

Start your Spring with a BIG SMILE and an Endoscopy!

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Risk Factors for Esophageal Cancer:

- Age
- Gastric Reflux Disease (GERD)
- Gender (M>W)
- Barrett's Esophagus
- Tobacco/Alcohol use
- Obesity/Diet
- Human Papilloma Virus (HPV)
- Injury to the Esophagus

What is Esophageal Cancer?

April is National Esophageal Cancer Awareness Month. Esophageal Cancer is a cancer that occurs in the cells that line the esophagus. The role of the esophagus is to help move food you swallow to the stomach.

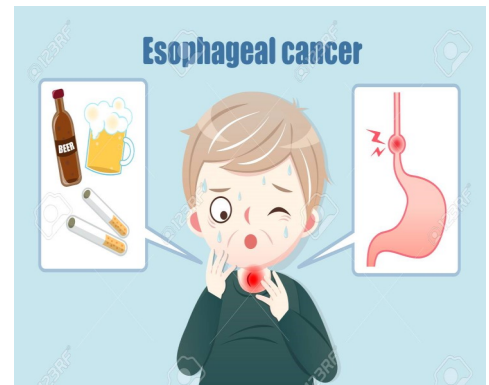
There are about 17,700 cases with new diagnosis in 2019 and majority of patients diagnosed with esophageal cancer are men. It is common in African American patients as well as Caucasian patients. About 16,000 deaths result from esophageal cancer.

Esophageal cancer makes up for 1% of cancer in the U.S but is more common in other parts of the world.

Who should be screened early?

Patients that are considered high risk (that have Barrett's Esophagus) should be screened early.

Since the risk of death is low in the average patient it is not rec-



ommended to be screened.

Speak with your doctor regarding your risk of getting esophageal cancer.

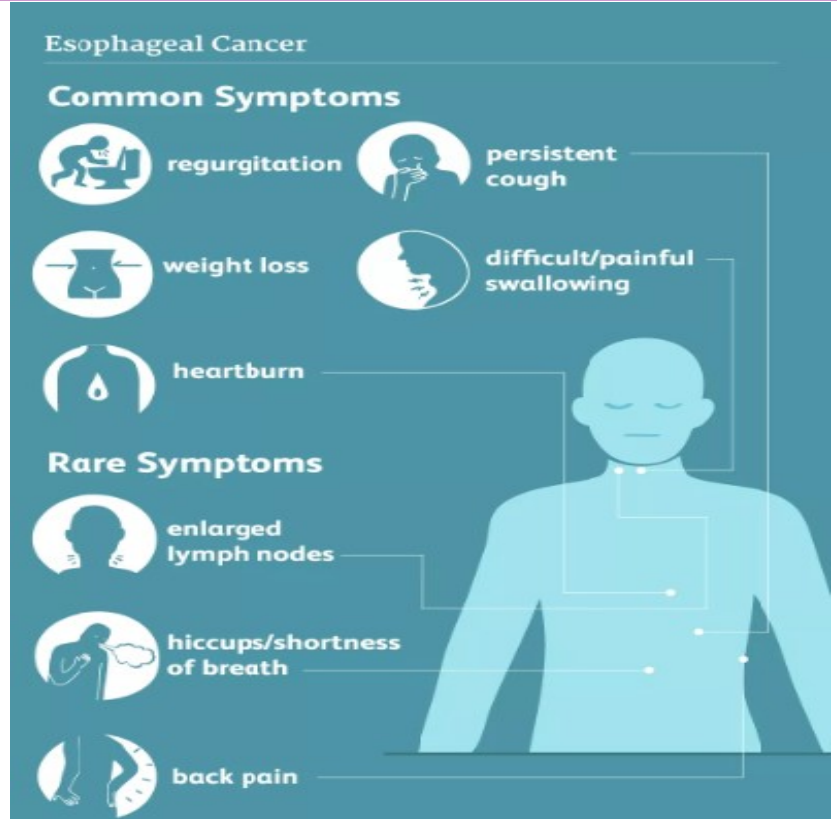
What are the tests?

There are many tools that can be used to test for cancer such as X-Rays, CT scans, Swallow tests, Endoscopy's, biopsy samples and even blood tests.



Signs and Symptoms

- Trouble swallowing (feels like food is stuck in the throat)
- Chest pain
- Weight loss
- Other Symptoms
 - ⇒ Hoarseness
 - ⇒ Chronic cough
 - ⇒ Hiccups
 - ⇒ Vomiting
 - ⇒ Bone pain



Prevention

Not all esophageal cancers can be prevented however, controlling risk factors can help reduce the risk of developing cancer.

- Avoiding alcohol/tobacco
- Watching diet and monitoring body weight
- Getting treatment for GERD or Barrett's esophagus

Screening Tools

