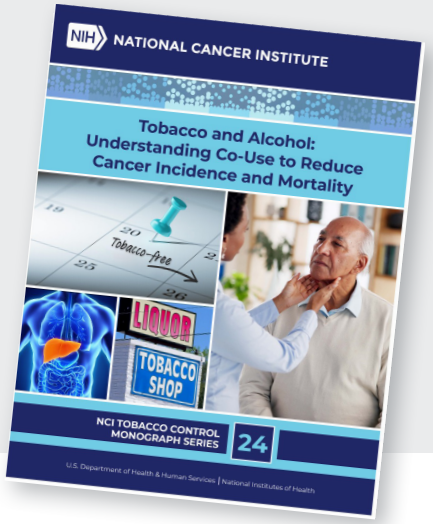
Tobacco and Alcohol: Understanding Co-Use to Reduce Cancer Incidence and Mortality

The 24th National Cancer Institute (NCI) Tobacco Control Monograph provides a comprehensive examination of the state of the science on tobacco and alcohol co-use and the influence of this co-use on cancer risk.



Addressing the use and co-use of tobacco and alcohol is critical for reducing cancer risk and improving health outcomes.

Research gaps concerning the co-use of tobacco and alcohol remain, especially related to intervention approaches and optimized prevention of initiation strategies. An important next step is developing and implementing interventions that address tobacco and alcohol co-use at both the individual and population levels. Advancing research on tobacco and alcohol co-use will inform clinicians, public health practitioners, and the public and will help shape effective interventions to mitigate the combined impact of these addictive products on cancer incidence and mortality.

About Monograph 24

The *Tobacco and Alcohol: Understanding Co-Use to Reduce Cancer Incidence and Mortality* volume covers:

- surveillance and behavioral epidemiology of tobacco and alcohol use
- epidemiology of tobacco and alcohol use as it relates to cancer risk
- physiological, cellular, molecular, and genetic basis of the combined effects of tobacco and alcohol use on carcinogenesis
- treatment approaches for tobacco and alcohol use
- prevention of tobacco use in relation to alcohol
- economic, environmental, and policy factors related to tobacco and alcohol use and co-use
- priority areas for future research on tobacco and alcohol co-use

What This Monograph Adds

Synthesizes what is currently known about tobacco and alcohol co-use.

Presents new analyses of patterns of tobacco and alcohol co-use overall and among population subgroups.

Identifies important opportunities for future research efforts related to cancer prevention and control

Major Conclusions

The *Tobacco and Alcohol: Understanding Co-Use to Reduce Cancer Incidence and Mortality* monograph summarizes the latest evidence on tobacco and alcohol co-use and cancer. The scientific evidence in this volume supports the following key findings:

1. Tobacco and alcohol are addictive and carcinogenic substances that are commonly used together.
2. Co-use of tobacco and alcohol occurs from the earliest ages of substance use initiation, and its prevalence is substantially higher among certain population subgroups.
3. Tobacco use and alcohol consumption individually increase the risk for numerous types of cancer, even at low levels of use, and there is a synergistic increase in risk of squamous cell cancers of the head and neck and esophagus caused by tobacco and alcohol co-use.
4. Tobacco and alcohol co-use results in substantially increased acetaldehyde exposure.
5. People with genetic variants that reduce the rate of metabolism of acetaldehyde are at significantly increased risk of cancer if they consume alcohol.
6. Tobacco and alcohol use affect multiple, complex neurophysiological processes in the brain.
7. Studies have identified a substantial number of genetic variants that are associated with both alcohol use and tobacco use across populations, providing evidence for shared underlying mechanisms.
8. Smoking cessation interventions are effective for people who smoke and have an alcohol use disorder.
9. Addressing alcohol use as a part of smoking cessation treatment is highly likely to advance tobacco cessation goals.
10. Ensuring broad access to, and use of, evidence-based therapies for tobacco and alcohol treatment will help reduce cancer incidence and mortality.
11. Prevention programs and interventions that address both tobacco and alcohol may be effective to prevent initiation and ongoing use of both substances.
12. Factors pertaining to the marketing, sale, and distribution of tobacco and alcohol products (and the policies to address them) influence patterns and prevalence of tobacco and alcohol use individually and may also influence co-use.
13. Addressing the co-use of tobacco and alcohol has the potential to strengthen tobacco control and reduce cancer incidence and mortality.
14. Increased public awareness of both tobacco and alcohol as modifiable risk factors for cancer is an important step toward reducing the cancer burden.

Download the Monograph at cancercontrol.cancer.gov/monograph24 or scan the QR code.

About the Monograph Series

The National Cancer Institute established the Tobacco Control Monograph series (formerly the Smoking and Tobacco Control Monograph series) in 1991. The series provides comprehensive scientific reviews of tobacco use, treatment, and prevention topics to inform the work of researchers, clinicians, and public health practitioners and reduce cancer morbidity and mortality. All NCI Tobacco Control Monographs are available at cancercontrol.cancer.gov/monographs.