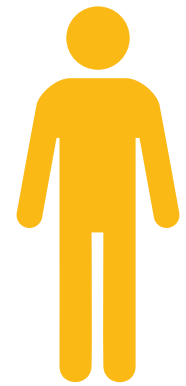
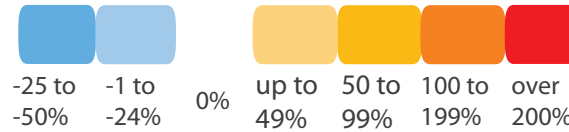


Amount of risk for early death from alcohol-related illness

for men under 70 years of age based on average drinks had per day



Risk is shown as a percentage
← decrease or increase →



Illness or Disease	1 DRINK	2 DRINKS	3-4 DRINKS	5-6 DRINKS	6 DRINKS	Proportion of all Deaths (2002-2005)
Hemorrhagic stroke (morbidity)	+11	+23	+44	+78	+156	
Hemorrhagic stroke (mortality)	+10	+21	+39	+68	+133	1 in 30
Ischemic stroke (morbidity)	-13	0	0	+25	+63	
Ischemic stroke (mortality)	-13	0	+8	+29	+70	1 in 80
Diabetes mellitus	-12	0	0	0	+72	1 in 30
Hypertension	+13	+28	+54	+97	+203	1 in 150
Liver cirrhosis (morbidity)*	0*	0*	+33	+109	+242	
Liver cirrhosis (mortality)	+26	+59	+124	+254	+691	1 in 90

Source: Butt, P., et al. 2011. Reproduced with permission from Canadian Centre on Substance Abuse.

*Note: Rehm and colleagues (2010) estimate reduced risk of liver cirrhosis at these levels of consumption (one or two drinks per day). Given that there is no known biological reason for such a result, the relative risk has been artificially put at zero.