

THE LINK BETWEEN CANCER AND MODERATE ALCOHOL CONSUMPTION

Today, we share an insightful infographic illustrating the link between developing breast cancer and moderate alcohol consumption. This infographic is by Ruth De Quincey. Ruth is a writer and therapist at Rehab 4 Alcoholism, a London-based [rehab centre for alcoholism](#).

This infographic graphically presents data published in numerous studies. These studies attempt to overturn the common misconception that drinking moderate amounts of alcohol is in some way good for your health.

Ruth asked Holt Chronicle to share this infographic on our blog to spread this important message to a wider audience.

The infographic visually presents a study that found that from 1,000 women who did not drink any alcohol at all, 116 developed breast cancer. Out of 1,000 women who drank 6 or more units of alcohol per day, 186 of these women developed breast cancer.

The infographic visually illustrates these results, whilst also citing the research papers that derived these results. The infographic also offers advice in helping people reduce the amount of alcohol they consume. Again, this advice is illustrated visually.

Without further delay, we now present Ruth's infographic:

https://image.ibb.co/hcwb9w/alcohol_cancer.png

About the author

Ruth De Quincey is an addiction worker at [Rehab 4 Alcoholism](#). Ruth is a recovering alcoholic, and she has been in recovery for 12 years. Ruth enjoys running aftercare and 12-step meetings in the South East of England.