



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.**