

Pancreatic Cancer: Diet and Lifestyle Influences

(Research and writing in process)

Alcohol

Alcohol did not increase the risk of pancreatic cancer in one study.¹ While another global study found alcohol consumption did increase the risk in men and women.²

A study from London of 1,530 pancreatic cancer cases and 1,530 controls (no pancreatic cancer) found men consuming high amounts of alcohol, more than 45 grams per day, had a higher risk. Women did not have a higher risk. No associations or risk were noted for beer and wine consumption.³

In San Francisco Bay area researchers found heavy alcohol consumption and a history of binge drinking increased the risk of pancreatic cancer in men but not women.⁴

George Town Medical Center reviewed fourteen medical studies that evaluated 862,644 people. They found no significant risk for alcohol from wine and beer. There was no significant risk for alcohol from less than 1 strong spirit (distilled) drink per day.⁵

Inherited genetics can increase the risk of alcohol intake and pancreatic cancer.⁶ At this time you cannot test your genes to see if you have the alcohol tendency. But, if you have a family history of pancreatic cancer you should limit or avoid strong alcohol.

In summary, low to moderate amounts of alcohol intake, do not appear to increase the risk of pancreatic cancer, while high amounts do increase the risk.

¹ [Clin Gastroenterol Hepatol](#). 2008 Mar;6(3):275-82. Pancreatic cancer: a review of the evidence on causation. [Hart AR](#), [Kennedy H](#), [Harvey I](#). Population Health, School of Medicine, Health Policy and Practice, University of East Anglia, Norwich, Norfolk, United Kingdom.

² [Pancreas](#). 2010 Jul;39(5):669-74. Ultraviolet B irradiance and vitamin D status are inversely associated with incidence rates of pancreatic cancer worldwide. [Mohr SB](#), [Garland CF](#), et al., Naval Health Research Center, San Diego, CA, USA.

³ [Cancer Causes Control](#). 2010 Aug;21(8):1213-25. Alcohol intake and pancreatic cancer: a pooled analysis from the pancreatic cancer cohort consortium (PanScan). [Michaud DS](#), [Vrieling A](#), [Jiao L](#), et al.

⁴ [Cancer Causes Control](#). 2010 Jul;21(7):1047-59. Risk of pancreatic cancer by alcohol dose, duration, and pattern of consumption, including binge drinking: a population-based study. [Gupta S](#), [Wang F](#), [Holly EA](#), [Bracci PM](#). Division of Digestive and Liver Diseases, Harold C Simmons Cancer Center, University of Texas Southwestern Medical Center, Dallas, TX 75390-8887, USA.

⁵ [Cancer Epidemiol Biomarkers Prev](#). 2009 Mar;18(3):765-76. Alcohol intake and pancreatic cancer risk: a pooled analysis of fourteen cohort studies. [Genkinger JM](#), [Spiegelman D](#), [Anderson KE](#), et al., Department of Oncology, Lombardi Cancer Center, Georgetown University Medical Center, Washington, DC, USA.

⁶ [Exp Clin Cancer Res](#). 2010 Mar 26;29:28. Methylation of the SPARC gene promoter and its clinical implication in pancreatic cancer. [Gao J](#), [Song J](#), et al., Department of Gastroenterology, Changhai Hospital, Second Military Medical University, Shanghai 200433, China.