

**Comparing cancer risks for drinking within the alcohol guidelines with risks for higher levels of drinking**

<b>Alcohol-related cancers</b>	<b>Lifetime risk of disease from this cause for non-drinkers</b>	<b>Relative risk if drinking within new guidelines (1to14u); increase by</b>	<b>New lifetime risk if drinking within new guidelines (if non-drinker risk is lower than general population risk)</b>	<b>Relative risk if drinking around double the new guidelines (14-35u per week); increase by</b>	<b>New lifetime risk if drinking at 14-35u per week (if non-drinker risk is lower than general population risk)</b>	<b>Relative risk for harmful drinkers (&gt;35u per week); increase by</b>	<b>New lifetime risk if drinking at &gt;35u per week (if non-drinker risk is lower than general population risk)</b>
Female breast	10.90%	1.16	12.64%	1.4	15.26%	1.89	20.60%
Oesophagus (men)	0.60%	2.12	1.27%	4.12	2.47%	9.62	5.77%
Oesophagus (women)	0.40%	2.12	0.85%	4.12	1.65%	9.62	3.85%
Oral (lip, oral cavity, pharynx) (Men)	0.60%	1.49	0.89%	2.54	1.52%	6.13	3.68%
Oral (lip, oral cavity, pharynx) (Women)	0.40%	1.49	0.60%	2.54	1.02%	6.13	2.45%
Bowel (colo-rectal) (Men)	6.40%	1	6.40%	1.32	8.45%	1.79	11.46%
Bowel (colo-rectal) (Women)	5.10%	1	5.10%	1.32	6.73%	1.79	9.13%
Liver (Men)	0.80%	1	0.80%	1.32	1.06%	1.79	1.43%
Liver (Women)	0.49%	1	0.49%	1.32	0.65%	1.79	0.88%

**Examples:**

***Female breast cancer***

Non-drinkers, 109 women in every 1000 at risk

Within the weekly guideline, 126 women in every 1000 at risk

Drinking between 14-35 u/wk, 153 women in every 1000 at risk

Drinking over 35 u/wk, 206 women in every 1000 at risk

***Bowel Cancer (Men)***

Non-drinkers, 64 men in every 1000 at risk

Within the weekly guideline, 64 men in every 1000 at risk

Drinking between 14-35 u/wk, 85 men in every 1000 at risk

Drinking over 35 u/wk, 115 men in every 1000 at risk

***Oesophageal Cancer (Men)***

Non-drinkers, 6 men in every 1000 at risk

Within the weekly guideline, 13 men in every 1000 at risk

Drinking between 14-35 u/wk, 25 men in every 1000 at risk

Drinking over 35 u/wk, 58 men in every 1000 at risk

***Liver Cancer (Men)***

Non-drinkers, 8 men in every 1000 at risk

Within the weekly guideline, 8 men in every 1000 at risk

Drinking between 14-35 u/wk, 11 men in every 1000 at risk

Drinking over 35 u/wk, 14 men in every 1000 at risk