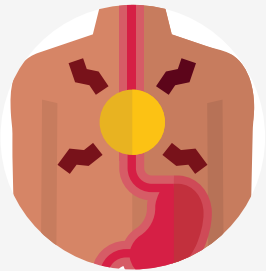


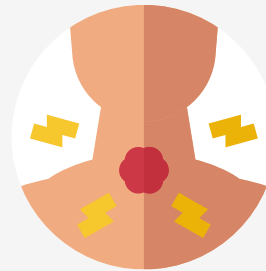
Do you know the symptoms of oesophageal cancer?¹

HOUK
HEARTBURN
CANCER UK

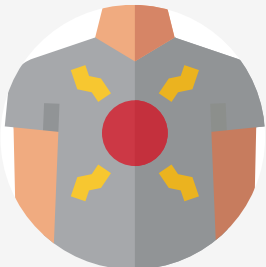
Is it really
only Heartburn?



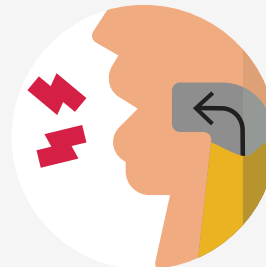
Worsening or persistent indigestion or heartburn



Difficulty swallowing (dysphagia) or food sticking



Chest pain, pressure or burning sensation



Feeling or being sick



Losing weight without trying



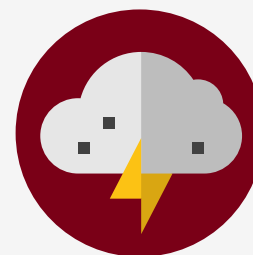
Hoarse voice or a cough that is not getting better

To learn more about these and other symptoms of oesophageal cancer, visit **HeartburnCancerUK.org** today

The longer you have **persistent heartburn**, the higher your risk of developing oesophageal cancer,² **but there is hope.** Simple lifestyle changes can help you manage your heartburn:³



Do not eat 3-4 hours before bed



Try to avoid stressful environments



Eat smaller, more frequent meals



Avoid smoking



Avoid tight clothing around your waist



Try not to drink too much alcohol



For more information, please visit **HeartburnCancerUK.org**

References: **1.** Symptoms of oesophageal cancer. NHS. Available from: <https://www.nhs.uk/conditions/oesophageal-cancer/symptoms/>. [Accessed January 2025]. **2.** Lagergren J et al. Symptomatic gastroesophageal reflux as a risk factor for esophageal adenocarcinoma. N Engl J Med. 1999;340(11):825-831. **3.** Heartburn and acid reflux. NHS. Available from: <https://www.nhs.uk/conditions/heartburn-and-acid-reflux/>. [Accessed January 2025].

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