



People who use both **alcohol and tobacco** have a **5 times** higher risk of developing cancers of the oral cavity, oropharynx, larynx, and oesophagus, compared with people who use either alcohol or tobacco alone. →



For heavy users,
the risk is up to **30 times** higher.

Not smoking and not drinking alcohol
is better for **cancer prevention.**

Data sources: Mello et al. (2019). DOI: 10.1007/s00784-019-02958-1;
Dal Maso et al. (2016). DOI: 10.1007/s00784-019-02958-1
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