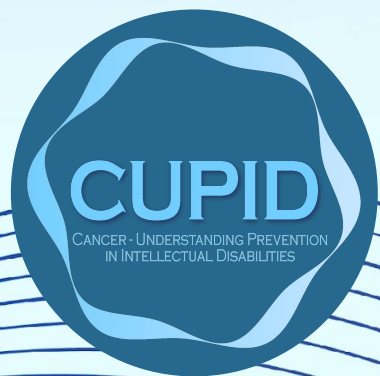


COST Action CA21123

CANCER- UNDERSTANDING PREVENTION IN INTELLECTUAL DISABILITIES (CUPID)

Alcohol and tobacco

Presenter : Florian Scheibein



Introduction



Today, we will have a conversation about

- Alcohol
- Tobacco
- How they affect our health
- How to check our habits

What is alcohol



Alcohol is a drink

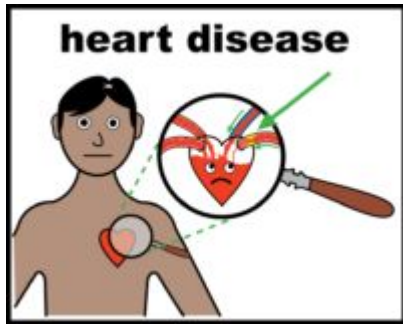
Some examples of alcohol include:

- beer,
- wine,
- vodka
- whiskey

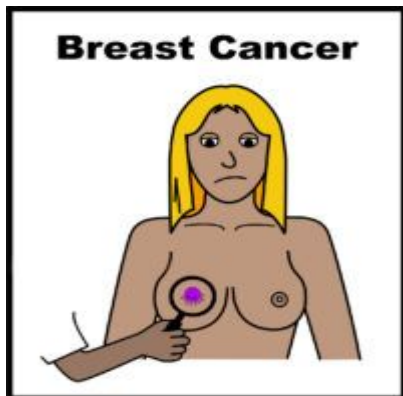
What are the effects of alcohol



- It can harm your liver

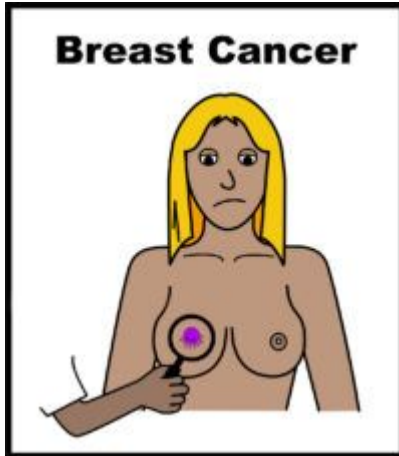


- It can lead to heart disease

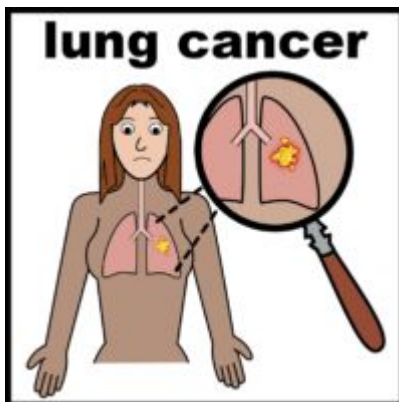


- It can lead to cancer

Alcohol and cancer



- Drinking too much alcohol can increase your risk of cancer



- Alcohol can increase your risk of many different types of cancer

What is too much alcohol? (activity)



- Have you drank alcohol?
- How often do you have a drink alcohol?
- How many alcohol drinks do you drink when you drink?
- Have you ever drank more than 6 drinks?

**How often have people
spoken to you about your
alcohol drinking? (activity)**

Want to stop drinking?



- Group therapy like alcoholic anonymous or SMART recovery works for many people
- Other treatment are also possible. Ask your doctor, pharmacist or other healthcare professional!

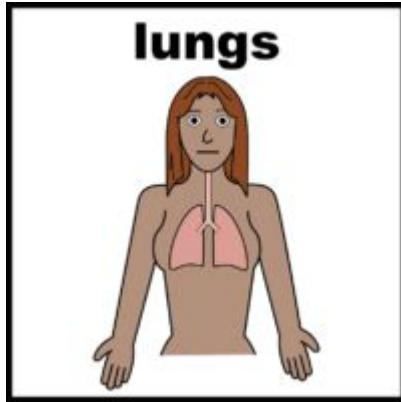
What is tobacco smoking?



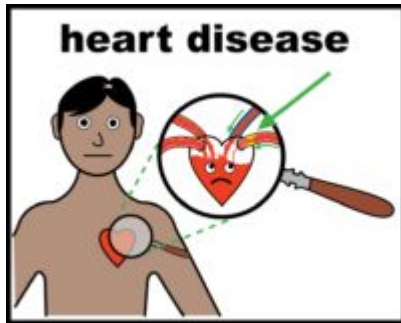
Tobacco smoking includes:

- Cigarette smoking
- Pipe smoking
- Other types of tobacco smoking

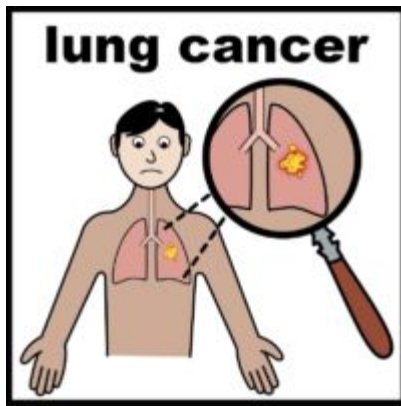
What are the effects of tobacco?



- It can harm your lungs

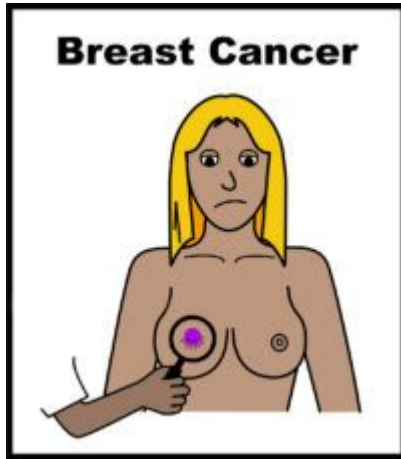


- It can lead to heart disease

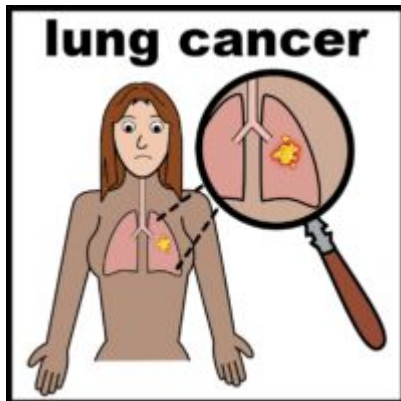


- It can cause cancer

Tobacco and cancer



- Tobacco smoking causes many different types of cancers



- Stopping smoking cigarettes has many benefits

How much is too much tobacco smoking? (activity)



- Have you ever smoked tobacco?
- How soon after you wake up do you smoke your first cigarette?
- How many cigarettes do you smoke everyday?

**How often have people
spoken to you about your
tobacco smoking?
(activity)**

Want to stop?



+



or



**2 to 3
months**

What have we learned? (activity)



Funded by the Horizon 2020 Framework Programme
of the European Union

Acknowledgement

This article/publication is based upon work from COST Action

CUPID supported by COST (European Cooperation in Science and Technology).

COST Description

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