

## Examples of ways to **reduce your drinking:**

- Decide how many days a week you plan to drink and stick to it. For example, you might choose to only drink on Saturdays.
- Try activities with friends and family that don't involve drinking alcohol, like taking a walk or finding a new hobby.
- Limit the alcohol you keep in your home so that you are not tempted to drink more than you planned.



***Is alcohol impacting your health? Get answers now:***



## **Other ways to reduce cancer risk:**

- Get regular screenings for colorectal cancer and cervical cancer
- Get vaccinated for hepatitis B and Human papillomavirus (HPV)
- Don't use tobacco
- Get regular medical care
- Eat a healthy diet and maintain a healthy body weight

### References

- 2022 Behavioral Risk Factor Surveillance System  
<https://www.cdc.gov/cancer/risk-factors/alcohol.html>
- U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; <https://www.cdc.gov/cancer/dataviz>, released in June 2024.

For more information about alcohol, please contact Nora Holzinger at [nora.holzinger@doh.nm.gov](mailto:nora.holzinger@doh.nm.gov)

For more information about breast cancer, please contact Libby Bruggeman at [libby.bruggeman@doh.nm.gov](mailto:libby.bruggeman@doh.nm.gov)

