

Alcohol & Cancer Risk in New Mexico: *What You Need to Know*



More than **1 in 5** New Mexican adults **drink too much.***

*This includes binge drinking and heavy drinking

Binge Drinking: Consuming 4+ drinks (for women) or 5+ drinks (for men) on one occasion

Heavy Drinking: Consuming 8+ drinks (for women) or 15+ drinks (for men) per week

Drinking less alcohol can reduce your risk of alcohol-related cancer.

Drinking alcohol increases your risk of at least 6 types of cancer, including:

- Breast (in women)
- Colon and rectum
- Esophagus
- Liver
- Mouth and throat
- Voice box

Of the top 10 fatal cancers in New Mexico, several can be caused by alcohol:

Among men:

- Colorectal
- Liver
- Esophagus

Among women:

- Breast
- Colorectal
- Liver

