

MEPs AGAINST CANCER ROUNDTABLE ALCOHOL & CANCER

23 NOVEMBER 2017



5th Awareness Week on Alcohol Related Harm

20 - 24 November 2017

By the time people realize
the harmful effect of alcohol on
their digestive system,
it is often too late.

- Professor Matthias Löhr,

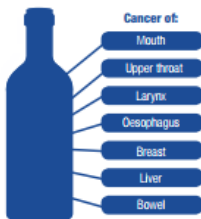
UEG Delegate to the EU Alcohol and Health Forum

12% of cancer cases



Around 12% of cancer cases
worldwide are linked to alcohol
consumption³

60+ diseases, including



Alcohol is a causal factor in more
than 60 diseases and conditions⁴,
including 7 types of cancer: Mouth,
Upper throat, Larynx, Oesophagus,
Breast, Liver and Bowel⁵

5.9% deaths



Globally, alcohol causes 5.9%
deaths (as at 2012), of which 1
in 8 are due to cancer⁶

KEY MESSAGE OF AWARH 2017

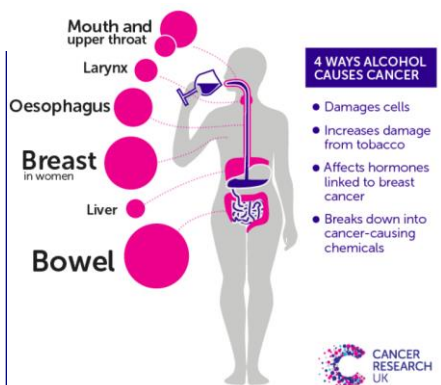
The WHO European region has the highest proportion of total ill health and premature death due to alcohol. One fifth of the population aged 15 years and above report heavy episodic drinking at least once a week. Alcohol is known to be a causal factor in over 60 diseases and conditions, including at least 7 types of cancer. 1 in 8 alcohol-related deaths are due to cancer.

Given the above statistics, the AWARH partners and the endorsers call on the European Parliament, European Commission and the Member States to ensure that:

1. The message regarding alcohol included in the [European Code Against Cancer](#) is widely disseminated: “If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention”
2. Member States and the European Commission implement the WHO’s European action plan to reduce the harmful use of alcohol 2012-2020
3. Effective and evidence-based policies are implemented that would allow Member States and the European Union to meet their obligations under Goal 3 of the Sustainable Development Goals to strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.

MEPs AGAINST CANCER AND MEP LIVER GROUP MEETING INTRODUCTION BY THE HOST

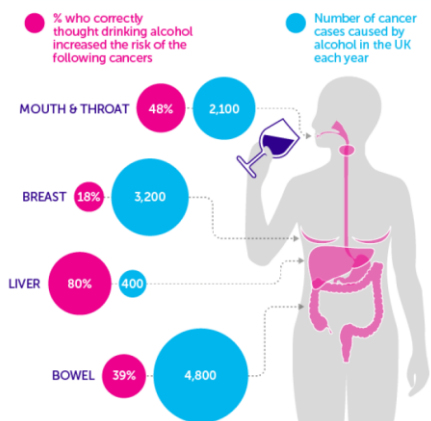
MEP Biljana Borzan (S&D, Croatia) welcomed AWARH partners, experts, policy-makers and other stakeholders at the European Parliament on 23 November 2017. MEP Borzan underlined the importance of the topic which all Europeans can relate to. MEP Borzan stated that alcohol had been her focus at the EP since the start of her mandate and that there were not enough alcohol control policies in place at the EU nor at the MS level. Despite MEP Borzan and like-minded MEPs calling for new EU alcohol strategy, the willingness of the Commission seemed to be lacking for the moment.



ALCOHOL AND CANCER AWARENESS

UK survey result for the following question...

Q Do you think your risk of developing the following types of cancer is **increased** by drinking alcohol?



UNITED EUROPEAN
GASTROENTEROLOGY
ueg



MEP LiverGroup
in the European Parliament

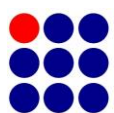
eurocare



Danish Cancer Society

EASL

European Association
for the Study of the Liver



ECL
Association of European
Cancer Leagues



European Liver
Patients' Association

EXPERT PRESENTATIONS

I. Alcohol & Cancer by Marilys Corbex, PhD, WHO Europe

Europe has the highest alcohol consumption in the world with 70% of Europeans who drink alcohol and 19.4 litres per year (215 bottles of wine) for men and 12.9 litres for women. Cancer accounts for 12% of alcohol-related deaths following cardio-vascular diseases, injuries and liver cirrhosis. 7 types of cancer are related to alcohol consumption: mouth & upper throat, larynx, oesophagus, breast, liver and bowel. Public is not always aware of the relationship between alcohol and cancer and there is a need for more campaigns and helping government implement policies such as (i) setting a minimum price for alcohol unit, (ii) curbing advertisement or (iii) limiting availability of alcohol in shops which were indicated as three 'best buys' areas of action, followed by (iv) labelling, (v) taxation etc.

II. Alcohol & Digestive Cancers, Thierry Ponchon, UEG

Ethanol and acetaldehyde (liver metabolism of alcohol) have direct carcinogenic effect. Moreover, alcohol indirectly increases absorption of tobacco carcinogens and decreases absorption of protecting nutrients (vitamins, folate etc.). Alcohol is responsible for 79,000 cases of digestive cancers in Europe each year. For example, colorectal cancer is the second most common cancer in Europe accounting for 13% of all cancers. One alcoholic drink a day increases the risk of colorectal cancer by 21%. Need for change in regulation and cultural habits. Vast majority of public unaware of the link between cancer and alcohol consumption.

III. Awareness Campaign of the Danish Cancer Society by Anne Friis Krakup and Dorte Dahl

90% of adult Danes associate alcohol as an important aspect of their life. In Denmark, 12% of breast cancer and 5% of all cancers prevalence is connected to alcohol. Only 22% of population aware of the alcohol-related cancer risk (10% for breast cancer). [Campaign](#) to raise awareness among population between 35 and 55 years old launched in November 2017 (separate campaign for youth 15-25 years old). Humour and cultural aspects injected in short films. Campaign reached more than 1.5 million people (\approx 27% of Danish population) within the first week.

IV. Alcohol & Cancer by Ana Sarasa Renedo, European Commission'

JRC with its 3000 staff members provides independent scientific evidence for the EU policies. The Health in Society Unit provides (i) European Cancer Information System (ECIS) collecting data from different cancer registries, providing harmonisation support and IT tools, and disseminating and analysing data; (ii) the European Initiative on Breast Cancer (ECIBC) launched to address inequalities and diversity of care, mapping access to breast cancer screening in Europe and providing guidelines for quality assurance; (iii) prevention of non-communicable diseases with key health determinants: nutrition, alcohol and physical activity concentrating on impact assessment, policy analysis, monitoring and evaluation, foresight and capacity building; and (iv) EU Platform on rare disease registration.

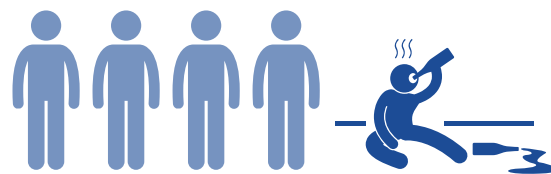


Co-funded by
the Health Programme
of the European Union



Alcohol and Cancer - An Avoidable Risk

"If you drink alcohol of any type, limit your intake. Not drinking alcohol is better for cancer prevention"
- European Code Against Cancer



Worldwide, the WHO European Region has the highest proportion of total ill health and premature death due to alcohol¹

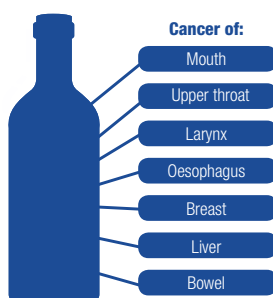
Over one fifth of the European population aged 15 years and above report heavy episodic drinking* at least once a week²

12% of cancer cases



Around 12% of cancer cases worldwide are linked to alcohol consumption³

60+ diseases, including



Alcohol is a causal factor in more than 60 diseases and conditions⁴, including 7 types of cancer: Mouth, Upper throat, Larynx, Oesophagus, Breast, Liver and Bowel⁵

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Globally, alcohol causes 5.9% deaths (as at 2012), of which 1 in 8 are due to cancer⁶

Breast cancer



The relative risk of breast cancer increases with alcohol intake, increasing by 7.1% for each additional 10 g per day intake of alcohol, i.e. for each extra unit/drink of alcohol consumed on a daily basis⁷

Bowel cancer



Lifetime alcohol intake can increase the risk of bowel cancer by 23%⁸

* five or more drinks on an occasion, or 60g pure alcohol

** one drink = 12g pure alcohol



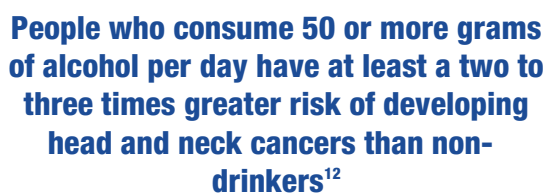
Liver cancer



Alcohol is responsible for one third of all liver cancers, being the first cause in Central and Western Europe, and the second cause globally¹⁰.

Alcohol consumption is a known risk factor for digestive cancers, including oesophageal, liver, pancreatic, colorectal and gastric cancer¹¹

Head & neck cancers



More than 4 drinks resulted in a 5% increase in the risk of developing mouth and pharynx cancers, compared to people who never drank or drank occasionally¹³**

- 1 WHO Europe, <http://www.euro.who.int/en/health-topics/disease-prevention/alcohol-use/data-and-statistics>. Accessed November 2017.
- 2 WHO Europe, <http://www.euro.who.int/en/health-topics/disease-prevention/alcohol-use/data-and-statistics>. Accessed November 2017.
- 3 Cancer Research UK, <http://www.cancerresearchuk.org/health-professional/cancer-statistics/worldwide-cancer/risk-factors>. Accessed November 2017
- 4 <http://cancer-code-europe.iarc.fr/index.php/en/>.
- 5 Cancer Research UK, <http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/alcohol-and-cancer/how-alcohol-causes-cancer>. Accessed November 2017.
- 6 WHO Global status report on alcohol and health 2014, http://www.who.int/substance_abuse/publications/global_alcohol_report/en/. Accessed November 2017.
- 7 British Journal of Cancer (2002) 87, 1234–1245 (18 November 2002) <http://www.nature.com/articles/6600596> and British Journal of Cancer (2015) 112, 580–593 (03 February 2015) <http://www.nature.com/articles/bjc2014579>. Accessed November 2017.
- 8 Ferrari P et al, 2007, 'Alcohol intake and the risk of bowel cancer'. EPIC Oxford, *Int J Cancer*, pp. 2065–72. <http://www.epic-oxford.org/publications/1428/alcohol-intake-and-risk-of-bowel-cancer>. Accessed November 2017.
- 9 Turati F, Galeone C, Rota M, et al. Alcohol and liver cancer: a systematic review and meta-analysis of prospective studies. *Ann Oncol*. 2014;25(8):1526-1535 <https://academic.oup.com/annonc/article-lookup/doi/10.1093/annonc/mdu020>. Accessed November 2017.
- 10 *JAMA Oncology*, 2017 - *JAMA Oncol*. doi: 10.1001/jamaoncol.2017.3055. Published online October 5, 2017. Accessed November 2017.
- 11 Ueg - United european gastroenterology, <https://www.ueg.eu/publications/alcohol-and-digestive-cancers-report/>. Accessed November 2017.
- 12 *The Lancet*, <http://oncolgy.thelancet.com> Vol 8 April 2007 [http://www.thelancet.com/pdfs/journals/lanonc/PIIS1470-2045\(07\)70099-2.pdf](http://www.thelancet.com/pdfs/journals/lanonc/PIIS1470-2045(07)70099-2.pdf). Accessed November 2017.
- 13 *Oral Oncology – Head and Neck Oncology* [http://www.oraloncology.com/article/S1368-8375\(10\)00136-3/fulltext](http://www.oraloncology.com/article/S1368-8375(10)00136-3/fulltext). Accessed November 2017.

** one drink = 12g pure alcohol



AWARH 2017 20th – 24rd November 2017 “Alcohol and Cancer”

European Parliament Event

Lunch Debate on “Alcohol and Cancer”

hosted by Biljana Borzan MEP

Date: 23rd November 2017

12:00 – 14:30 CET

Room: Paul-Henri Spaak – P1C047

- | | |
|----------------------|--|
| 12:00 – 12:30 | <i>Registrations and Buffet Lunch</i> |
| 12:30 - 12:40 | Welcome, aims and objectives Biljana Borzan MEP |
| 12:40 - 12:50 | MAC and MEP Liver Group Introductions |
| 12:50 - 13:10 | Setting the scene – Marilys Anne Corbex, World Health Organization |
| 13:10 – 13:30 | Alcohol and Cancer – Thierry Ponchon, United European Gastroenterology |
| 13:30 – 13:50 | Raising Awareness About Alcohol and Cancer – Anne Friis Krarup & Dorte Dahl, Danish Cancer Society |
| 13:50 - 14:10 | European Commission Actions – Ana Sarasa Renedo, Joint Research Centre |
| 14:10 – 14:15 | The patient perspective – Rita Nilsen, Manager, Stiftelsen Retretten |
| 14:15 – 14:25 | Questions and discussion |
| 14:25 - 14:30 | Closing Remarks – Mariann Skar, European Alcohol Policy Alliance |

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