



Drink less alcohol

DID YOU KNOW?

Alcohol is a type 1 carcinogen known to cause certain cancers.



Try to drink less than 10 standard drinks per week, and no more than 4 standard drinks on any given day/occasion. For some people zero alcohol is the best choice.

cancerqld.org.au/lifestyle6

LIFESTYLE 6
Reduce your risk

An initiative of
Cancer Council
Queensland