

UNDERSTAND YOUR RISK

Complete the assessment to identify your risk level
for Barrett's esophagus and esophageal cancer

Do you have frequent reflux symptoms?

Yes No

Are you of Caucasian race?

Yes No

Are you male?

Yes No

Are you age 50 or over?

Yes No

Are you overweight?

Yes No

Do you use tobacco products or have you ever used tobacco products?

Yes No

Do you have a family history of Barrett's esophagus, cancer of the stomach, or cancer of the esophagus?

If Barrett's esophagus is present in a person's family, the risk is 300 times or more greater than the general population.

Yes No

Have you been diagnosed with diabetes?

Yes No

Have you been diagnosed with sleep apnea?

Yes No

Each question represents a risk factor. **If you respond "Yes" to any of these, please talk to your gastroenterologist about how they may affect your health.**

Esophageal cancer is the fastest growing cancer in the US.^{1,2}

Barrett's esophagus is the primary risk factor for developing esophageal cancer.³

Literature shows several risks factors are associated with disease progression.³⁻⁹

Early detection and treatment can significantly reduce your risk.^{10,11}

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References:

1. Pohl H, Welch G et al. The role of over diagnosis and reclassification in the marked increase of esophageal adenocarcinoma incidence. J Natl Cancer Inst 2005;97:142-6. 2. Gilbert EW et al. Barrett's esophagus: a review of the literature. J Gastrointest Surg 2011;15:708-1. 3. Spechler S et al. Barrett's Esophagus. N Engl J Med 2014;371:1836-45. 4. Chak A, Lee T, Kinnard MF, et al. Familial aggregation of Barrett's oesophagus, oesophageal adenocarcinoma, and oesophagogastric junctional adenocarcinoma in Caucasian adults. Gut. 2002 Sep;51(3):323-8. 5. de Jonge PJ, van Blankenstein M, Looman CW, et al. Risk of malignant progression in patients with Barrett's oesophagus: a Dutch nationwide cohort study. Gut. 2010 Aug;59(8):1030-6. 6. Anaparthi R, Gaddam S, Kanakadandi V, et al. Association Between Length of Barrett's Esophagus and Risk of High-Grade Dysplasia or Adenocarcinoma in Patients Without Dysplasia. Clin Gastroenterol Hepatol. 2013 Nov;11(11):1430-6. 7. Pohl H, Wrobel K, Bojarski C, et al. Risk factors in the development of esophageal adenocarcinoma. Am J Gastroenterol. 2013 Feb;108(2):200-7. 8. Sikkema M, Looman CW, Steyerberg EW, et al. Predictors for neoplastic progression in patients with Barrett's Esophagus: a prospective cohort study. Am J Gastroenterol. 2011 Jul;106(7):1231-8. 9. de Jonge PJ, Steyerberg EW, Kuipers EJ, et al. Risk factors for the development of esophageal adenocarcinoma in Barrett's esophagus. Am J Gastroenterol. 2006 Jul;101(7):1421-9. 10. Phoa KN, van Vilsteren FG, Pouw RE, et al. Radiofrequency Ablation in Barrett's esophagus with Confirmed Low-Grade Dysplasia: Interim Results of a European Multicenter Randomized Controlled Trial (SURF). Gastroenterology 2013;144:S-187. 11. Shaheen NJ, Sharma P, Overholt BF, et al. Radiofrequency ablation in Barrett's esophagus with dysplasia. N Engl J Med 2009;360:2277-88. Page 2277.