Facts about Heartburn and Esophageal Cancer

- Every 36 minutes, someone in America dies of Esophageal Cancer.
- Esophageal Cancer is one of the fastest increasing cancer diagnoses in the U.S. and it's tripled among younger Americans.
- Only about 20% of people diagnosed with Esophageal Cancer will survive five years.
- Men are four times more likely to develop Esophageal Cancer than women.
- The fastest increasing type of Esophageal Cancer is caused by the Heartburn or reflux disease that about 15 million Americans experience every day.
- Reflux sufferers are twice as likely to develop precancerous Barrett's Esophagus.
- Barrett's Esophagus patients have a 1 in 20 chance of developing Esophageal Cancer, compared to the 1 in 500 risk faced by the general population.



Esophageal Cancer ENDS HERE

ECAN and its supporters advocate for increased research funding, more awareness, and better detection and treatment for Esophageal Cancer.

We look forward to the day when:

- **Early detection prevents most Esophageal Cancer**
- **If found, Esophageal Cancer is in an early stage**
- **Effective therapies cure all Esophageal Cancer**

To learn more about ECAN and how you can get involved, visit ***ecan.org***.

ECAN
Esophageal Cancer Action Network

www.ecan.org

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TissueCypher
Barrett's Esophagus

APRIL is
ESOPHAGEAL CANCER Awareness Month

Heartburn can cause CANCER. Early detection saves lives.



It seems harmless, but the Reflux Disease that causes Heartburn can lead to deadly Esophageal Cancer.

Here is what you should know.

The Basics

Esophageal Cancer forms in the esophagus – the muscular tube that moves food to the stomach.

Esophageal Cancer starts in the lining of the esophagus and spreads outward through the other layers as it grows.

Two types of Esophageal Cancer are prevalent: 1) **squamous cell carcinoma**, which is usually linked to smoking and drinking alcohol, and 2) **adenocarcinoma**, the type most common in the western world, which is usually caused by persistent Heartburn or reflux disease.



A Deadly Cancer

Only about one in 5 patients diagnosed with Esophageal Cancer will survive five years - largely because the disease is usually discovered at late stages when treatment is often unsuccessful.

Early detection is key to surviving Esophageal Cancer - that is why raising awareness matters.

Warning Signs

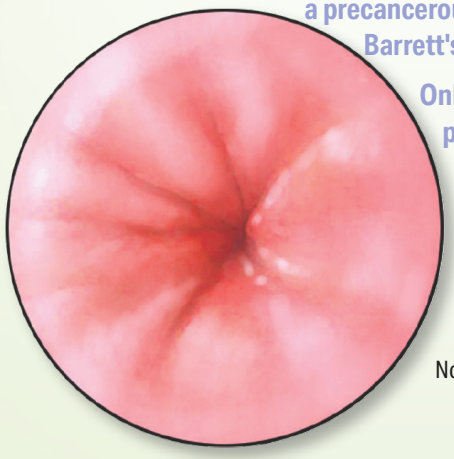
In the United States, it **most often begins with persistent Heartburn or reflux disease**

The sensation of Heartburn means that **caustic fluids are splashing upward from the stomach**, damaging the lining of the esophagus, though some people feel no symptoms.

Over time, for about 10 percent of Heartburn sufferers, this will **cause the cells lining the esophagus to look more like the lining of the stomach.**

That can cause a reduction in the Heartburn someone feels. Those changes **can be the start of a precancerous condition known as Barrett's Esophagus.**

Only one out of 20 people know they have Barrett's Esophagus because it doesn't cause any symptoms.



Normal lower esophagus

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Finding Precancer can be Life-Saving

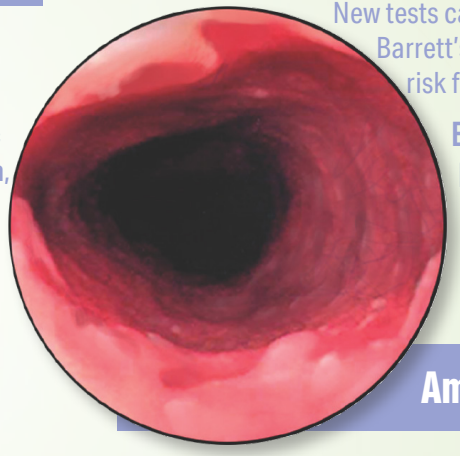
Patients with Barrett's Esophagus have a one in 20 chance of developing Esophageal Cancer in their lifetime, compared to the average person's risk of one in 500.

Once you have Barrett's, no medications can undo the precancerous change.

But outpatient procedures to remove those cells can get rid of the condition and dramatically lower the risk of developing cancer.

New tests can now predict which Barrett's patients are at higher risk for cancer.

Early detection saves lives.



Barrett's Esophagus

Am I at Risk?

- **Consult your gastroenterologist or primary care doctor about screening if you have:**
- **persistent Heartburn or reflux symptoms**
- **had Heartburn symptoms that have gone away**
- **pain or difficulty swallowing**
- **a chronic, unexplained cough**
- **a hoarse voice over several weeks**
- **a long lasting sore throat**
- **coughing or choking upon lying down**
- **tooth erosion**
- **a family history of Barrett's Esophagus or Esophageal Cancer**

Learn more at ecan.org.