

Alcohol and Breast Cancer

Paths to Prevention:

The California Breast Cancer Primary Prevention Plan

Alcohol consumption increases a woman's risk for breast cancer. Considerable research confirms that the more women drink, the higher their risk. Even light drinking increases risk.

For more information visit: www.bcpc.org



12 oz



5 oz



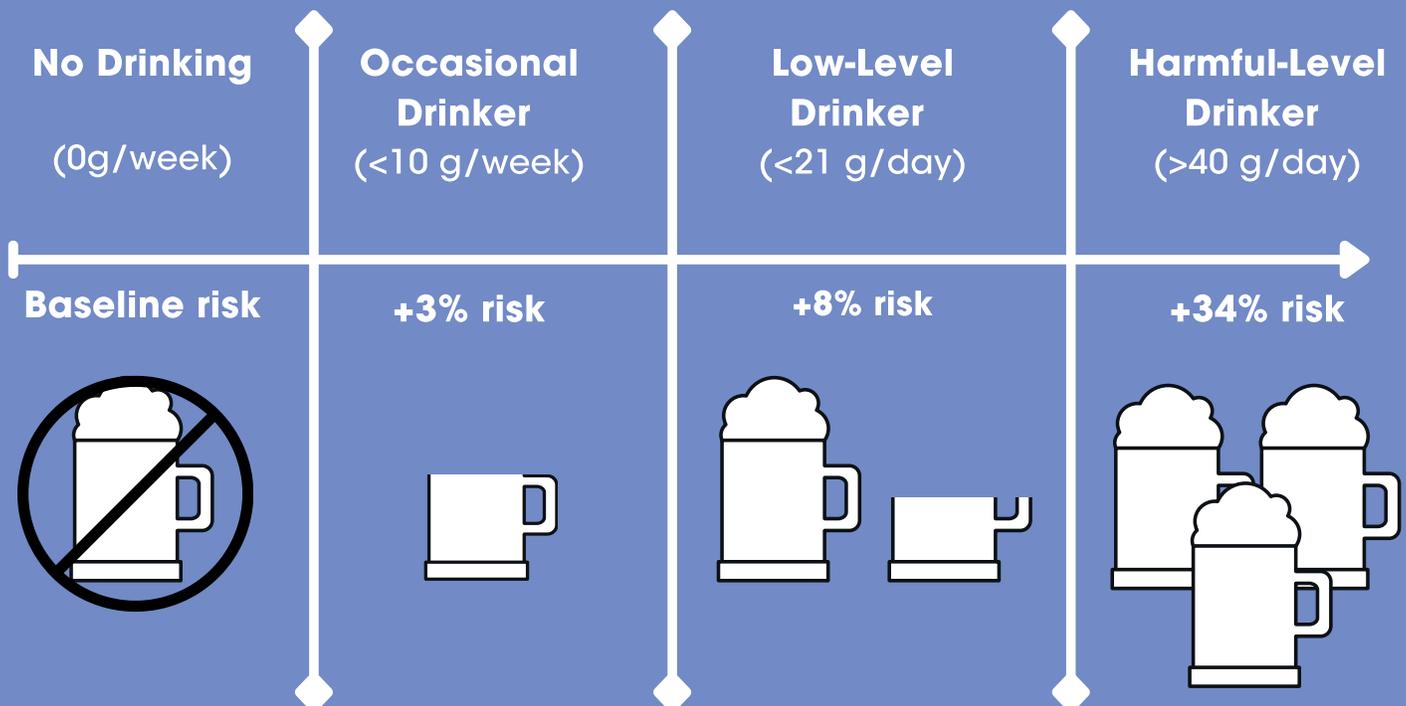
1.5 oz

While some studies show that drinking any alcohol increases a woman's breast cancer risk, others suggest that consuming more than 10 grams of alcohol per day increases risk.

For scale, each of these three drinks contains 14 grams of alcohol.

Breast cancer risk increases with the amount we drink.

A 2015 meta-analysis of 38 studies found the following:



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Binge Drinking

Binge drinking (i.e. 4 or more drinks at a time) is particularly harmful to health. Binge drinkers have a 29% higher risk of breast cancer compared to those who have low-levels of drinking.



Racial Differences

Limited research suggests that drinking alcohol may put Black women at a higher risk of four specific breast cancer subtypes. Drinking 7 or more drinks per week increased a woman's risk of developing one of these subtypes of breast cancer by 28-39%.



Interventions:

Because there is a direct link between alcohol consumption and breast cancer, reducing and limiting your own consumption of alcoholic beverages is extremely beneficial.

For policymakers, some initiatives would include:

- Enact public education campaigns to increase awareness of the relationship between breast cancer and alcohol
- Implement measures to reduce alcohol consumption through increased taxation and limits on alcohol vendor locations and hours
- Expand research into the links between breast cancer and alcohol consumption, as well as the effectiveness of public health efforts to reduce consumption