

Press Release

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FOR IMMEDIATE RELEASE

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### **SAFE Glen Cove Coalition: April is Alcohol Awareness Month**

In 1987, the National Council on Alcoholism and Drug Dependence (NCADD) designated April as Alcohol Awareness Month. NCADD is an advocacy organization made up of individuals from the medical, scientific, political, and social fields who work together to overcome the stigma of alcoholism by increasing public understanding of the disease and raising awareness about the risks of alcohol consumption and the importance of strong alcohol policy safeguards.

Alcohol Awareness Month provides an opportunity to learn about alcohol use disorder (AUD) and the adverse impact of alcohol misuse on health and society. Alcohol-related problems continue to take a heavy toll on individuals, families, and communities. Researchers estimate that each year there are more than 178,000 alcohol-related deaths, making alcohol a leading preventable cause of death in the United States. In addition, more than 200 disease and injury-related conditions are associated with alcohol misuse.

While many recognize the dangers of excessive drinking, fewer people are aware of the severe public health consequences it can have—ranging from increased cancer risks to its significant role in gun violence. Addressing these issues requires not only public awareness but also stronger regulatory compliance and data-driven interventions.

According to the U.S Surgeon General's 2025/2026 Advisory: Alcohol and Cancer Risks, Alcohol consumption is a leading preventable cause of cancer in the United States, contributing to nearly 100,000 cancer cases and 20,000 cancer-related deaths annually. However, public awareness of this risk remains low—less than half of U.S. adults recognize alcohol as a cancer risk factor.

Scientific research has established a direct link between alcohol and at least seven types of cancer, including breast, colorectal, liver, and oral cancers. Even moderate alcohol consumption—such as one drink per day—can increase cancer risk. Alarmingly, alcohol-related cancer deaths shorten lives by an average of 15 years, with the total years of potential life lost estimated at 305,000 annually.

According to the CDC, there are 4 ways alcohol can cause cancer:

- Alcohol increases cancer risk primarily by breaking down into harmful acetaldehyde (damaging DNA), creating oxidative stress/inflammation by altering hormone levels (like estrogen), and increasing absorption of other carcinogens. These mechanisms can lead to cancers of the mouth, throat, liver, and breast.
- Alcohol metabolism generates reactive oxygen species (ROS), which creates high oxidative stress and inflammation. This process damages DNA, proteins, and lipids (fats) in the body.
- Alcohol can increase levels of hormones like estrogen, insulin, and insulin-like growth factor-1 (IGF-1). Elevated estrogen is linked to an increased risk of breast cancer by prompting cells to divide more rapidly.
- Alcohol can act as a solvent, allowing cells in the mouth and throat to more easily absorb harmful cancer-causing chemicals, such as those found in tobacco smoke.

To reduce alcohol-related-cancer risks, The Surgeon General Advisory recommends:

- Include a clear warning label on alcoholic beverages to clearly state the link between alcohol and cancer.
- Reassessing recommended alcohol consumption limits to reflect the latest scientific evidence on cancer risk.
- Expanding public education efforts to increase awareness of the link between alcohol and cancer.
- Encouraging healthcare providers to inform patients about the risks, conduct alcohol screenings, and provide brief interventions and treatment referrals.

To read the Surgeon General's report please visit <https://www.hhs.gov/surgeongeneral/reports-and-publications/alcohol-cancer/index.html>

The SAFE Glen Cove Coalition was formed in 2003 to change societal norms about alcohol and substance use. The Coalition is concerned about excessive alcohol use in youth and adults and seeks to educate the community about its negative effects on one's health and wellness. The Glen Cove Police Department has been a longstanding member of the Coalition and works diligently to monitor alcohol sales to minors, monitor hot spots where youth are known to drink and provide prevention education to youth and adults about Glen Cove Social Host Law and its consequences throughout the year. To learn more about the SAFE Glen Cove Coalition please follow us on [www.facebook.com/safeglencovecoalition](https://www.facebook.com/safeglencovecoalition) or visit SAFE's website to learn more about Alcohol and its negative consequences please visit [www.safeglencove.org](http://www.safeglencove.org).