

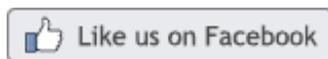


*Building a safe and healthy environment
by effectively educating the community
on positive life choices.*

"PREVENTION WORKS"



2017 Poster Contest Winner
Maximus Campbell
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Greetings!

Alcohol and Cancer

Basic Description

Research shows that alcohol consumption is linked to an increased chance of developing certain cancers. The more alcohol a person consumes, the higher their risk of developing some kinds of cancer.

The way alcohol causes cancer isn't completely understood. In fact, there might be several different ways it can raise risk, and this might depend on the type of cancer. For example, it could be that alcohol itself causes cancer by increasing hormone levels, or it may be carcinogenic because of the way it's metabolized, which can make cells more vulnerable to other carcinogens, like tobacco.

People who drink heavily and smoke cigarettes or use other kinds of tobacco are at even higher risk for certain cancers.

Cancers Affected

Oral, esophageal, laryngeal, and pharyngeal cancers are more common in alcohol users. Smokers who are also heavy drinkers are at a significantly higher risk of developing these cancers.

Alcohol is also a major cause of liver cancer. By altering the liver's ability to metabolize some carcinogenic substances into harmless compounds or to disable certain existing carcinogens, alcohol's effects may influence not only liver cancer but other cancers as well.

Many studies have found a link between alcohol use and the risk of breast cancer. The risk increases with the amount of alcohol consumed. Compared with non-drinkers, women who consume 1 alcoholic drink a day have a very small increase in risk. Those who have 2 to 5 drinks daily have about 1 1/2 times the risk of women who don't drink alcohol.

Alcohol use has been linked with a higher risk of cancers of the colon and rectum. At least some of this may be due to the fact that heavy alcohol users tend to have low



levels of folic acid in the body.

Some studies have also suggested that alcohol may cause some pancreatic cancers, but the evidence is not yet conclusive. However, heavy alcohol use can lead to conditions such as chronic pancreatitis and cirrhosis, which are known to increase pancreatic cancer risk.

Source: *American Cancer Society*

About Us

Since 1974, Chautauqua Alcohol & Substance Abuse Council (CASAC), a United Way partner agency, has provided prevention education and community awareness regarding alcohol and other drugs. CASAC is the only New York State Office of Alcoholism & Substance Abuse Services (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about CASAC's programs and services, call the Jamestown office at 664-3608, the Dunkirk office at 366-4623, or go to CASAC's website, www.casacweb.org. With the goals of lifetime prevention, lifetime wellness, Know! is a program of Drug Free Action Alliance. Their information can be accessed at www.drugfreeactionalliance.org.

