



DOES DRINKING WITHIN LOW-RISK GUIDELINES PREVENT HARM?
50% OF CANCER DEATHS ARE EXPERIENCED BY PEOPLE DRINKING WITHIN WEEKLY LIMITS.



CANADA'S GUIDELINES:



MAX 10 DRINKS/WEEK; 2/DA

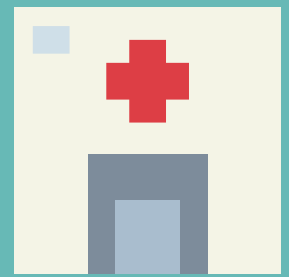


MAX 15 DRINKS/WEEK; 3/DA

WHAT WE FOUND:

PEOPLE DRINKING WITHIN WEEKLY GUIDELINES EXPERIENCED:

**140
MORE
DEATHS**



THAN IF THE PEOPLE WHO DRANK NO ALCOHOL.

OUR FINDINGS SUGGEST...

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

Sherk, A., Thomas, G., Churchill, S., & Stockwell, T. (2020). Does drinking within low-risk guidelines prevent harm? Implications for high-income countries using the international model of alcohol harms and policies. *Journal of Studies on Alcohol and Drugs*, 81, 352-361. doi:10.15288/jsad.2020.81.352
<https://www.jsad.com/doi/abs/10.15288/jsad.2020.81.352>