



TIP SHEET Esophageal Cancer

What You Should Know

Your **esophagus** is the tube through which food and liquids move from your mouth to your stomach. Esophageal cancer usually begins in the cells of the lining of the esophagus and spreads outward as it grows.

Are You at Risk for Esophageal Cancer?

The following factors may increase your risk:

- Older age.** Most people are over age 65.
- Being male.** Men have triple the risk of women.
- Smoking** and other tobacco use doubles the risk.
- Heavy alcohol use**, more than 2 drinks per day for men, 1 drink per day for women
- Unhealthy lifestyle**, including being overweight or obese and eating a poor diet
- Chronic acid reflux**, or gastroesophageal reflux disease (GERD), that damages the esophagus.
- Barrett's esophagus**, a condition where the esophageal lining is slowly replaced with tissue similar to intestinal lining. This condition is a greater risk factor for esophageal cancer than acid reflux alone.
- Infection** with human papillomavirus (HPV)
- Personal history of cancer** of the lung, mouth or throat
- Having swallowed lye** (a chemical found in some cleaning fluids)
- Other conditions** such as Tylosis, a genetic disorder; or Achalasia, in which muscles at the lower end of the esophagus cannot relax properly.

Symptoms to Tell Your Doctor

- ✓ Painful or difficulty swallowing
- ✓ Weight loss
- ✓ Pain behind the breastbone
- ✓ Hoarseness and cough
- ✓ Indigestion and heartburn

About
18,000
Americans are diagnosed with esophageal cancer each year.

Median age at diagnosis is
67

Men are
3 times
more likely than women to develop esophageal cancer.



QUIT SMOKING? YES, YOU CAN!

Call the **New York State Smokers' Quitline** at **1-866-NY-QUITS (1-866-697-8487)** or visit www.nysmokefree.com for free information, support and cessation aids.



Why Roswell Park Cancer Institute?

Expertise in rare cancers. Roswell Park is a Blue Distinction Center®, recognized by BlueCross BlueShield, for a proven track record in delivering specialty care for 13 complex and rare cancers, including esophageal cancer.

Nationally designated by the National Cancer Institute (NCI) as a Comprehensive Cancer Center, one of only 47 such centers in the nation and the only one in New York State outside of New York City.

Access to the latest therapies. The newest treatments, available through clinical research studies, are important options for many patients. About 50% of Roswell Park patients are eligible for a clinical study. Whether or not you choose to participate is entirely your choice.

Meet the Doctors

(above from left to right)

Surgical Oncology

- 1) Steven Hochwald, MD FACS
- 2) Moshim Kukar, MD
- 3) Steven Nurkin, MD, MS

Thoracic Surgery

- 4) Elizabeth Dexter, MD, FACS
- 5) Mark Hennon, MD, FACS
- 6) Chukwumere Nwogu, MD, PhD, FACS
- 7) Anthony Picone, MD, PhD, MBA
- 8) Sai Yendamuri, MD, FACS

Medical Oncology

- 9) Amy Early, MD, FACP
- 10) Renuka Iyer, MD

Endoscopy & Gastroenterology

- 11) Andrew Bain, MD
- 12) Amanpal Singh, MD

Radiation Oncology

- 13) Kilian Salerno, MD
- 14) David Mattson, Jr. MD

Treatment the Roswell Park Way

We believe every patient is unique and we approach cancer care on an individual basis, treating the whole person, not just the cancer. We offer the highest level of cancer care, including:

- **A multidisciplinary approach** by a team of gastrointestinal and thoracic surgeons, medical and radiation oncologists, gastroenterologists, interventional endoscopists, plus psychologists, dieticians and rehabilitation specialists to provide comprehensive and integrated care—all under one roof.
- **Minimally-invasive options** such as endoscopic and laparoscopic surgery, radiofrequency ablation, photodynamic therapy and coagulation procedures.
- **Expert care for Barrett's Esophagus.** Roswell Park specialists offer advanced endoscopic treatment and management of this condition, considered a precursor for esophageal cancer.

Smokers are **2x** more likely than nonsmokers to develop esophageal cancer.

GET A SECOND OPINION

Second opinions are important in cancer care. We can arrange for Roswell Park's esophageal experts to review your pathology report and meet with you for a consultation. If you seek a second opinion at Roswell Park, you are under no obligation to receive your care here.