



alcohol promotes breast cancer

Even small amounts of alcohol taken regularly increases the risk of breast cancer, the most common cancer in women worldwide—with high rates in Australia and New Zealand. For every standard drink of alcohol taken daily, there's a 9 per cent increase in risk. So if you share a bottle of wine with your partner each night, you may be increasing your risk of breast cancer by 30-40 per cent.



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What is a standard drink?

Many people have no concept of just what is a "standard drink." A standard drink is defined as the amount of any alcoholic beverage that provides 10 grams of pure alcohol. So, around 120 ml of wine, 250 ml of beer or 30 ml spirits makes a standard drink. These are modest volumes, and less than people typically consider a serve. A modern wine glass, for example, can hold up to two standard drinks of wine—not one!

How much is too much?

If you drink alcohol, it's important to be informed as to how much you're getting. Labelling is useful to gauge the number of standard drinks contained:

one bottle of wine (750 ml) provides eight standard drinks;
one stottie of beer (375 ml)

provides around 1.4 standard drinks;

1 cooler (275-345 ml), such as Bacardi Breezer, Sub Zero or Strongbow White provides 1.2-2.2 standard drinks.

Is there a safe level?

No, there is no absolutely safe level. The breast cancer risk increases as alcohol intake increases. The World Cancer Research Fund warns against consuming any alcohol at all. If consumed at all, the advice is to limit alcoholic drinks to less than two standard drinks a day for men and one for women.

How do I protect myself?

For protection against breast cancer, avoid alcohol, eat plenty of vegetables, fruits, wholegrains and legumes (especially soy products) and remain active, exercising daily.

For a cancer-preventing recipe, see **page 14**.

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