How Much Alcohol is Safe to Drink?

In 2017, 8.9 million deaths worldwide were attributed to alcohol use, according to the Global Burden of Disease Study. The study showed that alcohol consumption is a major contributor to non-communicable diseases, including cancer, heart disease, and liver cirrhosis, as well as to injuries and violence.

An analysis of key risk factors for the global burden of disease shows that alcohol consumption is a major contributor to non-communicable diseases, including cancer, heart disease, and liver cirrhosis, as well as to injuries and violence. The World Health Organization (WHO) estimates that alcohol use causes more than 3 million deaths each year worldwide, making it the third-leading cause of death globally.

Alcohol use is a leading risk factor for non-communicable diseases. According to the WHO, alcohol consumption is associated with more than 6 million deaths each year worldwide, making it the third-leading cause of death globally.

Alcohol consumption is also a major contributor to other health problems, including liver disease, digestive system problems, and mental health issues such as depression and anxiety.

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