# Tobacco \& Alcohol Use what's the link? 

## CAMH Nicotine Dependence Services Fact Sheets

## How are my tobacco and alcohol use connected?

## Tobacco and alcohol are often used together.

Individuals who are dependent on one substance are more likely to use the other compared to those who aren't dependent on either substance.

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\begin{aligned}
& \text { Using both at the same time } \\
& \text { may lead to cancers of the: }
\end{aligned}
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Several factors contribute to the use of alcohol and tobacco at the same time.


Mutual craving


Biology


Genetics


Cross-tolerance

Interested in learning more?
For more fact sheets, visit the Resources section at www.teachproject.ca.

## How many drinks is too much？

Binge－drinking （in one sitting）

FOR MEN：
g g d
FOR WOMEN： g日g +

At－risk drinking （weekly）

FOR MEN：

## 册册冊＋

FOR WOMEN：册册＋

Any drinking while pregnant


If you choose to drink，do so in moderation：

FOR MEN：

daily

## \＃\＃H H <br> weekly

FOR WOMEN：


Standard Drink Sizes（13．6g of alcohol）


Beer
12 oz．
（5\％alcohol content）


Malt Liquor 8－9 oz．
（7\％alcohol content）


Wine
5 oz ．
（12\％alcohol content）


Spirits
1.5 oz ．
（40\％alcohol content）

## Why should I quit/reduce my tobacco and alcohol use?

Quitting tobacco

## Lowers risk of:

- Cancer
- Heart disease
- Lung disease
- Type 2 diabetes
- Vitamin deficiencies

Improves:

- Exercise performance
- Oral health
- Eye health
- Sleep

Avoid alcohol-related
injuries and violence

## Improves

 mental healthDoesn't risk success of quitting other substance

Lower likelihood of relapse

Lowers risk of:

- Liver disease
- Heart disease
- Cancer
- Epilepsy
- Infectious disease
- Learning and memory problems

Improves
productivity

## How can I quit/reduce my tobacco and alcohol use?

When you are ready, here are a few ways to get started:


Talk to a health professional.


Join a support group.


Eat well.


Stay active.

## Resources

- Smoker's Helpline (1 877 513-5333)
- Ontario Drug \& Alcohol Helpline (1-800-565-8603)
- Tobacco Atlas (tobaccoatlas.org)
- Rethinking Drinking booklet (http://pubs.niaaa.nih.gov/publications/RethinkingDrinking/ Rethinking_Drinking.pdf)

