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

Interested in learning more? For more fact sheets, visit the Resources section at www.teachproject.ca.
If you choose to drink, do so in moderation:

**Binge-drinking (in one sitting)**
- FOR MEN: +
- FOR WOMEN: +

**At-risk drinking (weekly)**
- FOR MEN: +
- FOR WOMEN: +

**Any drinking while pregnant**
- No drinking allowed

**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)

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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

Drinking in moderation

- Doesn’t risk success of quitting other substance
- Lower likelihood of relapse
- 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)

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