

# 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.

Using both at the same time may lead to cancers of the:

- Liver
- Mouth
- Throat
- Esophagus

Several factors contribute to the use of alcohol and tobacco at the same time.



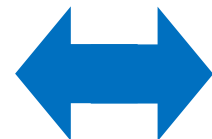
**Mutual craving**



**Biology**



**Genetics**



**Cross-tolerance**

# How many drinks is too much?

## Binge-drinking (in one sitting)

FOR MEN:



FOR WOMEN:



## At-risk drinking (weekly)

FOR MEN:



FOR WOMEN:



## Any drinking while pregnant



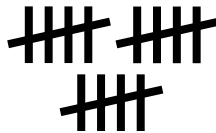
If you choose to drink, do so in moderation:

FOR MEN:



daily

OR



weekly

FOR WOMEN:



daily

OR



weekly

## 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)

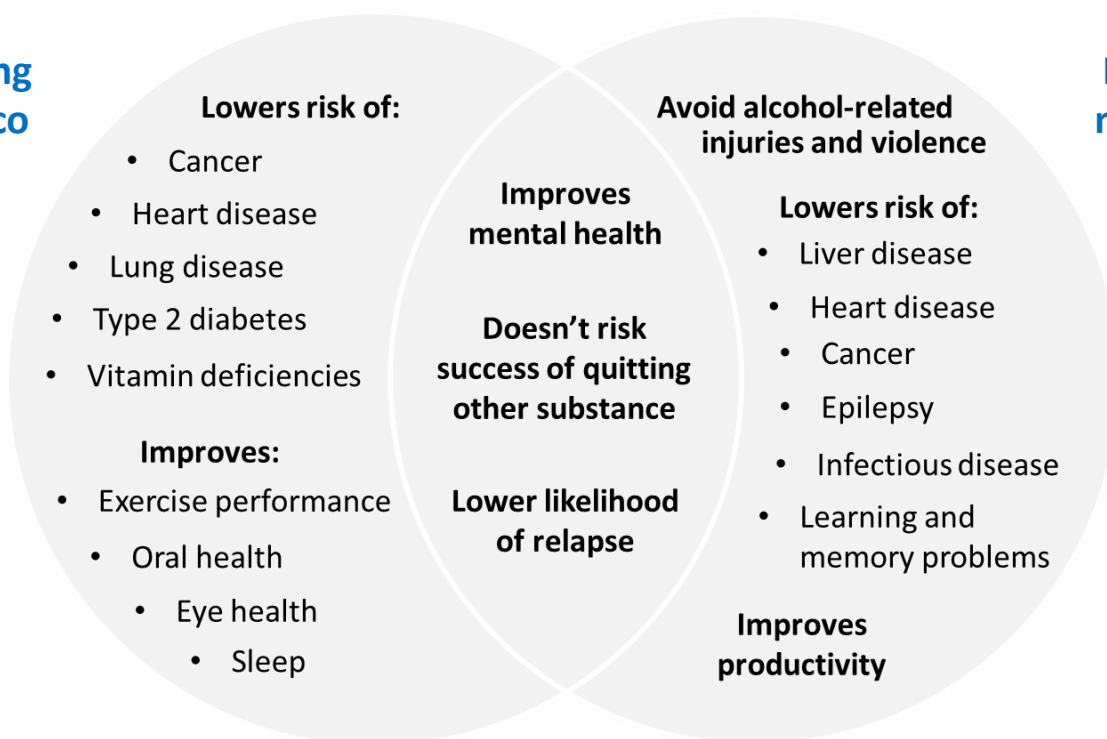


**Spirits**  
1.5 oz.

(40% alcohol content)

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

## Quitting tobacco



## Drinking in moderation

## 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](http://www.smokershelpline.ca) (1 877 513-5333)
- [Ontario Drug & Alcohol Helpline](http://www.ontariodrugandalcoholhelpline.ca) (1-800-565-8603)
- [Tobacco Atlas](http://tobaccoatlas.org) (tobaccoatlas.org)
- [Rethinking Drinking booklet](http://pubs.niaaa.nih.gov/publications/RethinkingDrinking/Rethinking_Drinking.pdf) (http://pubs.niaaa.nih.gov/publications/RethinkingDrinking/Rethinking\_Drinking.pdf)