How Every Alcohol Sip Boosts Cancer Risk

Description

Whether consumed regularly or just on special occasions, alcohol inevitably affects the body. It impacts everything from the brain, heart, lungs, and muscles to the gastrointestinal and immune systems, causing various harmful health effects, including cancer.

Identified as the third-leading preventable cause of cancer in the US, alcohol accounts for approximately 100,000 cancer cases and 20,000 cancer deaths annually. For perspective, alcohol-related car accidents cause around 13,500 deaths each year.

Since the 1980s, researchers have suspected that alcohol can cause cancer. Studies have clearly shown that alcohol is link to cancers of the oral cavity, throat, voice box, esophagus, liver, colon, rectum, and breast. Additionally, there is an association between chronic and binge drinking and pancreatic cancer.

The 2000 US National Toxicology Program labeled alcohol as a known human carcinogen. By 2012, the International Agency for Research on Cancer classified it as a Group 1 carcinogen, confirming it as cancer-causing.

The CDC and N1H agree on the evidence linking alcohol to various cancers. Despite US dietary guidelines indicating that even small amounts can increase risk, many remain unaware. A 2019 survey revealed less than half of US adults are aware of these risks.

The 2023 National Survey on Drug Use and Health showed that over 224 million Americans came to grips with alcohol at some point in their lives. This increasing trend is a pressing public health concern.

In essence, reducing alcohol consumption could substantially protect your health and noticeably lower cancer risk.

Vocabulary List:

1. **Carcinogen** /kɑːrˈsɪnəgən/ (noun): A substance capable of causing cancer in living tissue.
2. **Consumption** /kənˈsʌmpʃən/ (noun): The act of using up a resource in this case referring to the intake of alcohol.
3. **Association** /əˌsoʊ.siˈeɪ.ʃən/ (noun): A relationship or connection between two or more things often referring to health risks.
4. **Epidemiology** /ˌɛpɪˌdiːmiˈɒlədʒi/ (noun): The branch of medicine that deals with the incidence distribution and control of diseases.
5. **Prevention** /prɪˈvɛnʃən/ (noun): The action of stopping something from happening; in this case preventing cancer.
6. **Binge** /bɪndʒ/ (verb): To indulge in an activity particularly eating or drinking to excess.

Comprehension Questions

Multiple Choice

1. Which of the following is NOT mentioned as an area affected by alcohol consumption?

    Option: Kidneys
    Option: Brain
    Option: Heart
    Option: Lungs

2. Approximately how many cancer cases are attributed to alcohol consumption annually in the US?

    Option: 50,000
    Option: 75,000
    Option: 100,000
    Option: 125,000

3. Which organization labeled alcohol as a known human carcinogen in 2000?

    Option: CDC
    Option: NIH
    Option: US National Toxicology Program
    Option: International Agency for Research on Cancer

4. What did the International Agency for Research on Cancer classify alcohol as in 2012?

    Option: Group 2 carcinogen
    Option: Group 1 carcinogen
    Option: Probable carcinogen
    Option: Non-carcinogenic

5. How many Americans have had alcohol at some point in their lives according to the 2023 National Survey on Drug Use and Health?

    Option: 100 million
    Option: 150 million
    Option: 200 million
    Option: 224 million

6. What did a 2019 survey reveal about awareness of alcohol-related cancer risks among US adults?

Option: Majority are aware
Option: Less than a quarter are aware
Option: Less than half are aware
Option: All are unaware

True-False

7. Alcohol consumption is linked to increased risk of cancer.

8. Chronic and binge drinking are not associated with pancreatic cancer.

9. Alcohol is not considered a carcinogen by any reputable organization.

10. Reducing alcohol consumption can help lower the risk of cancer.

11. There is no evidence linking alcohol to cancer according to the NIH.

12. Alcohol is only harmful if consumed in large quantities.

Gap-Fill

13. Alcohol is identified as the third-leading preventable cause of cancer in the US, accounting for

approximately _____ cancer cases and _____ cancer deaths

annually.

14. The International Agency for Research on Cancer classified alcohol as a Group 1 carcinogen in

_____ .

15. Less than _____ of US adults are aware of the risks of alcohol-related cancers based

on a 2019 survey.

17. Over _____ Americans have consumed alcohol at some point in their lives according

to the 2023 National Survey on Drug Use and Health.

18. Concerns about the increasing trend of alcohol consumption highlight it as a pressing

_____ concern.

Answer

Multiple Choice: 1. Kidneys 2. 100,000 3. US National Toxicology Program 4. Group 1 carcinogen 5. 224 million 6. Less than half are aware
True-False: 7. True 8. False 9. False 10. True 11. False 12. False
Gap-Fill: 13. 100,000, 20,000 14. 2012 15. half 17. 224 million 18. public health

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is needed to _____ long-term success in a competitive market?

   Option: A. Start quickly
   Option: B. Sustain
   Option: C. Recede
   Option: D. Experiment

2. Which of the following is the opposite of allowed?

   Option: A. Facilitated
   Option: B. Permitted
   Option: C. Prohibited
   Option: D. Encouraged

3. What is the body's response to injury or infection?

   Option: A. Digestion
   Option: B. Respiration
   Option: C. Inflammation
   Option: D. Circulation

4. Activities that involve thinking memory and problem-solving are related to _____ functions.

   Option: A. Muscular
   Option: B. Digestive
   Option: C. Cognitive
   Option: D. Sensory

5. What is the action of stopping something from happening or arising?

   Option: A. Prediction
   Option: B. Prevention
   Option: C. Production
   Option: D. Reaction

6. Which term refers to the proportion of a nutrient that is absorbed and used in the body?

   Option: A. Absorbtion
   Option: B. Bioavailability
   Option: C. Metabolism
   Option: D. Facilitation

7. What term is used to describe structured programs or diets for health or fitness?

   Option: A. Binge
   Option: B. Adherence
   Option: C. Regimens
   Option: D. Conflict

8. What term is used to describe the influence or effect of one thing on another?

   Option: A. Distance
   Option: B. Ratio
   Option: C. Impact
   Option: D. Connection

9. Which term describes a connection or relationship between two or more things?

   Option: A. Division
   Option: B. Isolation
   Option: C. Association
   Option: D. Opposition

10. What term refers to replacing one thing with another?

   Option: A. Duplication
   Option: B. Subtraction
   Option: C. Substitution
   Option: D. Elimination

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ of emotions can lead to psychological issues.

12. Excessive _____ of sugary drinks is linked to obesity.

13. _____ with safety regulations is crucial in hazardous environments.

14. _____ is the study of how diseases spread in populations.

15. Good communication _____ teamwork within a company.

16. The _____ arts involve the preparation and cooking of food.

17. Honesty and _____ are important values in leadership.

18. Eating _____ foods provides essential vitamins and minerals.

19. The _____ processes in the body are complex and interconnected.

20. Strict _____ to the medication schedule is necessary for effective treatment.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Yogurt is produced through the process of fermentation.
22. Metabolites are the intermediate or end products of metabolism.
23. Strict safety measures are in place to safeguard employees from accidents.
24. The synaptic connections in the brain play a crucial role in neural communication.
25. The political party gained ascendancy in the recent elections.
26. International conflicts can have far-reaching implications on global stability.
27. Some people engage in binge eating as a coping mechanism.
28. Detailed analyses of the data revealed interesting patterns.
29. Athletes follow strict training regimens to improve performance.
30. The study found a strong association between smoking and lung cancer.

Answer

Multiple Choice: 1. B. Sustain 2. C. Prohibited 3. C. Inflammation 4. C. Cognitive 5. B. Prevention
6. B. Bioavailability

7. C. Regimens 8. C. Impact 9. C. Association 10. C. Substitution

Gap-Fill: 11. Suppression 12. consumption 13. Compliance 14. Epidemiology 15. facilitates 16. culinary 17. integrity 18. nutrient-dense 19. biochemical 20. adherence

Matching sentence: 1. Fermentation 2. Metabolites 3. Safeguard 4. Synaptic 5. Ascendancy 6. Conflicts 7. Binge 8. Analyses 9. Regimens 10. Association

CATEGORY

1. Health - LEVEL4

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