

Risk factors for oesophageal cancer

● **Smoking⁶**

Smoking is a major risk factor for both types of oesophageal cancer and is linked to an estimated two-thirds of cases in the UK.³

● **Excess alcohol intake⁶**

● **Chewing betel leaf⁶**

● ***Gastro-oesophageal reflux disease (GORD)⁷**

● **Obesity (particularly central)⁸**

● **Barrett's oesophagus**

Barrett's oesophagus is a precursor and risk factor for OAC. The risk of developing OAC with Barrett's oesophagus is currently 0.1-0.47% per year.⁹⁻¹¹ Diagnosis of Barrett's oesophagus generally triggers endoscopic surveillance to enable early diagnosis in the event of cancer developing which improves survival.¹²

*The diagnosis and management of GORD has been discussed in a previous article in this journal¹³