

ALLIANCE LENZ

Esophageal Cancer Awareness Month

April 2026



What is esophageal cancer?

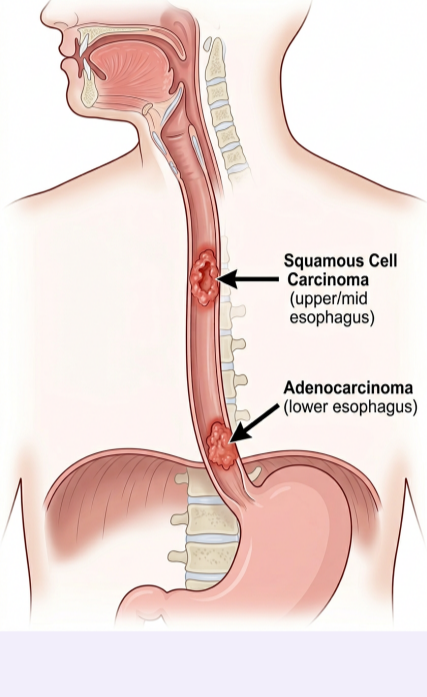
Esophageal cancer starts in the esophagus, the tube that carries food from the mouth to the stomach. It occurs when abnormal cells grow out of control and form a tumour, which can spread to nearby tissues or other parts of the body.

[Learn more](#)

Did you know?

Esophageal cancer is rare but often diagnosed late

It is less common than many other cancers in Canada. In 2025, about 2,800 people were expected to be diagnosed in Canada, with nearly 2,500 deaths. Early symptoms are easy to miss, and many cases are detected at an advanced stage, leading to a relatively high death rate.


[Learn more](#)


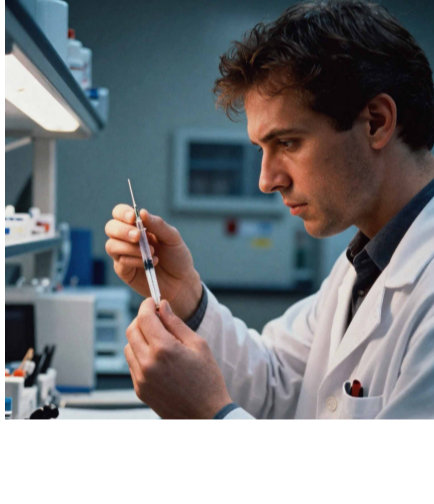
Esophageal cancer has two main types: Adenocarcinoma & squamous cell carcinoma.

- **Adenocarcinoma** starts at the bottom of the esophagus and can be caused by acid reflux, gastroesophageal reflux disease GERD, or Barrett's esophagus.
- **Squamous cell carcinoma** starts in the upper esophagus and is linked to smoking, heavy drinking, and organ transplants.

[Learn more](#)

Immunotherapy offers new hope

A recent study found that giving immunotherapy before surgery helped shrink tumours in people with locally advanced esophageal cancer. About 20 out of 24 patients became eligible for surgery, and 54% had complete tumour disappearance.


[Learn more](#)

4 Steps to Lower Esophageal Cancer Risk & Spot Early Signs

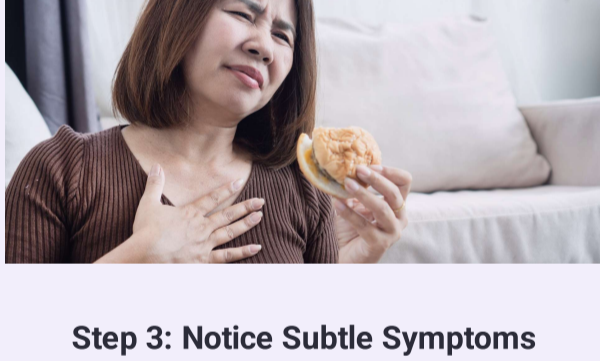


Step 1: Protect Your Esophagus

Manage reflux, avoid hot foods, and limit alcohol & smoking

Step 2: Strengthen Daily Habits

Eat plenty of fiber and keep a healthy weight to ease reflux pressure



Step 3: Notice Subtle Symptoms

Watch for trouble swallowing, ongoing heartburn, or chronic cough

Step 4: Act Early

If symptoms last over two weeks, see a doctor and don't ignore them

Word Puzzle



ACCE

Word Search

Find the hidden esophageal cancer words

H U K J W A O N T D S
 O V H E A R T B U R N
 A L X V W E L E M S C
 R X T U P O U N O V H
 S R K T L V L T U V T
 E H G Q D F A L R F G
 N Y K I J O E V A V H
 E V C P R O O R L W A
 S A I H P C N W O H S
 S H T D T N Z H C L F
 S C R E E N I N G S N

- Throat Acid Swallow Heartburn
- Tumour Reflux Screening Hoarseness

[Play here!](#)


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