

eurocare

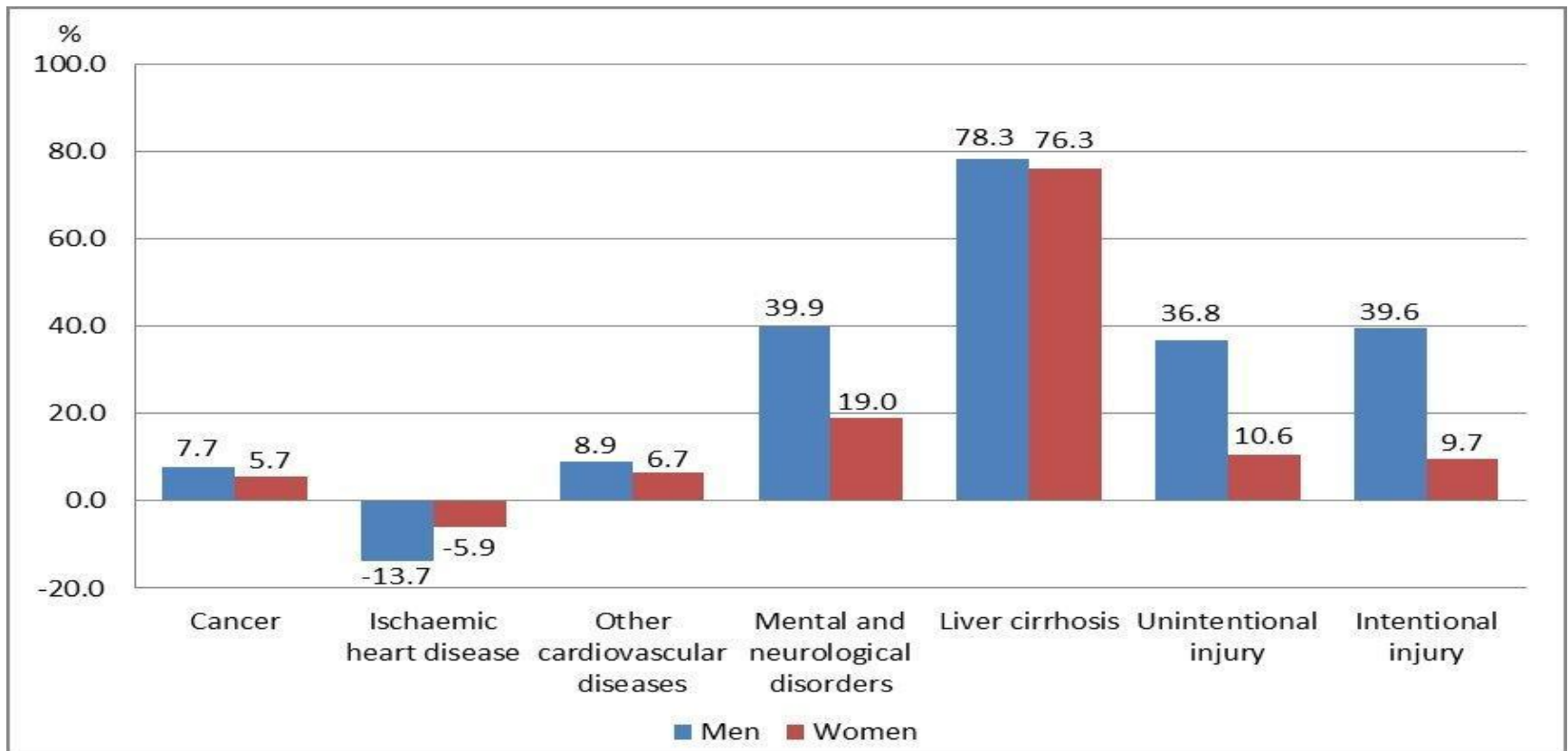
European Alcohol Policy Alliance

Awareness raising of the link between drinking alcohol and risk of developing certain types of cancer



European Alcohol and Health Forum, 22 November 2012

Proportion of deaths for major disease categories attributable to alcohol

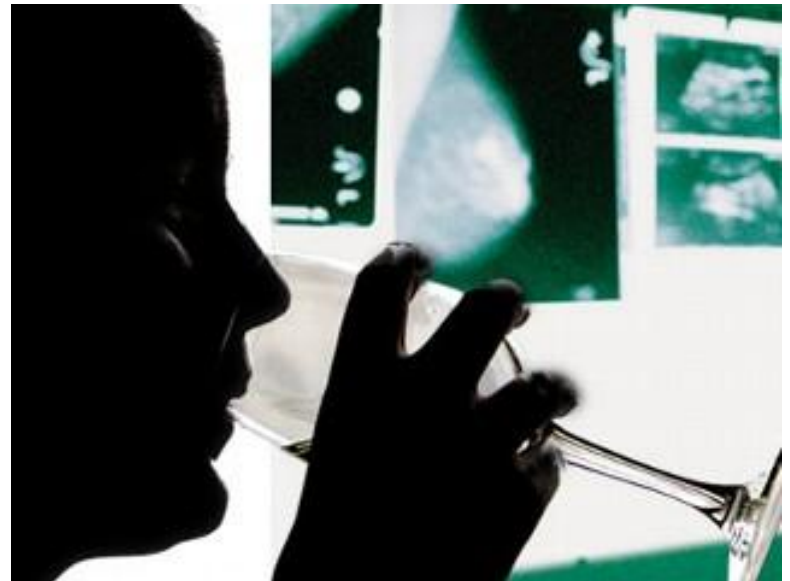


Alcohol and cancer- the forgotten link

Despite the research dating back to 1987

1 in 10 Europeans do not know
about the connection

1 in 5 do not believe that there
is a connection between
cancer



www.alcoholandcancer.eu



Alcohol and Cancer | **What are the facts?** | **Risks** | **Advice** | **Advice in your country** | **Contact us**

Information

- Alcohol and Cancer
- What are the facts?
- Risks
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Supporters



Royal College of Physicians



Does it matter what I drink?

The more alcohol consumed, the higher the risk becomes, even moderate daily consumption can pose a threat. 18g of alcohol per

day: just under 2 regular glasses of wine or 1.3 pints of be...

[Read more](#)

1 in 5 people don't know that alcohol can cause cancer

Does it matter what I drink?

What cancers are caused by alcohol?

Alcohol and Cancer



Experts have known since 1987 that alcohol can cause cancer, but the connection between the two is often unknown, or ignored. Research in Europe has shown that 1 in 10 Europeans do not know about the connection, and

Contributions welcome!

We aimed at raising awareness and providing reliable information

- Supported by some MEPs and organisations
- Yes- this website could be better, it was built on limited resources (money, time etc.)

Please **help us make it better** and:

- Send your **support**- logo, picture
- Spread the word = **share the link** to your website, Facebook Twitter
- Send us relevant **information**

European Code Against Cancer – 3rd Revision (2003)

www.cancercode.eu

1. Do not smoke; if you smoke, stop doing so. If you fail to stop, do not smoke in the presence of non-smokers.
2. Avoid Obesity.
3. Undertake some brisk, physical activity every day.
4. Increase your daily intake and variety of vegetables and fruits: eat at least five servings daily. Limit your intake of foods containing fats from animal sources.
- 5. If you drink alcohol, whether beer, wine or spirits, moderate your consumption to two drinks per day if you are a man or one drink per day if you are a woman.**
6. Care must be taken to avoid excessive sun exposure. It is specifically important to protect children and adolescents. For individuals who have a tendency to burn in the sun, active protective measures must be taken throughout life.
7. Apply strictly regulations aimed at preventing any exposure to known cancer-causing substances. Follow all health and safety instructions on substances which may cause cancer. Follow advice of national radiation protection offices.
8. Women from 25 years of age should participate in cervical screening. This should be within programmes with quality control procedures in compliance with “European Guidelines for Quality Assurance in Cervical Screening”.
9. Women from 50 years of age should participate in breast screening. This should be within programmes with quality control procedures in compliance with “European Guidelines for Quality Assurance in Mammography Screening”.
10. Men and women from 50 years of age should participate in colorectal screening. This should be within programmes with built-in quality assurance procedures.
11. Participate in vaccination programmes against hepatitis B virus infection.

Consultation Meeting for next (4th) Revision European Code Against Cancer

ECL – Leader of Health Promotion and Prevention in Commission's European Partnership Action Against Cancer, Coordinator of European Week Against Cancer May 25-31

IARC – Responsible for updating the Code

12 December 2012: 11.00 to 15.30 Brussels (Belgian Cancer Center)

Register at www.europeancancerleagues.org

(places limited to facilitate discussion)

Thank you for your attention

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This paper was produced for a meeting organized by Health & Consumers DG and represents the views of its author on the subject. These views have not been adopted or in any way approved by the Commission and should not be relied upon as a statement of the Commission's or Health & Consumers DG's views. The European Commission does not guarantee the accuracy of the data included in this paper, nor does it accept responsibility for any use made thereof.