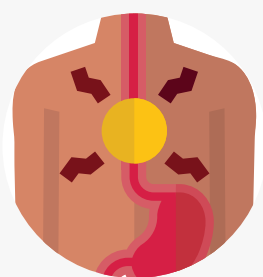


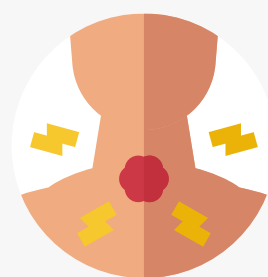
Do you know the symptoms of oesophageal cancer?

HOUK
HEARTBURN
CANCER UK

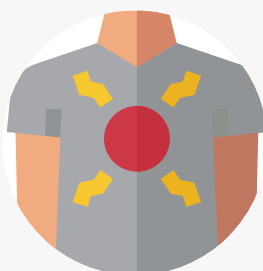
Is it really
only Heartburn?



Worsening or persistent indigestion, acid reflux 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

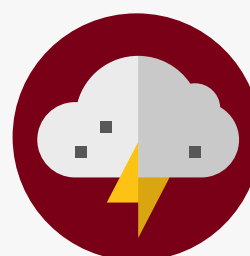
To learn more about the symptoms of oesophageal cancer (cancer of the food pipe), visit HeartburnCancerUK.org today

The longer you have **persistent heartburn**, the higher your risk of developing oesophageal cancer.

Simple lifestyle changes can help you manage your heartburn:



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



Avoid spicy, acidic and fatty foods



Take regular exercise



Don't swallow your discomfort. Speak to your GP.

Visit our website on HeartburnCancerUK.org or scan the QR code

Charity Registration Number: 1136413