

Moderate alcohol intake is associated with a lower risk of kidney cancer

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A majority of previous epidemiologic studies have shown that moderate drinking is associated with a lower risk of kidney cancer, which may affect about 1% of the general population. In published prospective cohort studies, the risk for such cancer among moderate drinkers is usually about 25% less than the risk seen among non-drinkers.

This well-done meta-analysis supports these findings: for the more-reliable prospective cohort studies (rather than case-control studies) the current study finds a 29% lower risk for subjects in the highest category of alcohol consumption in comparison with subjects in the lowest alcohol category.

The findings suggest similar effects among men and women, and for all types of alcohol beverages.

The effects are seen at a level of about one drink/day, with little further reduction in risk for greater [alcohol consumption](#).

More information: Song DY, Song S, Song Y, Lee JE. Alcohol intake and renal cell cancer risk: a meta-analysis. *British Journal of Cancer* 2012;106:1881-1890.

Provided by Boston University Medical Center

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