

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

## CAMH Nicotine Dependence Services Fact Sheets

### How are 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 cancer in the:

- Liver
- Throat
- Mouth
- Esophagus

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



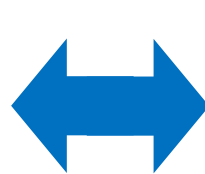
Mutual craving



Biology



Genetics



Cross-tolerance

### How many drinks is too much?

#### Binge-drinking (in one sitting)

FOR MEN:

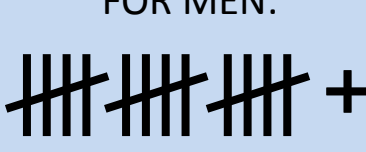


FOR WOMEN:

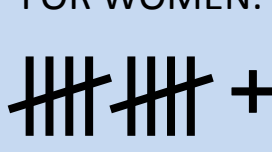


#### At-risk drinking (weekly)

FOR MEN:



FOR WOMEN:



#### Any drinking while pregnant

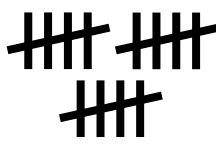


If you choose to drink, do so in moderation:

FOR MEN:



OR



daily

weekly

FOR WOMEN:



OR



daily

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

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

Lowers risk of:

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

Improves productivity

#### Drinking in moderation

Improves mental health

Doesn't risk success of quitting other substance

Lower likelihood of relapse

### 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.



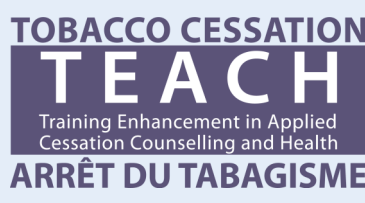
Eat well.



Stay active.

### Resources

- [Smoker's Helpline](http://18775135333.com) (1 877 513-5333)
- [Ontario Drug & Alcohol Helpline](http://18005658603.com) (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)



Action on Smoking and Health. (2014). *Smoking and eye disease*. Retrieved from [http://ash.org.uk/files/documents/ASH\\_132.pdf](http://ash.org.uk/files/documents/ASH_132.pdf) (accessed July 22, 2015).

Barrett, S. P., Tichauer, M., Leyton, M., & Pihl, R. O. (2006). Nicotine increases alcohol self-administration in non-dependent male smokers. *Drug and Alcohol Dependence*, 81(2), 197-204.

Butt, P., Beirness, D., Cesa, F., Gliksman, L., Paradis, C., & Stockwell, T. (2011). *Alcohol and health in Canada: A summary of evidence and guidelines for low-risk drinking*. Ottawa, ON: Canadian Centre on Substance Abuse.

Canadian Centre on Substance Abuse. (2014). *Chronic Illness and Alcohol*. Retrieved from <http://www.ccsa.ca/Resource%20Library/CCSA-Chronic-Illness-and-Alcohol-Infographic-2014-en.pdf> (accessed July 22, 2015).

College of Dental Hygienists of Ontario. (n.d.). *From Head to Toe: Smoking and Your Oral Health*. Retrieved from [http://www.cdho.org/publicbrochures/oralhealthmatters\\_smoking.pdf](http://www.cdho.org/publicbrochures/oralhealthmatters_smoking.pdf) (accessed July 22, 2015).

Corrigall, W. A., Coen, K. M., & Adamson, K. L. (1994). Self-administered nicotine activates the mesolimbic dopamine system through the ventral tegmental area. *Brain Research*, 653(1), 278-284.

Dani, J. A., & Harris, R. A. (2005). Nicotine addiction and comorbidity with alcohol abuse and mental illness. *Nature Neuroscience*, 8(11), 1465-1470.

Bantoto, B., D'Souza, L., Dragonetti, R., Selby, P. (2015). *Integrated Chronic Disease Management and Prevention: A person-centred approach to addressing tobacco and other modifiable risk factors*. Toronto, ON: Centre for Addiction and Mental Health.

Funk, D., Marinelli, P. W., & Le, A. D. (2006). Biological processes underlying co-use of alcohol and nicotine: neuronal mechanisms, cross-tolerance, and genetic factors. *Alcohol Research and Health*, 29(3), 186.

Grant, B. F., Hasin, D. S., Chou, S. P., Stinson, F. S., & Dawson, D. A. (2004). Nicotine dependence and psychiatric disorders in the United States: Results from the national epidemiologic survey on alcohol and related conditions. *Archives of General Psychiatry*, 61(11), 1107-1115.

Howe, H. L., Wingo, P. A., Thun, M. J., Ries, L. A., Rosenberg, H. M., Feigal, E. G., & Edwards, B. K. (2001). Annual report to the nation on the status of cancer (1973 through 1998), featuring cancers with recent increasing trends. *Journal of the National Cancer Institute*, 93(11), 824-842.

Hughes, J. R., Callas, P. W., & High Dose Study Group. (2003). Past alcohol problems do not predict worse smoking cessation outcomes. *Drug and Alcohol Dependence*, 71(3), 269-273.

Kalman, D., Kim, S., DiGirolamo, G., Smelson, D., & Ziedonis, D. (2010). Addressing tobacco use disorder in smokers in early remission from alcohol dependence: the case for integrating smoking cessation services in substance use disorder treatment programs. *Clinical Psychology Review*, 30(1), 12-24.

Kuper, H., Tzonou, A., Kaklamani, E., Hsieh, C. C., Laggiou, P., Adami, H. O., ... & Stuver, S. O. (2000). Tobacco smoking, alcohol consumption and their interaction in the causation of hepatocellular carcinoma. *International Journal of Cancer*, 85(4), 498-502.

Ministry of Health and Long-Term Care. (2012). *Adult Heavy Drinking*. Retrieved from [http://www.health.gov.on.ca/en/public/publications/pubhealth/init\\_report/ahd.html](http://www.health.gov.on.ca/en/public/publications/pubhealth/init_report/ahd.html) (accessed July 22, 2015).

Negri, E., La Vecchia, C., Franceschi, S., & Tavani, A. (1993). Attributable risk for oral cancer in northern Italy. *Cancer Epidemiology Biomarkers & Prevention*, 2(3), 189-193.

Pelucchi, C., Gallus, S., Garavello, W., Bosetti, C., & La Vecchia, C. (2006). Cancer risk associated with alcohol and tobacco use: focus on upper aero-digestive tract and liver. *Alcohol Research & Health*, 29(3), 193-198.

Prochaska, J. J., Delucchi, K., & Hall, S. M. (2004). A meta-analysis of smoking cessation interventions with individuals in substance abuse treatment or recovery. *Journal of Consulting and Clinical Psychology*, 72(6), 1144.

Rose, J. E., Brauer, L. H., Behm, F. M., Cramblett, M., Calkins, K., & Lawhon, D. (2004). Psychopharmacological interactions between nicotine and ethanol. *Nicotine & Tobacco Research*, 6(1), 133-144.

Selby, P., Barker, M., & Herie, M. (2013). Tobacco Interventions for People with Alcohol and Other Drug Problems. In Herie, M. & Skinner, W. J. W. (Eds.), *Fundamentals of Addiction: A Practical Guide for Counsellors* (pp. 239-273). Toronto, ON: Centre for Addiction and Mental Health.