

REDUCTION OR CESSATION OF ALCOHOLIC BEVERAGE CONSUMPTION

VOLUME 20A

This publication represents the views and expert opinions of an IARC Working Group on the Evaluation of Cancer-Preventive Interventions, which met in Lyon, France, 22–26 May 2023

LYON, FRANCE - 2024

IARC HANDBOOKS OF
CANCER PREVENTION



Worldwide, in 2020, an estimated 741 300 new cancer cases were attributable to alcohol consumption. This represents 4.1% of all new cancer cases, 6.1% among men and 2.0% among women.

A Working Group of 15 independent international experts, convened by the International Agency for Research on Cancer (IARC) from February to May 2023, evaluated the body of literature assessing the effectiveness of reduction or cessation of alcoholic beverage consumption in reducing risk of alcohol-related cancers.

The Working Group reviewed and summarized the available epidemiological evidence and provided evidence-based evaluations of the effectiveness of reduction or cessation of alcohol consumption in reducing risk of cancers of the oral cavity, pharynx, larynx, oesophagus, colorectum, liver, and female breast. The Working Group also identified and evaluated the mechanisms of alcohol-related carcinogenesis that may be reversed upon cessation.

To complement the evaluations, this publication presents background information on the alcohol-related cancer burden worldwide, the population attributable fraction of alcohol-related cancers, and determinants of cessation.

