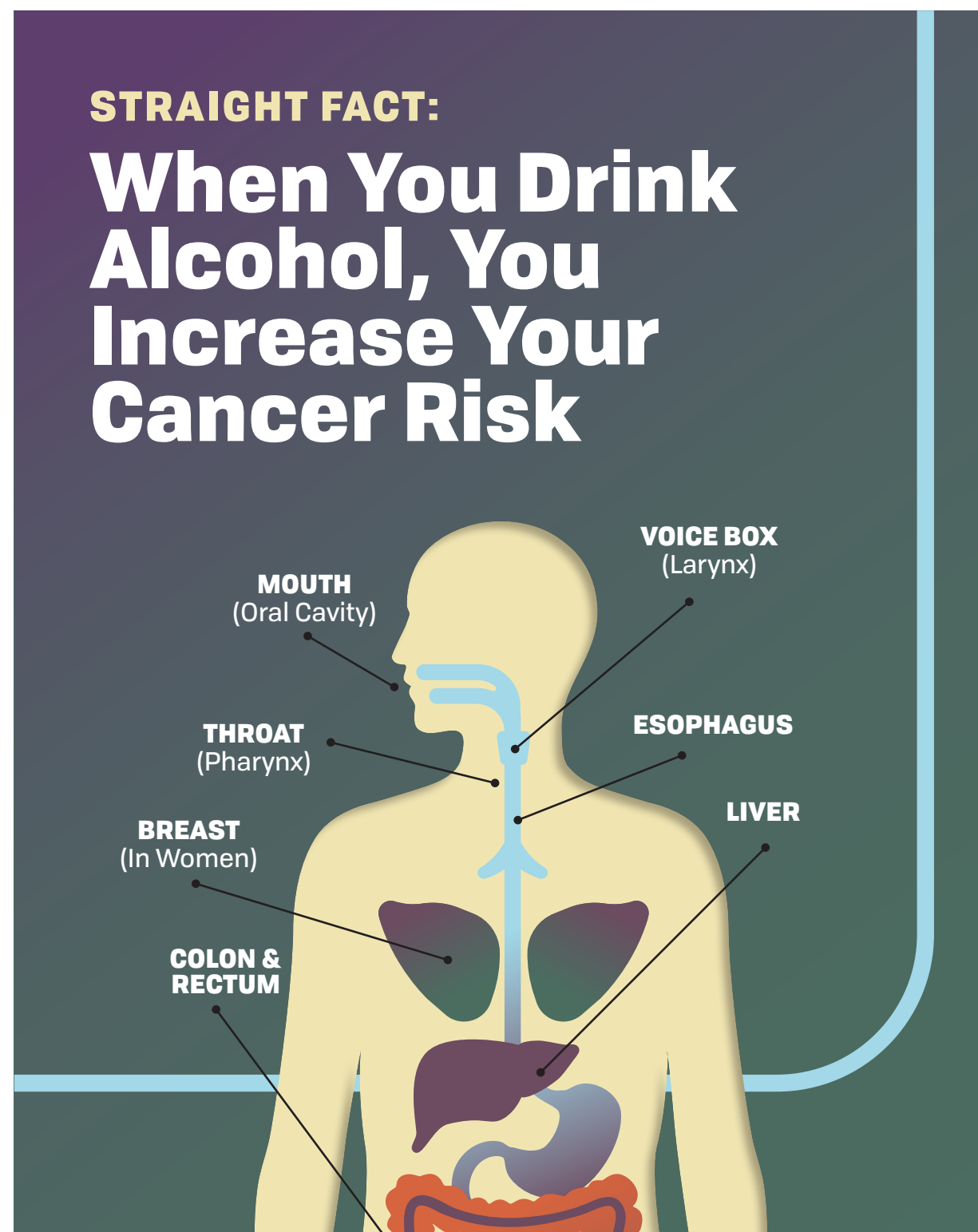




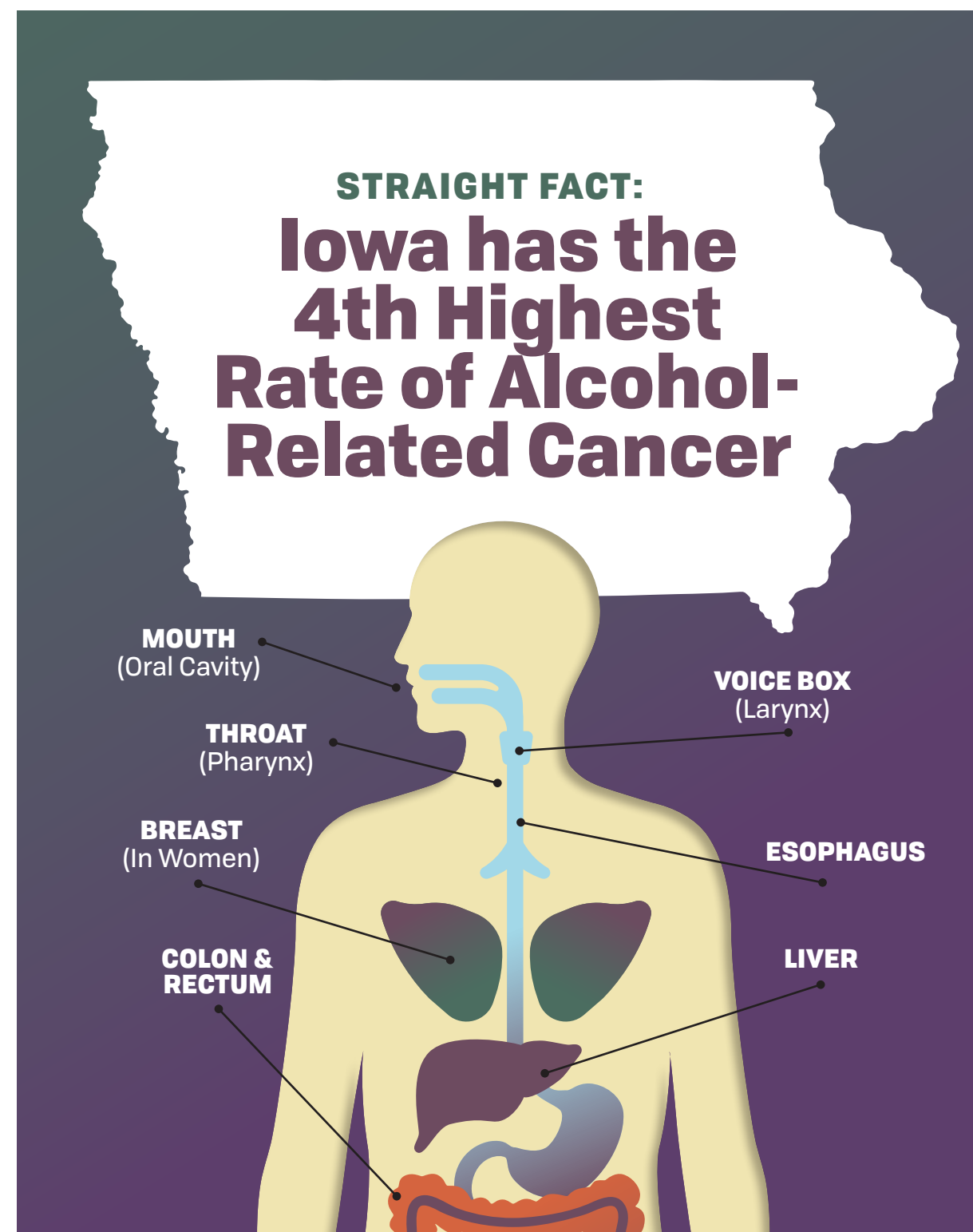
It's true. Every drink of alcohol increases your risk of developing cancer. But you can improve your outlook by cutting back — even a little. See how you can decrease your cancer risk at YourLifeIowa.org/alcohol.

Source: 2024 Cancer in Iowa Report



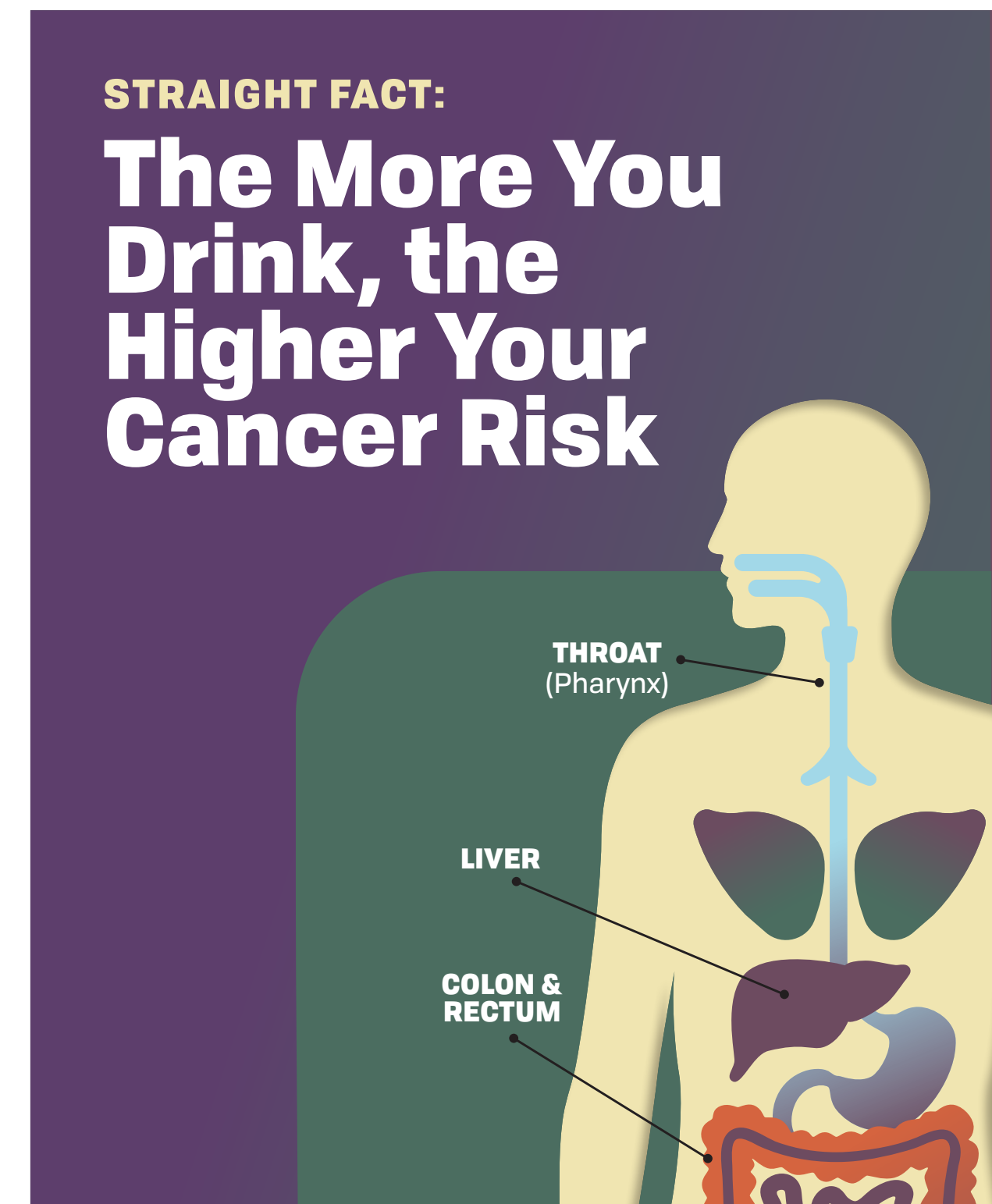
Iowa may rank high on alcohol-related cancer rates, but there's good news. We can lower our risk of cancer by drinking less. Get tips to help you drink less at YourLifeIowa.org/alcohol.

Source: 2024 Cancer in Iowa Report



Did you know alcohol can cause several types of cancer including colon, breast and liver cancer? All types of alcoholic beverages and any amount of drinking increases your risk of cancer. Learn how you can decrease your cancer risk at YourLifeIowa.org/alcohol.

Source: 2024 Cancer in Iowa Report





Alcohol is known to cause several types of cancer including colon, breast and liver cancer. Lower your risk by drinking less.

STRAIGHT FACT:
Drinking Any Amount of Alcohol Increases Your Cancer Risk

Source: 2024 Cancer in Iowa Report

Decrease your cancer risk.
Alcohol & Your Health



Iowa's 4th in the nation for binge drinking, so it's no surprise we have the 4th highest rate of alcohol-related cancers.

STRAIGHT FACT:
You Can Lower Your Cancer Risk by Drinking Less Alcohol

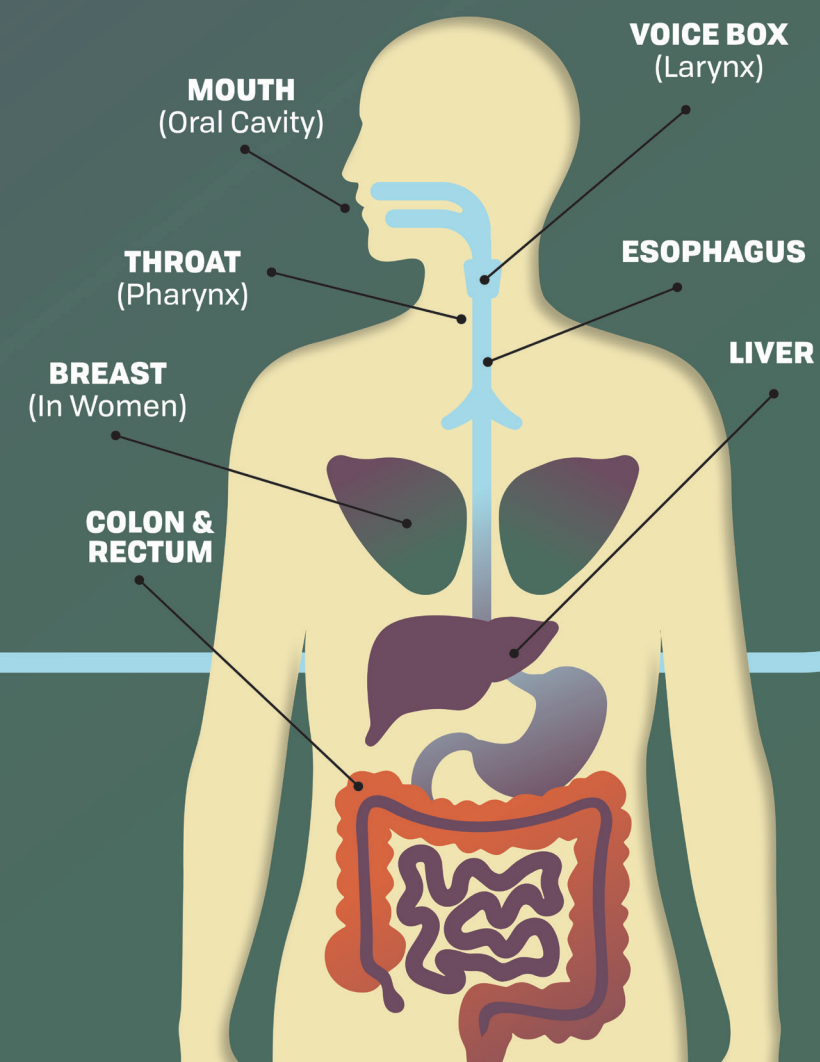
Source: 2024 Cancer in Iowa Report

Reduce how much you drink.
Alcohol & Your Health

STRAIGHT FACT:

Drinking Any Amount of Alcohol Increases Your Cancer Risk

Reduce your cancer risk by drinking less.



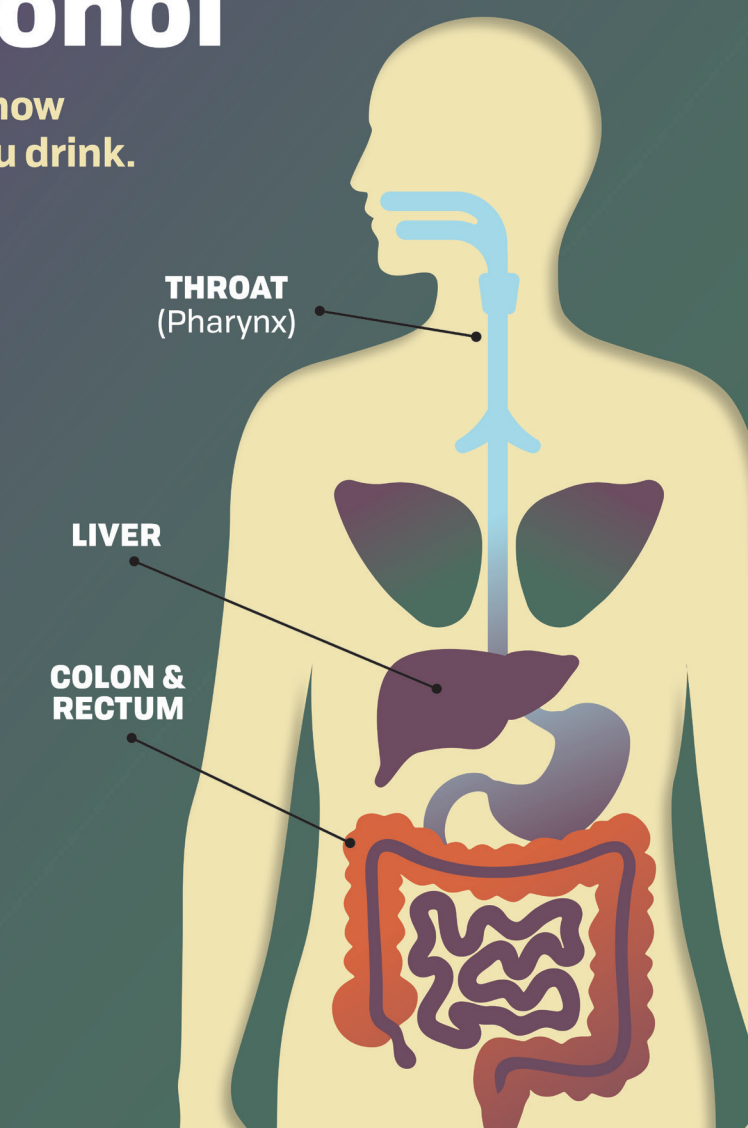
Source:
2024 Cancer in
Iowa Report

Source: 2024 Cancer in Iowa Report

STRAIGHT FACT:

You Can Lower Your Cancer Risk by Drinking Less Alcohol

Reduce how much you drink.



STRAIGHT FACT:
Drinking Any Amount of Alcohol Increases Your Cancer Risk

Source:
2024 Cancer in Iowa Report

YOUR LIFE IOWA
Iowa HHS

Your Life Iowa
Reduce your cancer risk by drinking less.

STRAIGHT FACT:
You Can Lower Your Cancer Risk by Drinking Less Alcohol

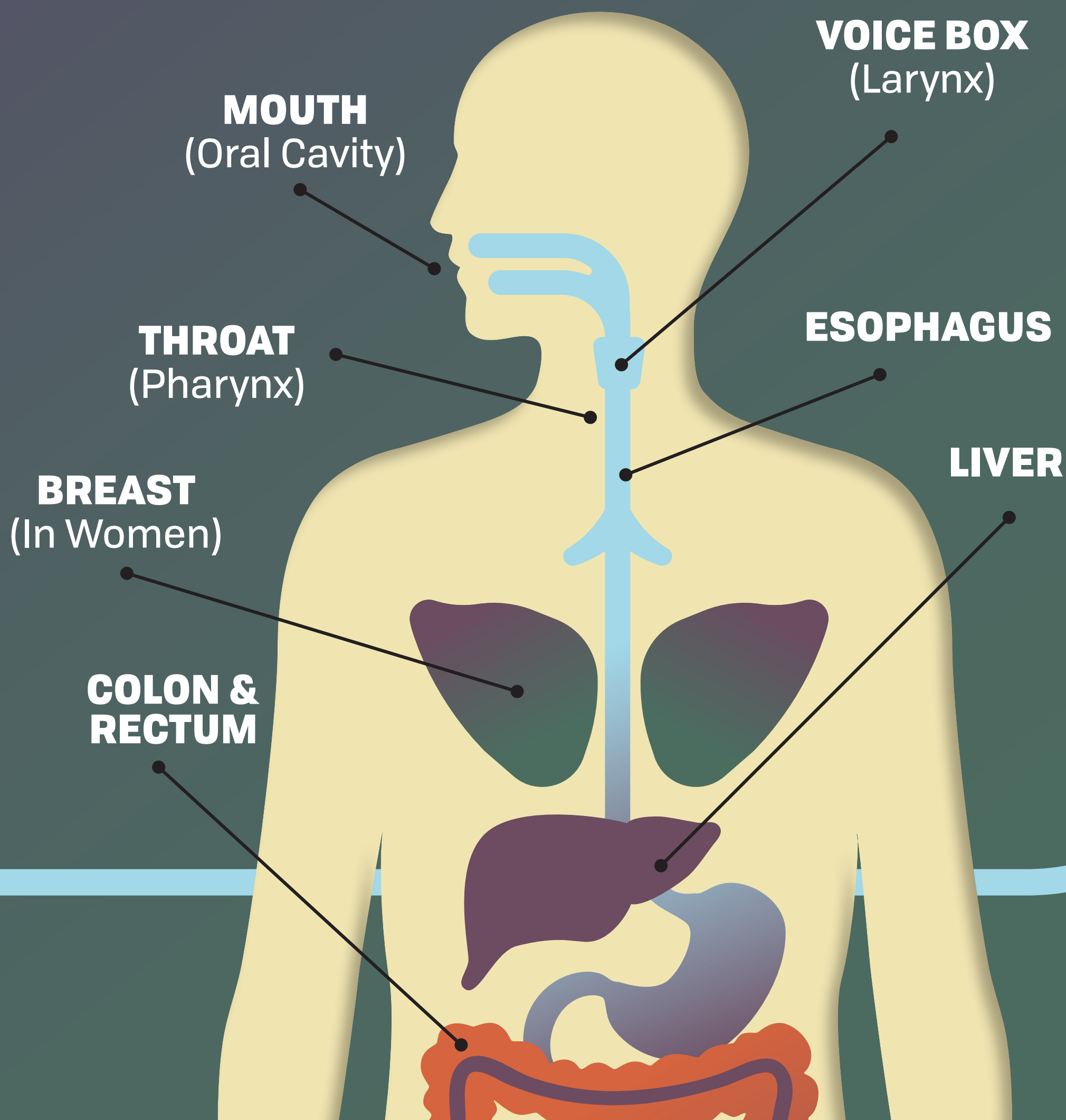
Source: 2024 Cancer in Iowa Report

YOUR LIFE IOWA
Iowa HHS

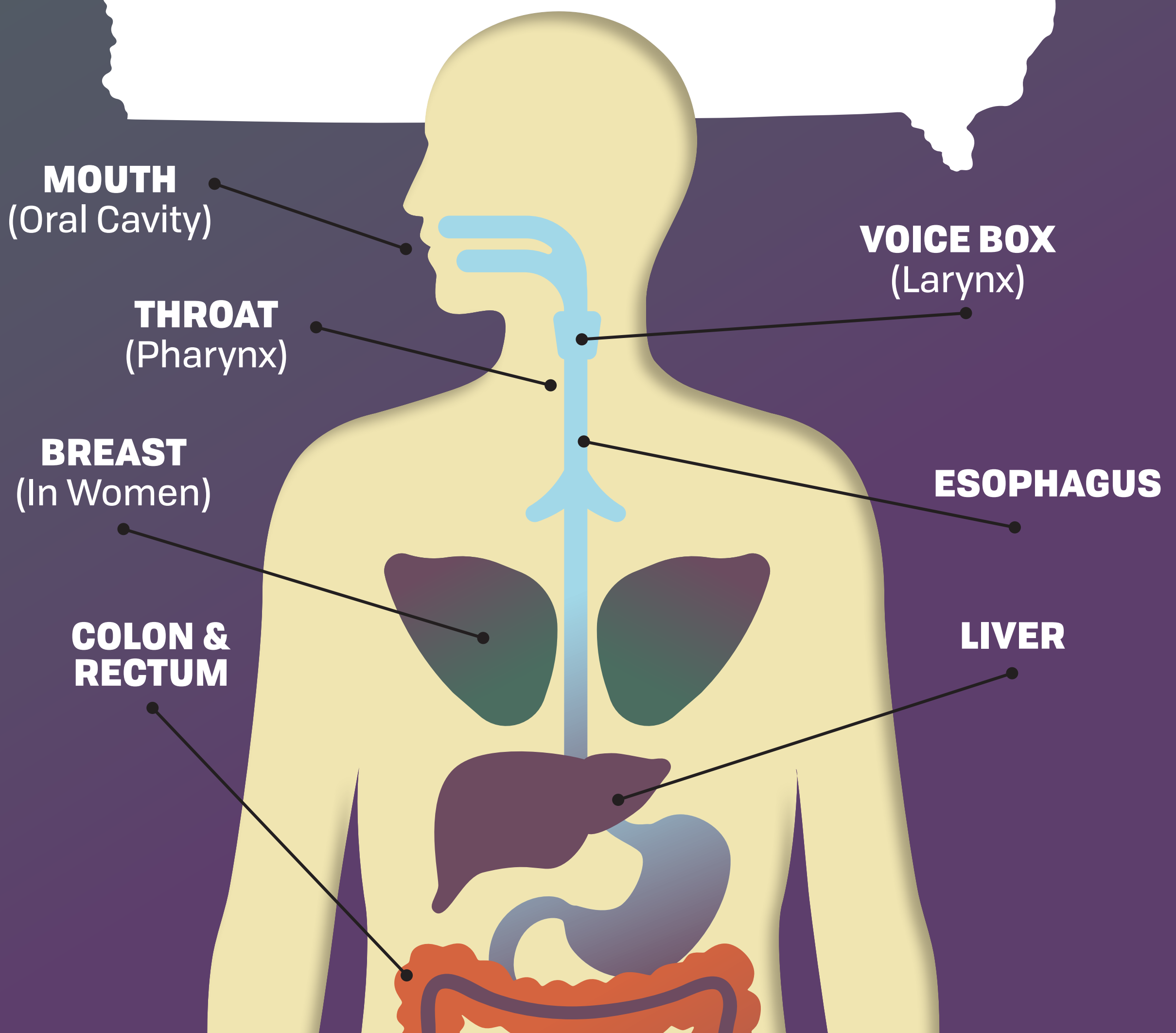
Your Life Iowa
Reduce how much you drink.

STRAIGHT FACT:

When You Drink Alcohol, You Increase Your Cancer Risk

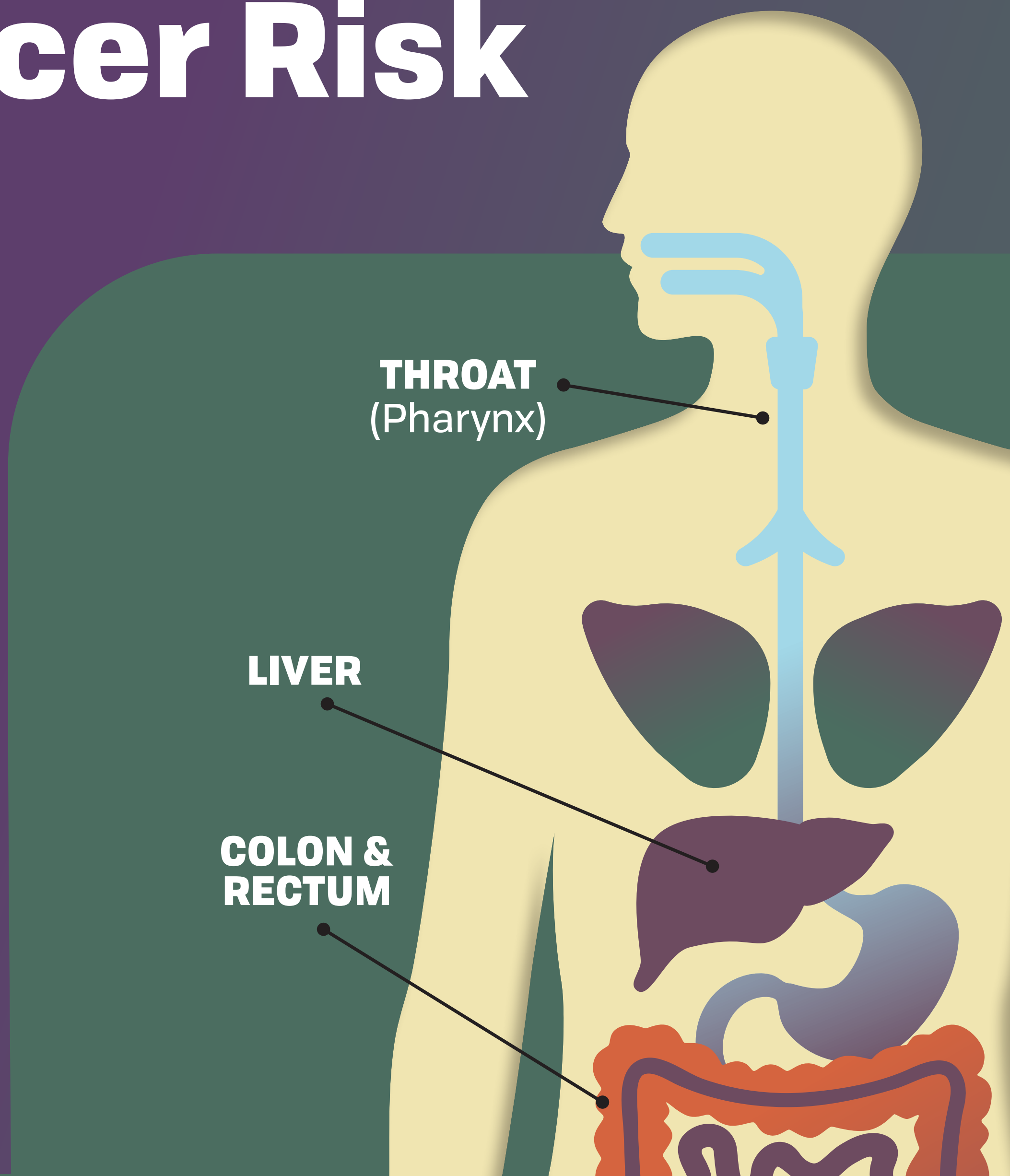


STRAIGHT FACT:
**Iowa has the
4th Highest
Rate of Alcohol-
Related Cancer**



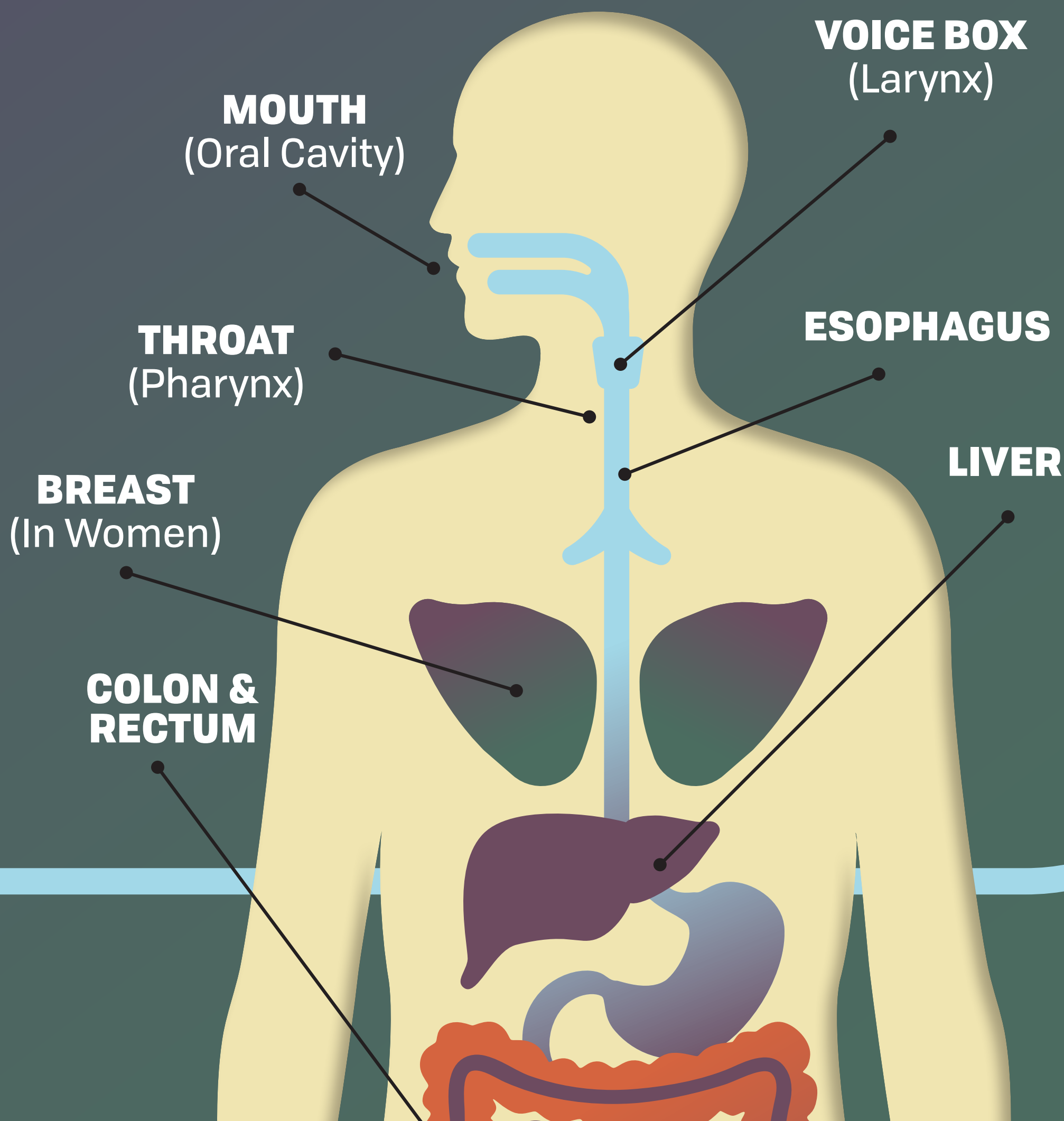
STRAIGHT FACT:

The More You Drink, the Higher Your Cancer Risk



STRAIGHT FACT:

Drinking Any Amount of Alcohol Increases Your Cancer Risk



Source:
2024 Cancer in
Iowa Report

STRAIGHT FACT:

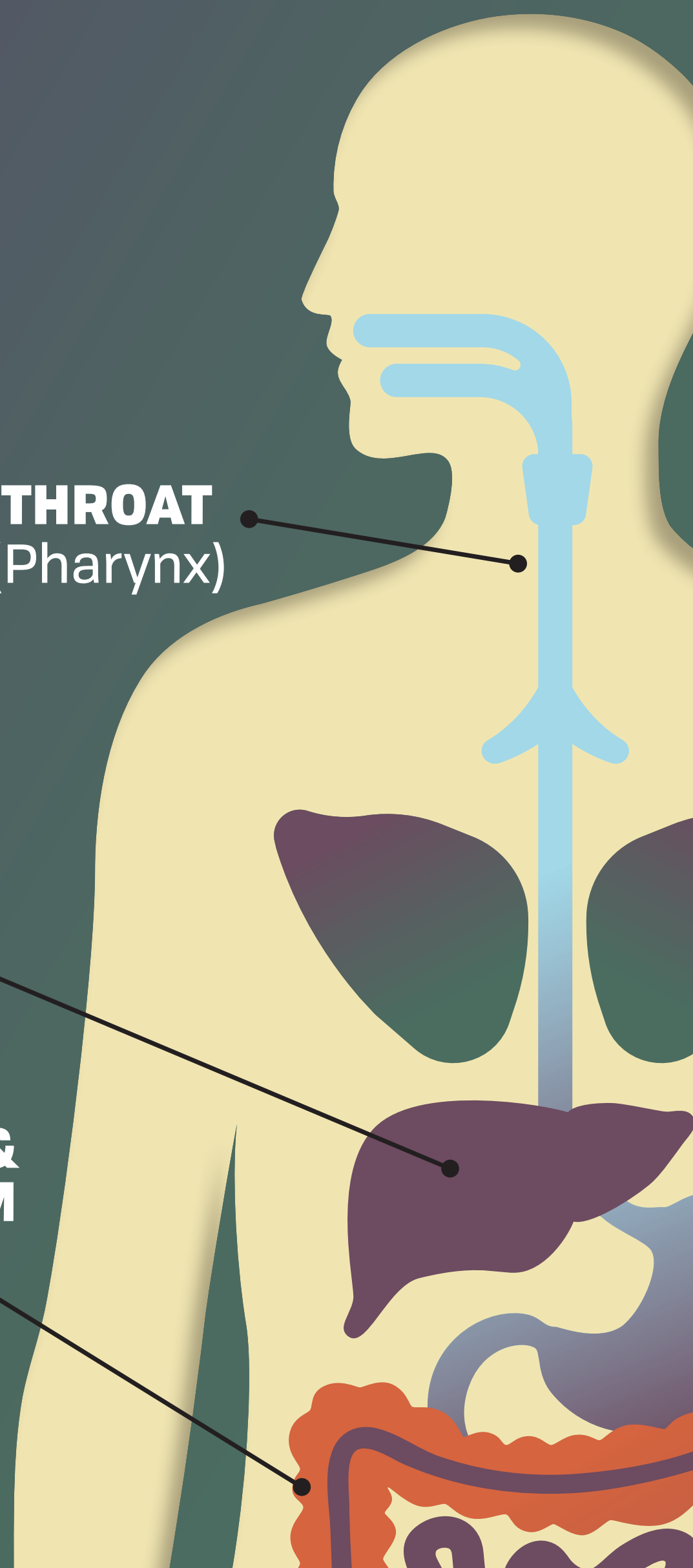
You Can Lower Your Cancer Risk by Drinking Less Alcohol

THROAT
(Pharynx)

LIVER

**COLON &
RECTUM**

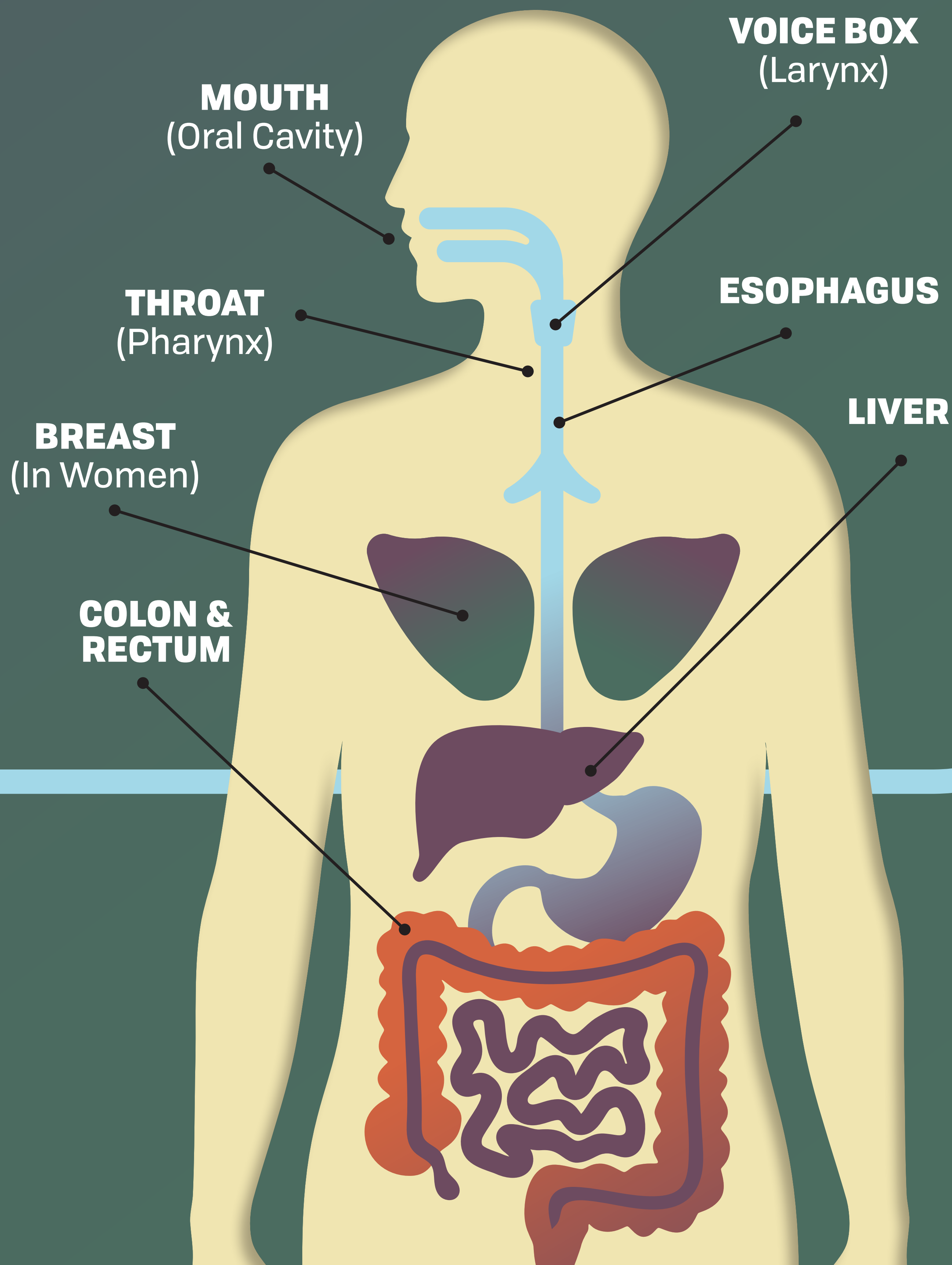
Source: 2024 Cancer in Iowa Report



STRAIGHT FACT:

Drinking Any Amount of Alcohol Increases Your Cancer Risk

Reduce your cancer risk by drinking less.



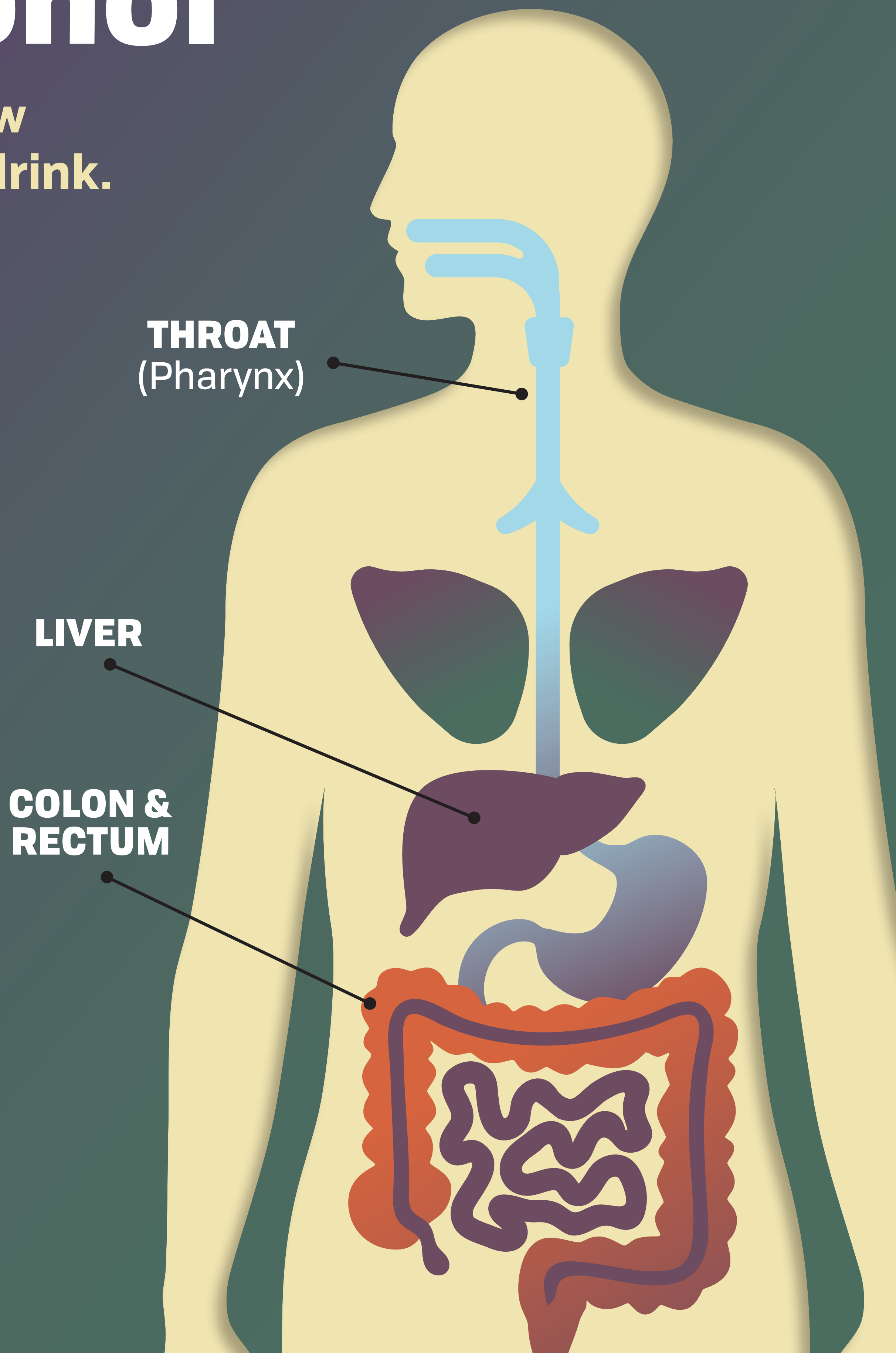
*Source:
2024 Cancer in
Iowa Report*

Source: 2024 Cancer in Iowa Report

STRAIGHT FACT:

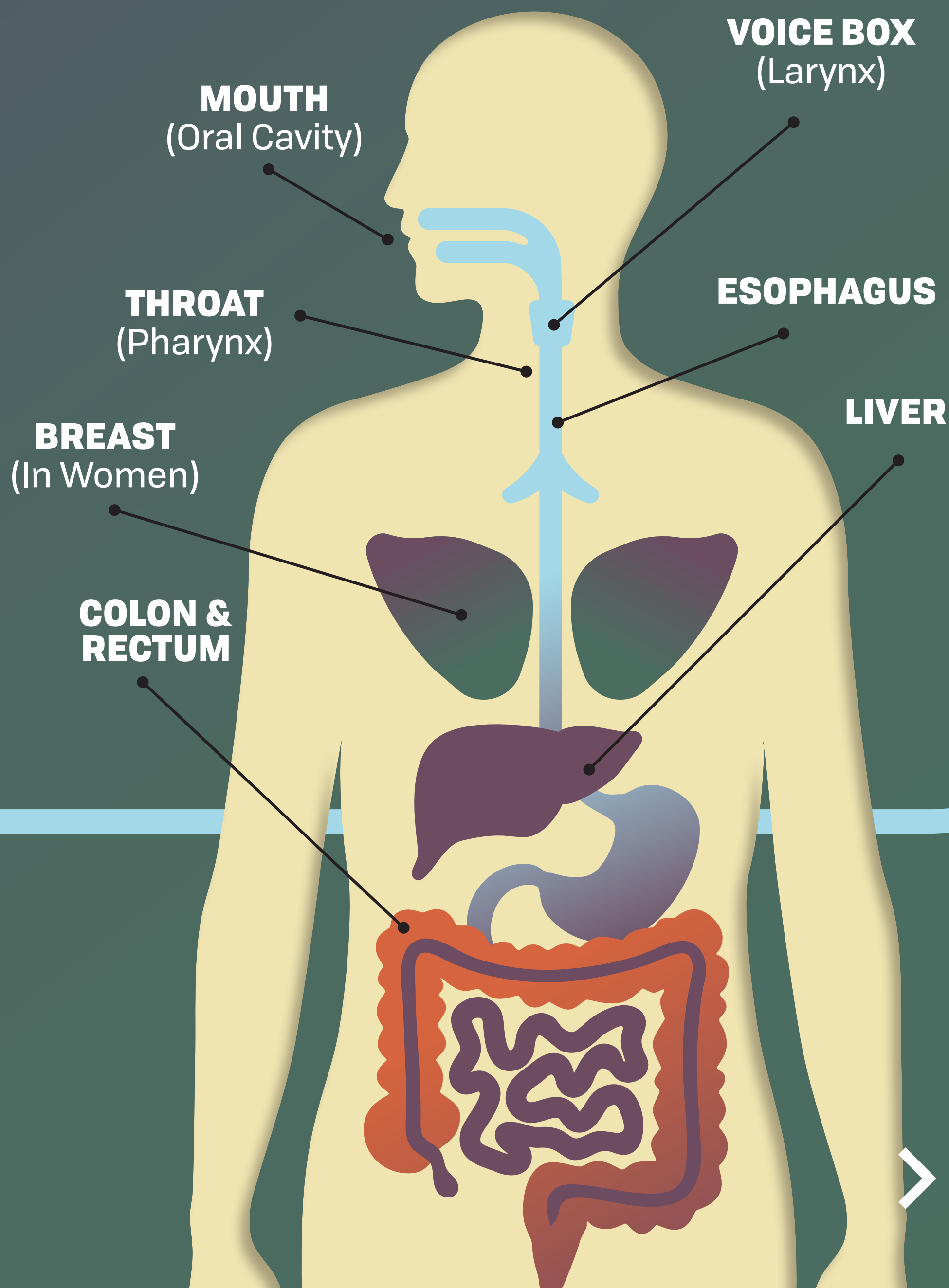
You Can Lower Your Cancer Risk by Drinking Less Alcohol

Reduce how much you drink.



STRAIGHT FACT:

Drinking Any Amount of Alcohol Increases Your Cancer Risk



Source:
2024 Cancer in
Iowa Report

Source: 2024 Cancer in Iowa Report

STRAIGHT FACT:

You Can Lower Your Cancer Risk by Drinking Less Alcohol

