

Mayo Clinic Medical Edge
Reducing Your Risk of Esophageal Cancer

1:00

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Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	ESOPHAGEAL CANCER IS PRETTY RARE. YET THE NUMBER OF CASES IS ON THE RISE. AND FOR DR. YVONNE ROMERO, A MAYO CLINIC GASTROENTEROLOGIST, THAT IS CONCERNING.
Yvonne Romero, M.D.	"PART OF IT IS US LIVING LONGER AND BEING CHUBBY, OVERWEIGHT. AND THEN ALL THE NAUGHTY THINGS THAT AMERICANS LOVE—CAFFEINE, COFFEE, TEA, SODA, CHOCOLATE, ALCOHOL, FAT."
	WHAT ALL THOSE THINGS HAVE IN COMMON IS THAT THEY ARE RISK FACTORS FOR HEARTBURN.

	THAT'S RIGHT, HEARTBURN.
Dr. Romero	"WE KNOW THAT THE BIGGEST RISK FACTORS FOR CANCER OF THE ESOPHAGUS IS BARRETT'S ESOPHAGUS, A PRECANCEROUS LINING OF THE ESOPHAGUS. THE BIGGEST RISK FACTORS FOR IT ARE HEARTBURN FOR OVER FIVE YEARS."
	DR. ROMERO SAYS YOU DON'T NEED TO COMPLETELY CUT OUT ALL THOSE LITTLE PLEASURES. BUT CONSUMING THEM AT LEAST FOUR HOURS BEFORE BED TIME WILL REDUCE YOUR CHANCES OF HEARTBURN, BARRETT'S AND ESOPHAGEAL CANCER.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.