



If you've had heartburn most days for 3 weeks or more, tell your doctor.

What could it be?

Some symptoms may be caused by other conditions, such as gastro-oesophageal reflux disease (GORD), which may still need treatment. But don't try to diagnose yourself. Go and see your doctor now to find out for sure.

Could it be cancer?

Having heartburn most days for three weeks or more can be a sign of oesophago-gastric cancer, which is why it's so important to see your doctor straight away. Early detection makes it easier to treat. Seeing your doctor could save your life.

Are there other symptoms of oesophago-gastric cancer?

Having heartburn most days for three weeks or more is a common sign of oesophageal cancer or stomach cancer.

Other symptoms include:

- indigestion on and off for three weeks or more
- food feels like it's sticking in your throat when you swallow
- losing weight for no obvious reason
- trapped wind and frequent burping
- feeling full very quickly when eating
- feeling bloated after eating
- nausea or vomiting
- pain or discomfort in your upper tummy area

If you have any of these symptoms, see your GP as soon as possible. If you know anyone who has any of these symptoms, insist they see their doctor.

About Oesophago-gastric cancer

The oesophagus (more commonly known as the gullet or food pipe) is the long tube that carries food from the throat to the stomach.

Cancer of the oesophagus is also called oesophageal cancer. Sometimes, oesophageal and stomach cancers are known as oesophago-gastric cancers.



The advertisement features a central image of Dr. Jane Scott, a female doctor with glasses and a stethoscope, holding a sign that says "Tell your doctor". The NHS logo is in the top right corner. The bottom half of the ad is a purple banner with white text. The main headline reads "Food sticking when you swallow could be a sign of cancer." Below this, a smaller line of text states: "It might not be anything serious, but if there is something wrong, then finding it early makes it more treatable. So tell your doctor." In the bottom right corner of the purple banner, there is a white box with the text "BE CLEAR ON CANCER" and the website "the.uk/ogcancer" below it.

NHS

Dr Jane Scott

Tell your doctor

Food sticking when you swallow could be a sign of cancer.

It might not be anything serious, but if there is something wrong, then finding it early makes it more treatable. So tell your doctor.

BE CLEAR ON CANCER

the.uk/ogcancer