

What Would You Tell Your Patients About Drinking Alcohol and Breast Cancer Risk? — with Audio Descriptive Transcript

Audio Descriptive Text

- What would you tell your patients about drinking alcohol and breast cancer risk?
 - Question shown with logos for the United States Department of Health and Human Services and Centers for Disease Control and Prevention.
- Dr. Lisa Richardson explaining the link between drinking alcoholic beverages and breast cancer risk, and what you can do to lower your risk.
- Bring Your Brave logo.

Video Summary

CDC experts answer some frequently asked questions young women have about breast cancer and breast health. Dr. Lisa Richardson, an oncologist and Director of the Division of Cancer Prevention and Control at CDC, explains the link between drinking alcoholic beverages and breast cancer risk, and what you can do to lower your risk.

Audio Script

The latest estimate is about 40% of cancers are due to lifestyle factors that we have control over. Alcohol increases the risk of developing breast cancer. The reason that happens is because it—when it's metabolized in the body, or it's—you know, used in the body, it produces estrogen-like compounds and exposure to estrogen is one of the things that can lead to breast cancer.

One thing you can do to help lower your risk is drink less alcohol. That's one drink per day for women and two for men.