

BARRETT'S OESOPHAGUS RISK ASSESSMENT TOOL

FILL OUT THIS QUESTIONNAIRE.

Each question to the right represents a risk factor that can lead to Barrett's oesophagus. If you respond "Yes" to any of the questions, please talk to your doctor and start the conversation about how these risks factors can affect your health.

Early detection of Barrett's oesophagus is important because Barrett's oesophagus can increase one's risk of developing oesophageal cancer by 40 times or more.¹

Do you experience heartburn symptoms regularly?^{2,3}

No Yes

Are you of Caucasian race?^{2,3}

No Yes

Are you male?^{2,3}

No Yes

Are you age 50 or over?^{2,3}

No Yes

Are you overweight?^{2,3}

No Yes

Do you use tobacco products or have you ever used tobacco products?^{2,3}

No Yes

Do you have a family history of Barrett's oesophagus, cancer of the stomach, or cancer of the oesophagus?^{2,3}

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

No Yes

Have you been diagnosed with diabetes?^{2,3}

No Yes

Have you been diagnosed with sleep apnea?^{2,3}

No Yes

References:

1. Vaezi M, Zehrai A, Yuksel E. Testing for refractory gastroesophageal reflux disease. *ASGE Leading Edge*. 2012;2:1-13.
2. Shaheen NJ, Falk GW, Iyer PG, et al. ACG Clinical Guideline: Diagnosis and Management of Barrett's Esophagus. *Am J Gastroenterol*. 2016;111(1):30-50.
3. Spechler SJ, Souza RF. Barrett's Esophagus. *N Eng J Med*. 2014;371:836-45.

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