

# OESOPHAGEAL CANCER AWARENESS

## Notes for your GP appointment

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/](http://gutcancer.org.nz/oesophageal-cancer/).



### Symptoms & Risks

#### **SYMPTOMS**

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

#### **RISKS**

- 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



### Notes for your GP appointment

- Describe your symptoms.
- How long have they been going on?
- Do you have family history of gastrointestinal disorders?
- Medical conditions such as Barrett's oesophagus, gastro-oesophageal reflux disease (GORD) or achalasia?

**Make a plan with your GP including a follow up next appointment to check symptoms**



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