

## Tips and Resources: Avoiding Harmful Substances

### Tips

1. All types of alcohol are linked to health risks, including certain types of cancer. It is considered a carcinogen. The evidence shows that the more alcohol ingested over time the higher the risk of cancer. Even light drinking has a modest increase in cancer risk.
2. A standard drink contains 0.6 ounces of pure alcohol. Examples include: 12 ounces of beer, 8-9 ounces of mal liquor, 5 ounces of wine or 1.5 ounces of 80 proof spirits.
3. It is not recommended to start drinking for any reason.
4. For people who already drink, should be in moderation by limiting to less than 1 drink a day for women and less than 2 drinks a day for men.
5. Heavy drinking is having 4 or more drinks a day or 8 or more a week for women and 5 or more on any day or 15 or more drinks per week for men.
6. Combining alcohol and tobacco greatly increase risk of cancers of the mouth, throat and esophagus.
7. Smoking is the #1 cause of lung cancer and can also cause cancer in many other areas of the body and lead to other health problems like heart disease and lung problems. Quitting smoking will lower your risk. Ask your provider for help quitting!
8. Talk to your provider about help cutting down or stopping drinking, especially if you are on chemotherapy.

### Resources

MGH Center for Addiction Medicine: <https://www.massgeneral.org/psychiatry/treatments-and-services/center-for-addiction-medicine>

Mass.gov QUIT NOW Program: <https://www.mass.gov/take-the-first-step-toward-a-nicotine-freelife> or call 1800-QUIT-NOW

MGH Smoking Cessation Program: <https://www.massgeneral.org/services/smoking-cessation-programs>

Alcohol Anonymous: <https://www.aa.org/>

Alcohol Treatment Programs: <https://alcoholtreatment.niaaa.nih.gov/what-to-know/types-of-alcohol-treatment>