ca



A hangover is the least
of your worries.

More than 1 or 2 drinks per day increases your risk of stroke and cancer.

Stroke

- **Binge drinking (more than 5 standard drinks at one time) significantly increases the risk for stroke.**
- Drinking more than 2 standard drinks of alcohol a day, with a weekly limit of 9 for women and 14 for men, can also increase your risk.
- To reduce your risk, limit how much alcohol you drink and try non-alcoholic choices.



Some facts about alcohol

If you drink too much alcohol, the trademark headache, upset stomach and fatigue you experience from a hangover may be the least of your concerns.

The risk of stroke, cancer and high blood pressure is more closely related to the amount of alcohol you drink than the type of alcohol.

Cancer

- **Drinking more than 1 or 2 standard drinks per day can put you at risk for many types of cancer.**
- Alcohol is a risk factor for cancers of the mouth, pharynx, larynx, esophagus, liver, breast, colon and rectum.
- Combining alcohol with tobacco use increases the risk of developing some of these cancers.



High Blood Pressure

- **Consuming more than 2 standard drinks per day increases the risk of high blood pressure.**
- High blood pressure is one of the main causes of heart disease, stroke and kidney failure.
- Cutting down the amount of alcohol you drink is an important lifestyle choice that will reduce the risk of high blood pressure.



One standard drink equals:

- 142 ml (5oz) of wine
- 43 ml (1.5 oz) of spirits
- 341 ml (12 oz) regular beer

High alcohol beers, coolers and fortified wines contain more alcohol than 1 standard drink.

Breast Cancer

- **Drinking 1 or more standard drinks per day can increase your risk for breast cancer.**
- Risk factors for breast cancer include: age, family history, previous breast disorders, taking hormone replacement therapy for more than 5 years, and alcohol.
- Drinking alcohol is a risk factor a woman can do something about. If you choose to drink, limit your intake to no more than 1 drink per day.

