

## What is it?

Oesophageal cancer is a type of cancer that forms in the cells that line the oesophagus. This is the tube that connects your mouth to your stomach. In people with this cancer, abnormal cells grow very quickly. This type of cancer is not common. You should see your GP if you notice any of these symptoms:

- Difficulty or pain when swallowing
- Unexpected weight loss or loss of appetite
- An uncomfortable feeling, especially when eating
- Reflux or heartburn that doesn't go away
- Unexplained tiredness

## What questions could I ask my doctor?

- What tests will I need?*
- How much exercise should I do daily?*
- How can I quit smoking?*



## What will my GP do now?

Your GP will talk to you about your symptoms and your overall health. They will arrange tests to check if you have this type of cancer. Your GP may also check your weight, height, how you swallow and your mouth hygiene.

Once you are diagnosed, you will be looked after by a team of cancer specialists, called your cancer care team. They will arrange more tests to see what stage your cancer is.

Your treatment will depend on the type and stage of your cancer. Treatment may include surgery, chemotherapy, and radiation therapy.

## What will my GP do in the future?

Your GP will see you often to check your health. They will work closely with your cancer team to support you. You can talk to your GP if you notice any other symptoms or side effects from your treatment.

## What can I do?

You should follow your GP and cancer care team's advice. There are things you can do to support your health during this time. Eat a healthy diet, drink water and limit drinking alcohol. Quit smoking, you can call the Quitline on 13 78 48 for support. Stay physically active and get plenty of sleep.

## What supports are available?

### Local

View this factsheet on the Health Resource Directory website ([www.healthresourcedirectory.org.au](http://www.healthresourcedirectory.org.au)) to find the right local supports and services for you.

## Where can I learn more?

- **Cancer Council NSW** - Oesophageal cancer: [cancercouncil.com.au](http://cancercouncil.com.au)
- **Patient.info** - Oesophageal cancer: [patient.info](http://patient.info)