

Health and Wellness Tip of the Week - Week 42

Monthly Topic

August is Breast Cancer Awareness Month. It's the perfect time to remind employees about the importance of lowering your cancer risk.

October 19, 2015

For Breast Cancer, No Safe Level

The cancer research organization's advice on alcohol is clear: "If consumed at all, alcohol consumption should be limited to one drink per day for women and two drinks per day for men." (One drink = 12 ounces of beer, 5 ounces of wine, and 1.5 ounces of liquor).

That recommendation reflects the evidence that small amounts of alcoholic drinks may offer some protection against heart disease. But for women who find themselves at high risk for breast cancer, the key phrase in AICR's advice is "If consumed at all," says Bender.

"If you're specifically concerned about breast cancer, or other cancers linked to alcohol, the best advice is not to drink alcohol at all. In any form," she says.

Alcohol is convincingly linked to increased risk for cancers of the mouth, pharynx, larynx, esophagus, colorectum and liver, as well as that of the breast (both pre- and post-menopause).

Source: American Institute of Cancer Research



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8630