

Symptoms to look out for

See your doctor if you regularly experience any of the following symptoms:

- **Persistent burning feeling**
- **Difficulty swallowing/food sticking or coming back into your mouth**
- **Pain under breastbone or in chest**
- **Coughing or hoarse voice**
- **Sore throat - especially in the morning**
- **Acid taste in the mouth/belching and/or hiccups**
- **Feeling/being sick**

Further information & support

If you would like more information or support please visit our website **www.heartburncanceruk.org** or email us on **info@heartburncanceruk.org**

We have lots you can read on heartburn, other related conditions like Barrett's and oesophageal cancer and possible treatment options.

You can also find more about our online Facebook support group a community for anyone living with heartburn, Barrett's or oesophageal cancer and their families and friends. It provides an opportunity to share experiences and ask questions of those who may be in a similar situation.

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**For more information and
ways to donate visit**

www.heartburncanceruk.org



Oesophageal cancer,
raising awareness, changing the future



If you suffer from persistent heartburn and/or frequent difficulty in swallowing

SEE A DOCTOR

10% of people suffer with **heartburn every week**

Heartburn is a burning feeling in your chest caused by acid or bile rising from your stomach back up into your food pipe (oesophagus). This occurs when the muscle at the bottom of the oesophagus weakens.

You may experience some of the other symptoms we explain in this leaflet.

Do not ignore persitent heartburn

If it lasts for more than 3 weeks, see your GP.

Lifestyle & Food and Drink

If you suffer from indigestion, heartburn or oesophagitis, these handy tips may help you:

Try not to lie down too soon after eating

Eat small regular meals

Adopt a sensible lifestyle

Take moderate regular exercise

Lose weight if you are overweight

Control the amount of alcohol you drink

Relax and try to minimise stress

