



How is your drinking affecting your cancer risk?



Digital alcohol and cancer risk tool.

When it comes to cancer risk, no amount of alcohol is safe. Find out an estimate of your risk of alcohol-related cancers with the digital alcohol and cancer risk tool.

Alcohol and cancer risk tool

Select a gender

☒ Female
☐ Male
☐ Person

Enter your age

45

Choose a cancer type

☒ All alcohol-related cancers
☐ Bowel
☐ Breast
☐ Liver
☐ Mouth, Throat & Neck

Number of standard drinks per week

12

Calculate

Your risk

10 drinks per week

Your results

To use the Alcohol tool, visit

cancer.nsw.gov.au/alcohol-and-cancer-risk-tool

Alcohol causes about 5,800 cancer cases in Australia each year.



Alcohol causes many types of cancer

Alcohol causes up to 8 types of cancers including breast cancer.



What is a standard drink?

Use the standard drinks calculator to count how many standard drinks are in common glasses.



Follow the Australian Alcohol Guidelines

To reduce harm from alcohol healthy adults should drink no more than 10 standard drinks a week and no more than 4 standard drinks in one day.

