**Table S3: Relative risks for the effects of alcohol use on disease outcomes from Japanese studies.**

| **Disease outcome** | **Men** |  | **Women** |  |
| --- | --- | --- | --- | --- |
| Breast cancer [[1](#_ENREF_1)] |  |  | Never drinker d | 1.00 |
|  |  |  | Ex-drinker | 1.41 |
|  |  |  | Occasional drinker | 1.17 e |
|  |  |  | 1–2 times/week | 1.25 e |
|  |  |  | 3–4 times/week | 0.78 e |
|  |  |  | ≥5–8 times/week | 1.56 |
| Colorectal cancer [[2](#_ENREF_2)] | Never/ex-drinker d | 1.00 | Never/ex-drinker d | 1.00 |
|  | Occasional drinkers | 1.00 e | Occasional drinkers | 0.96 e |
|  | <23.0 g/day | 1.22 e | <23.0 g/day | 0.93 e |
|  | 23.0–45.9 g/day | 1.42 | ≥23.0 g/day | 1.57 |
|  | 46.0–68.9 g/day | 1.95 |  |  |
|  | 69.0–91.9 g/day | 2.15 |  |  |
|  | ≥92.0 g/day | 2.96 |  |  |
| Esophagus cancer [[3](#_ENREF_3)]a | Non-drinker d | 1.00 | Non-drinker d | 1.00 |
|  | Occasional drinkers | 0.60 e | Occasional drinkers | 0.60 e |
|  | <150.0 g/week | 1.64 e | <150.0 g/week | 1.64 e |
|  | 150.0–299.9 g/week | 2.59 | 150.0–299.9 g/week | 2.59 |
|  | ≥300.0 g/week | 4.64 | ≥300.0 g/week | 4.64 |
| Liver cancer [[4](#_ENREF_4)] | Never/ex-drinker | 1.70 | Never/ex-drinker | 1.50 e |
|  | Occasional drinker d | 1.00 | Occasional drinker d | 1.00 |
|  | <23.0 g/day | 0.88 e | <23.0 g/day | 0.86 e |
|  | 23.0–45.9 g/day | 1.06 e | ≥23.0 g/day | 3.60 |
|  | 46.0–68.9 g/day | 1.07 e |  |  |
|  | 69.0–91.9 g/day | 1.76 |  |  |
|  | ≥92.0 g/day | 1.66 e |  |  |
| Road traffic injury [[5](#_ENREF_5)]b | BAC<0.25 mg/L d | 1.00 | BAC<0.25 mg/L d | 1.00 |
|  | ≥0.25 mg/L | 8.00 | ≥0.25 mg/L | 8.00 |
| Suicide [[6](#_ENREF_6)] a, c | Never/ex-drinker | 1.80 e | Never/ex-drinker | 1.80 e |
|  | Occasional drinker d | 1.00 | Occasional drinker d | 1.00 |
|  | <138.0 g/week | 1.20 e | <138.0 g/week | 1.20 e |
|  | 138.0–251.9 g/week | 1.40 e | 138.0–251.9 g/week | 1.40 e |
|  | 252.0–413.9 g/week | 1.30 e | 252.0–413.9 g/week | 1.30 e |
|  | ≥414 g/week | 2.10 | ≥414 g/week | 2.10 |

BAC, Breath alcohol concentration.

a Relative risks were reported for males only. We applied same values to females.

b Relative risks were reported for both sexes combined.

c Relative risks were estimated for suicide, and we applied same values to falls, homicide, and other injuries. These estimates excluded the first 2 years of follow-up.

d Reference category

e We replaced these statistically insignificant relative risks with 1 in our analysis.

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