

WINE CONSUMPTION IN THE CONTEXT OF A HEALTHY LIFESTYLE AND CANCER RISK

Drinking wine within a healthy lifestyle - does it increase your cancer risk?

CEEV understands that scientific evidence shows that drinking wine in moderation, with a meal, as part of healthy lifestyles and dietary patterns, in particular the Mediterranean diet, does not increase your cancer risk.

According to scientific evidence, drinking wine moderately as part of a Mediterranean-style diet, in conjunction with practicing other healthy lifestyle factors does not increase the risk of cancer.



In the context of a Mediterranean diet, and as part of a healthy lifestyle, scientific evidence shows that no increased risk of cancer results from light to moderate consumption of wine. Indeed, scientific evidence indicates that drinking wine in moderation, with a meal, can contribute to a greater life expectancy and a lower incidence of major illnesses such as cardiovascular disease, diabetes, and cancer.

The moderate consumption of wine is compatible with a healthy lifestyle and should not be regarded in isolation. Other healthy lifestyle habits, such as not smoking, keeping a healthy weight, and exercising regularly, may further contribute to a reduced risk of cancer.



Do not smoke



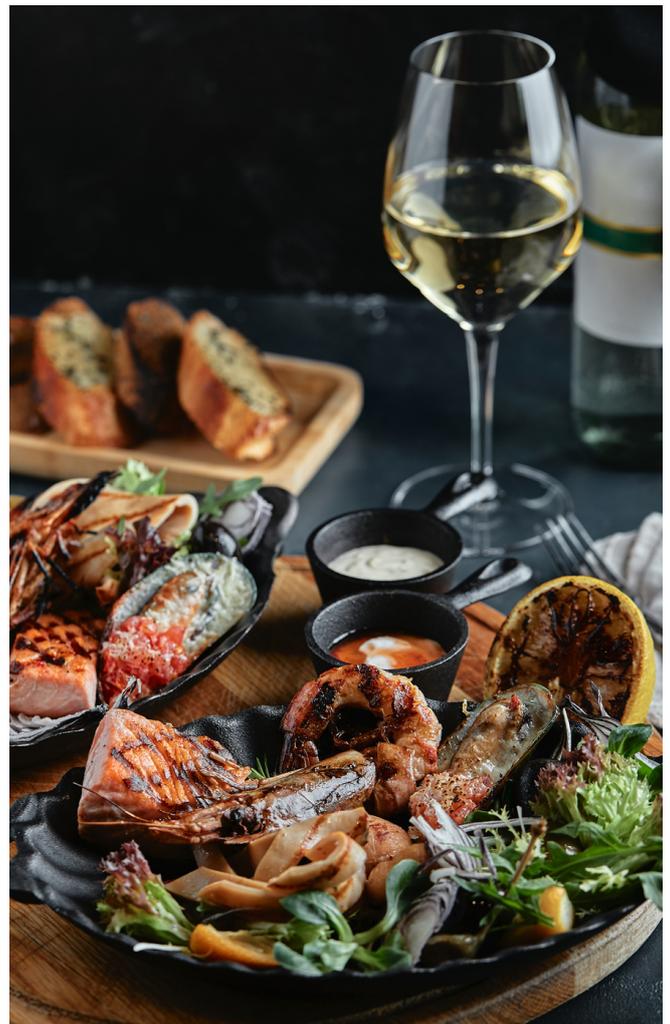
Keep a healthy
bodyweight



Exercise regularly



Eat a healthy diet



Research has shown that moderate consumers of wine seem to have a lower risk from cancer and other diseases, compared to abstainers or heavy drinkers.



Alcoholic beverages are not a sole risk factor or contribute to the development of all cancers. It is important to note that non-drinkers and abstainers also develop cancers.

The extent to which alcoholic beverages are a risk factor for cancer depends significantly on the amount of alcohol consumed, the type of alcoholic beverage, the pattern of consumption and the dietary pattern in which alcoholic beverages are consumed.

Drinking wine in moderation, with a meal, as part of a Mediterranean-style diet is compatible with a healthy lifestyle and can offer health benefits such as a great life expectancy and relatively lower of incidence of major illnesses, including cancer.



Scientific evidence shows that excessive consumption of alcoholic beverages carries an increased cancer risk.



There is evidence that regular heavy excessive consumption of alcoholic beverages and binge drinking patterns are associated with increased morbidity and mortality from certain cancers, and particularly cancers of the upper aero-digestive tract (such as the mouth, tongue, larynx, pharynx and oesophagus). This increased risk is especially seen among individuals who also smoke tobacco. Cancer of the liver can result from alcoholic liver cirrhosis, which is related to long-term heavy drinking in conjunction with an unhealthy diet and/or hepatitis C and B virus infection. Other cancers shown to be associated with heavy drinking include colorectal cancers as well as female pre- and post-menopausal breast cancer. These cancers are referred to as alcohol-attributable cancers, and there is sufficient or convincing evidence of the attributions.

One of many meta-analyses relating the consumption of alcoholic beverages to all cancer mortality suggested that for heavy drinkers (>50 g alcohol/d), the relative risk of dying from any cancer was increased by 32%.

Cancer risk cannot be evaluated in isolation, it must be assessed in the context of cultural, drinking and eating patterns.



The World Health Organization (WHO) considers the Mediterranean Diet to be one of the healthiest diets in the world, and notes that it is directly associated with a lower rate of mortality thanks to its effects on disease prevention. The moderate consumption of alcoholic beverages, particularly wine, is an important component of that diet.



If you drink wine with your meals, it is recommended to:



Consume wine moderately



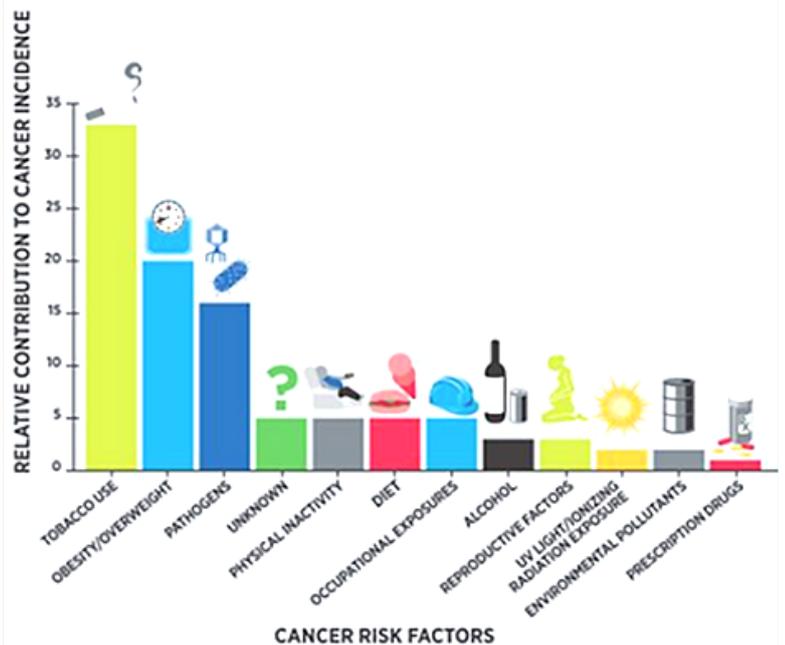
Consume wine as part of a meal
(preferably Mediterranean-style diet)



Alternate consumption of wine with water

Cancer is a multi-factorial disease, the cancer risk cannot be evaluated in isolation, and studies suggest that lifestyle factors are important risk factors for cancer. Accordingly, the consumption of wine cannot be accurately evaluated in isolation from the other risk factors.

Scientists rank the significant contributors to cancer risk come from smoking (30%), obesity (20%) infections (15%) and lack of physical activity, unhealthy diet, and occupational hazards (5% each). The excessive consumption of alcoholic beverages contributes 3% to the overall cancer incidence.



Source: Association for Cancer Research - AACR's Fourth Cancer Progress Report 2014



About this document



This document has been prepared by Comité Européen des Entreprises (CEEV) with the close co-operation of the scientific experts of the Wine Information Council.

It is based on the scientific document: ['Wine consumption in the context of a healthy lifestyle and cancer risk'](#) prepared by the Wine Information Council. The original source document and all references can be found on the Wine Information Council website: www.wineinformationcouncil.eu

The information in this factsheet is intended to provide a summary of scientific research which has been carried out over the past twenty years, looking at multiple studies that review the relationship between wine consumption, in the context of a healthy lifestyle and cancer risk.

This document is not intended to promote or increase the consumption of wine, nor is it intended to encourage those who do not drink to start drinking.

Regarding drinking guidelines CEEV recommends following the Wine in Moderation guidelines.

In case of any question about how to evaluate your individual cancer risk, it is advised that you consult a medical practitioner.



About CEEV



Comité Européen des Entreprises Vins (CEEV) represents the European Union wine companies in the industry and trade (still wines, aromatised wines, sparkling wines, liqueur wines and other vine products). It brings together 23 national organisations from 11 EU Member States, plus Switzerland, UK and Ukraine, as well as a consortium of 4 leading European wine companies. The companies represented by CEEV, mainly SMEs, produce and market most quality European wines, both with and without a geographical indication, and account for over 90% of European wine exports.

If you would like to learn more about CEEV or about this factsheet, please visit www.ceev.eu