DOES DRINKING WITHIN CANADA’S LOW-RISK GUIDELINES PREVENT HARM?

CANADA’S GUIDELINES:

♀️ MAX 10 DRINKS/WEEK; 2/DAY
♂️ MAX 15 DRINKS/WEEK; 3/DAY

WHAT WE FOUND:

MORE THAN 50% OF ALCOHOL-CAUSED CANCER DEATHS ARE EXPERIENCED BY PEOPLE DRINKING WITHIN WEEKLY LIMITS.

PEOPLE DRINKING WITHIN WEEKLY GUIDELINES EXPERIENCED:

140 MORE DEATHS 3,663 MORE HOSPITAL STAYS THAN IF THEY DRANK NO ALCOHOL.

OUR FINDINGS SUGGEST...

WHEN IT COMES TO ALCOHOL, LESS IS BETTER.

GUIDELINES OF AROUND ONE DRINK PER DAY MAY BE APPROPRIATE FOR HIGH-INCOME COUNTRIES.


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