



MEDIA ALERT – JUST ONE UNIT OF ALCOHOL A DAY CAN CAUSE CANCER

FOR IMMEDIATE RELEASE

Interviews available with **Dr Vinod Joshi**, founder of the **Mouth Cancer Foundation**

To set up an interview please call Media Ambitions on 020 8940 2222.

Drinking alcohol is the second most important cause of mouth cancer. 80% of mouth cancer patients say they frequently drink alcohol.*

Drinking just one glass of alcohol a day doubles the risk of developing Mouth Cancer **

The UK's leading mouth cancer charity, the **Mouth Cancer Foundation** has been campaigning for a reduction in the amount of alcohol consumed by individuals due to its risk of developing head and neck cancers for many years. Now, the results of today's Europe wide study on alcohol consumption and its link to cancers from Oxford University serve to prove the charity's messages are correct.

Founder of the **Mouth Cancer Foundation**, Dr Vinod Joshi says *"In view of the latest report the current alcohol guidelines that we've got are actually very high. To reduce the risk of mouth cancer risk, the **Mouth Cancer Foundation** recommends that people should limit or avoid drinking alcohol altogether. The evidence about alcohol and the link to cancer is growing and people should be more aware of the risks and reduce their alcohol consumption."*

Every additional drink a day shows risks of getting cancer will increase. People in the UK are drinking even more now than ever before and this could lead to more people developing cancer because of alcohol in the future. Bingeing is responsible for most cases, but some are triggered by drinking at levels below the suggested daily total, according to the international report.

New research shows that 1 in 10 cancers in men and 1 in 33 in women in Britain is caused by drinking – and the figures are on the rise. Alcohol is blamed for at least 13,000 cases a year.

It found that men who drank more than two standard drinks (or units) a day and women who had more than one were particularly at risk of alcohol-related cancers. A standard drink is equivalent to a 125ml glass of wine, half a pint of weak beer or a single whisky.

The Department of Health's current advice is that men should not regularly drink more than 3 - 4 units of alcohol per day, and women should not regularly drink more than 2 - 3 units of alcohol per day.

Drinking alcohol increases the risk of cancers of the mouth, esophagus, pharynx, larynx, and liver in men and women. In general, these risks increase after about one daily drink for women and two daily drinks for men. For men, the **Mouth Cancer Foundation** recommends no more than occasional drinking of two standard drinks a day and for women no more than one standard drink a day.

-ENDS-

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NOTES TO EDITORS

***Cancer Research UK:**

<http://info.cancerresearchuk.org/healthyliving/openuptomouthcancer/reduceyourrisk/alcohol/>

****U.S..National Cancer Institute:**

http://progressreport.cancer.gov/doc_detail.asp?pid=1&did=2007&chid=71&coid=706&mid=

The Mouth Cancer Foundation – www.mouthcancerfoundation.org

The Mouth Cancer Foundation is a registered charity no. 1109298.

Symptoms include:

1. An ulcer or white or red patch anywhere in the mouth that does not heal within 3 weeks
2. A lump or swelling anywhere in the mouth, jaw or neck that persists for more than 3 weeks
3. A difficulty in swallowing, chewing or moving the jaw or tongue
5. A numbness of the tongue or other area of the mouth
6. A feeling that something is caught in the throat
7. A chronic sore throat or hoarseness that persists more than 6 weeks
8. An unexplained loosening of teeth with no dental cause

More information about Mouth Cancer is available at the Mouth Cancer Foundation web site www.mouthcancerfoundation.org or by emailing info@mouthcancerfoundation.org