

OESOPHAGEAL CANCER AWARENESS

Do you know the signs?

Oesophageal cancer symptoms can be vague and similar to other, less serious conditions. If you are concerned about prolonged or persistent symptoms, speak to your GP. For more information go to gutcancer.org.nz/oesophageal-cancer/.



Symptoms of oesophageal cancer

- Difficulty swallowing
- Strained voice
- Heartburn
- Unexplained weight loss
- Unexplained tiredness
- Vomiting
- Cough
- Black or blood in stool



Risk factors for oesophageal cancer

- High alcohol consumption
- Smoking tobacco
- Diet low in fresh fruit and vegetables
- Obesity
- Exposure to certain chemical fumes
- Family history of gastrointestinal disorders
- Medical conditions such as Barrett's oesophagus, gastro-oesophageal reflux disease (GORD) or achalasia



**GUT CANCER
FOUNDATION**
RESEARCH & AWARENESS

@gutcancerfoundation
gutcancer.org.nz