

Esophageal cancer: Drop the bottle and cigarettes

Run time - :37

LEDE: Cancer of the esophagus claims around 16,000 American lives each year. Tim Ditman of OSF HealthCare has more on how to prevent the disease.

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Things to axe: excess drinking and smoking.

Also: avoid obesity, says OSF oncologist Doctor James Piephoff [PEE-hoff].

*SOUNDBITE: "Obesity leads to increased risk of gastroesophageal reflux disease. It's the acid churning up in the lower esophagus that leads to the risk of developing what's called Barrett's esophagus. That's a precancerous condition."*

Treatment is typically chemotherapy and radiation to shrink the tumor, then surgery to remove it.

I'm Tim Ditman.

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TAG: Screening is not common for this type of cancer. So watch for symptoms, which mimic heartburn.