Oesophagogastric Cancer

Despite the low incidence rate, oesophageal and gastric cancers have a poor prognosis, with a 5-year survival rate ranging from 20-30%.

➢ Prevention
➢ Risk factors
➢ Signs and symptoms
➢ Referrals
➢ Resources

Prevention
• Smoking cessation is associated with a reduced risk of oesophagogastric cancers.
• Encourage patients to adopt a healthy lifestyle

Risk factors
• Increasing age, smoking and obesity
• Oesophageal – gastro-oesophageal reflux, Barrett’s oesophagus, caustic injury or achalasia (also known as cardiospasm)
• Gastric – *helicobacter pylori* (*H. pylori*), partial gastrectomy, pernicious anaemia or family history of gastric cancer

Signs and symptoms

The following symptoms require urgent consultation (within 2 weeks)

• New onset or rapidly progressive dysphagia
• New onset or rapidly progressive epigastric pain (>2 weeks)

Other signs and symptoms

• Dysphagia (difficulty swallowing)
• Persistent epigastric pain/dyspepsia
• Pain on swallowing
• Food bolus obstruction
• Unexplained weight loss or anorexia
• Haematemesis (vomiting blood) and/or melena
• Early satiety (feeling full from eating)
• Unexplained nausea/bloatedness or anaemia
**Referrals**

- People with symptoms suggestive of oesophageal or gastric cancer should be referred for urgent triage
- Information should include: relevant psychosocial, medical and family history, current medications, allergies and results of clinical investigations

**PUBLIC HOSPITAL CLINICS**

**ALFRED HEALTH**
Upper Gastrointestinal and General Surgery Clinic
Advice: For urgent referrals, call Upper Gastrointestinal Surgical Registrar on **9076 2000**
Fax: 9076 6938
Head of Unit: A/Prof Peter Nottle
[Referral guidelines - Upper Gastrointestinal Surgery](#)

**MONASH HEALTH**
Gastroenterology
Advice: To discuss complex & urgent referrals call Gastroenterology Registrar on **9594 6666**
Fax: 9554 2273
Phone: 1300 342 273 (central intake)
Head of Unit: Dr Anouk Dev
Referral guidelines - [Gastroenterology](#)
[Upper Gastro-Intestinal & Hepaticobiliary](#)

**PENINSULA HEALTH**
Oncology Outpatient Clinic
Advice: For complex or urgent issues call **9784 2600**
Fax: 9788 1879
Phone: 9784 2600
Head of Unit: Dr Zee Wan Wong

**PETER MACCALLUM CANCER CENTRE**
Upper Gastrointestinal Service
Advice: Call the Upper GI and HPB Registrar via switchboard **8559 5000**
Head of Unit: A/Prof Ben Thomson
Fax: 8559 7371
Email: referrals@petermac.org (secure)
[Referral guidelines – Upper Gastrointestinal Service](#)

**SPECIALIST ROOMS**
Private specialist directory – Refer to [National Human Services Directory](#)
Resources

**Optimal Care Pathways Resources**
- Patient information (English and other languages)
- Quick reference guide for GPs
- Optimal Care Pathway for people with oesophagogastric cancer
- I-PACED Oesophageal and gastric cancers resource card – developed to assist GPs about critical primary care points and the recommended care that should be offered

**Australian Cancer Survivorship Centre**
Has general and tumour-specific information, primarily focussed on the post-treatment survivorship phase
Phone: 9656 5207

**Australian Cancer Trials**
Information on the latest clinical trials in cancer care, including trials that are recruiting new participants

**Beyond Blue**
Information on depression, anxiety and related disorders, available treatment and support services
Phone: 1300 22 4636

**Cancer Australia**
Information on cancer prevention, screening, diagnosis, treatment and supportive care for Australians affected by cancer, and their families and carers
Phone: 1800 624 973

**Cancer Council Victoria**
A confidential telephone support service for people affected by cancer providing information on treatment, cancer support groups and other community resources
Phone: 13 11 20 (Monday to Friday, 8.30am – 5.30pm)

**Care Search: Palliative Care Knowledge Network**
Information for patients and carers on living with illness, practical advice on how to care, and finding services
Phone: (08) 7221 8233

**EviQ**
Clinical information resource providing health professionals with current evidence based, peer maintained, best practice cancer treatment protocols and information relevant to the Australian clinical environment

**National Health and Medical Research Council**
Information on clinical practice guidelines, cancer prevention and treatment