

INTRO:

APPROACHING THE NEW YEAR – YOU MAY BE CONSIDERING THINGS LIKE DRY JANUARY... OR GIVING UP ALCOHOL ENTIRELY.

IF YOU'RE LOOKING FOR MORE REASONS TO SWITCH FROM COCKTAILS TO MOCKTAILS – THE AMERICAN ASSOCIATION FOR CANCER RESEARCH'S NEWEST STUDY MAY ENCOURAGE YOU TO EMBRACE SOBRIETY.

TAKE VO

THE A-A-C-R PUBLISHED ITS 2024 CANCER PROGRESS REPORT – SHOWCASING THAT EXCESSIVE ALCOHOL USE INCREASES AN INDIVIDUAL'S RISK OF DEVELOPING SIX TYPES OF CANCER. CERTAIN TYPES OF HEAD AND NECK CANCERS... ESOPHAGEAL SQUAMOUS CELL CARCINOMA... BREAST... COLORECTAL... LIVER... AND STOMACH CANCERS WERE ALL LISTED.

THE STUDY GOES ON TO SAY THAT IN 2019 – FIVE-POINT-FOUR PERCENT OF CANCERS WERE ATTRIBUTED TO ALCOHOL CONSUMPTION. THE A-A-C-R'S RESEARCH SUGGESTS BY DRINKING LESS – OR NOT AT ALL – IT CAN DECREASE YOUR RISK OF GETTING THE MENTIONED CANCERS BY EIGHT PERCENT – AND LESSEN THE RISK OF ALL CANCERS BY FOUR PERCENT.

JEANNA (**GINA**) RICH IS AN ONCOLOGY REGISTERED DIETITIAN WITH OSF CANCER SUPPORT SERVICES. SHE SAYS THAT PART OF THE REASON EXCESSIVE ALCOHOL CAN AFFECT SO MANY DIFFERENT PARTS OF THE BODY – IS BECAUSE ALCOHOL TOUCHES TISSUE INSIDE THE BODY AT MOST OF THESE PLACES.

TAKE SOT | JEANNA RICH | ONCOLOGY REGISTERED DIETITIAN | OSF CANCER SUPPORT SERVICES

"All alcohol contains ethanol, so one alcohol beverage is not safer than the other because they all contain that ethanol component. That can essentially damage or oxidize healthy cells and create DNA damage," Rich says. "In regard to breast cancer, alcohol can actually increase the levels of estrogen in our body, it can lead to excessive calorie intake, which can lead to obesity."

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RICH SAYS THE INCREASE IN ESTROGEN IS WHAT INCREASES THE RISK OF BREAST CANCER. SHE ADDS THAT EXCESSIVE DRINKING CAN LEAD TO POOR SLEEP AND MALNUTRITION AS WELL.