



**Have you had heartburn  
for 3 weeks or more?**

**Then it is time to tell your doctor.**

EasyRead version

**BE CLEAR  
ON CANCER**



This leaflet tells you how to spot signs of cancer of the food pipe and cancer of the stomach.



It tells you how you need to tell your doctor if you have spotted any of the signs.



This is an EasyRead version of another leaflet about cancer.

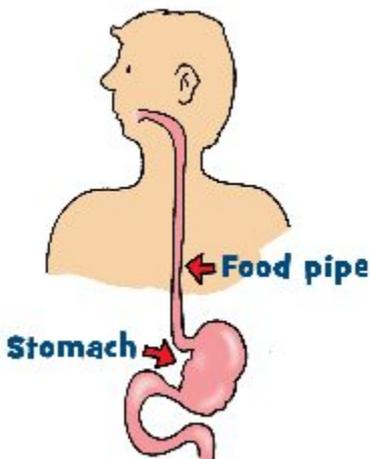


You may like to have someone to support you when you look at this leaflet.

## What are cancer of the food pipe and cancer of the stomach?



Cancer of the food pipe and cancer of the stomach can be serious illnesses. Every year many people are told they have them.



The food pipe runs from your mouth to your stomach. It is sometimes called the oesophagus.



You can get these cancers at any age but you are more likely to get them if you are over 50. You are also more likely to get them if you are a man.

## How to spot cancer of the food pipe and cancer of the stomach



If you have had heartburn most days for 3 weeks or more you need to see your doctor.

Heartburn often feels like a burning feeling in your chest.



Even if your heartburn is better after you take medicine you still need to see your doctor.

You also need to see your doctor if you have any of these:



- Indigestion most days for over 3 weeks. Indigestion feels like a burning in the chest, stomach or back.



- Losing weight for no reason.



- Food feeling like it is sticking in your throat when you swallow.



- Trapped wind and burping a lot.



- Feeling full very quickly.



- Feeling or being sick.



- Pain or feeling uncomfortable in the top of your stomach.



## Why do you need to see your doctor?

If you have any of these things wrong with you, tell your doctor.



You are not wasting anyone's time by going to the doctor.



It could be something else that needs treating. And if it is nothing serious you will feel happier.



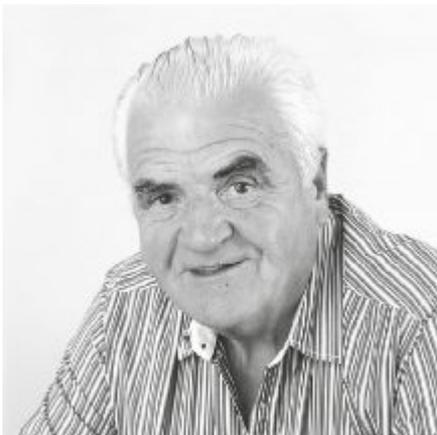
If it is cancer it needs to be treated as soon as possible to give you the best chance of getting better.



You can find out how to get in touch with your doctor on our website:  
**[www.nhs.uk/ogcancer](http://www.nhs.uk/ogcancer)**



If you know anyone who has any of these signs, make sure they see their doctor.



## Seeing your doctor early could save your life.

Alan said, “I had heartburn on holiday. I thought it was the food, but it carried on when I got home.

“I was shocked when I was told it was cancer, but they found it early and I got better.

“I now have great grandchildren. Going to the doctor straight away was the best thing I ever did.”



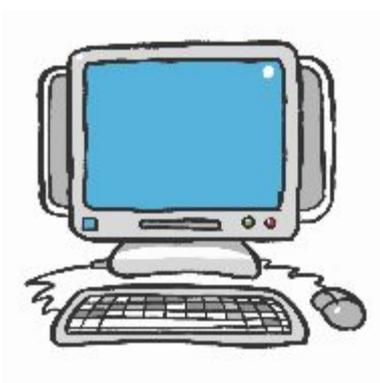
## How to try and stay healthy

There are things you can do to give you the best chance of not getting cancer.

### Stop smoking

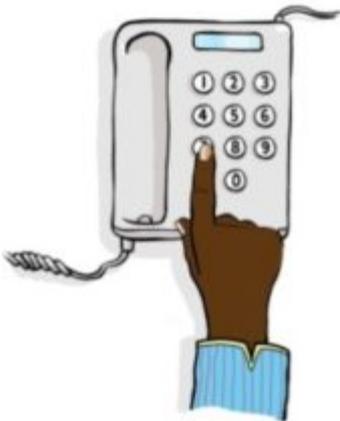


It is never too late to stop smoking. It might stop you getting cancer and will make you healthier.



You can get lots of help to stop smoking. Go to our website:

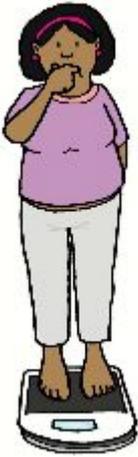
**[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)**



Or call:

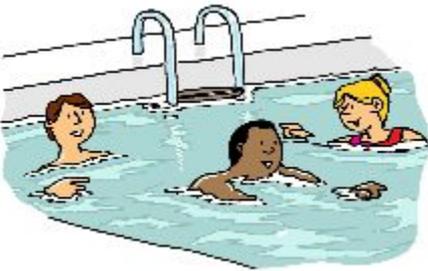
**0300 123 1044**

## Look after yourself



Stay a healthy weight and keep active.

The more you do, the better. Try:



- swimming



- cycling



- dancing.



Even walking to the local shops instead of taking the bus can help.

## Eat and drink well

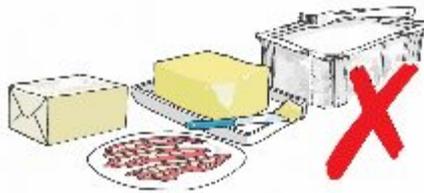
It is good to try and have a healthy diet.  
Try to eat:



- More fruit and veg – your 5 a day



- More fish and wholegrain foods



- Fewer fatty foods like bacon and ham.



Cut down on alcohol. Drinking too much  
can lead to cancer.

## How to find out more



If you want to find out more you can go to our website:

**[www.nhs.uk/ogcancer](http://www.nhs.uk/ogcancer)**

Or if you want to order copies of this leaflet in different formats, email:

**[enquiries@phe.gov.uk](mailto:enquiries@phe.gov.uk)**

## **Be Clear on Cancer**

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