

# Thoracic News



THE NEWSLETTER OF MAIN LINE HEALTHCARE THORACIC SURGERY

VOLUME 3 • APRIL 2013

## April is Esophageal Cancer Awareness Month

Cancer of the esophagus can be a complex disease, requiring the expertise of gastroenterologists, medical and radiation oncologists, surgeons, and nutritionists.

Esophageal cancer accounts for only 4% of all cancers in the US. About 15,000 cases are diagnosed annually, yet each year, there are close to 14,000 deaths. Unfortunately, most esophageal cancers are diagnosed at an advanced stage. There are two main types of esophageal cancer: squamous cell carcinoma and adenocarcinoma. Squamous cell is found in the upper 2/3 of the esophagus and is associated with tobacco and alcohol abuse. It used to be the dominant type in the US. Adenocarcinoma of the esophagus now holds that position, and is increasing at an exponential rate. This type is found in the lower 1/3 of the esophagus. The increase in adenocarcinoma may be due to increasing rates of obesity and the resultant increase in reflux (GERD) associated with obesity.

Reflux of gastric contents (GERD) into the esophagus can cause the lining of the esophagus to change, in order to protect itself. Anti reflux medications only change the refluxant from an acid to basic pH, but do not stop reflux. This cellular change can progress into a pre-malignant state called Barrett's Esophagus. Approximately 0.5 - 1.0% of patients with Barrett's will develop an esophageal cancer. Anyone with Barrett's esophagus should undergo routine endoscopic surveillance, so if a cancer does develop, it can be identified in an earlier stage and be treated with higher chance of cure. Main Line Health is committed to a multidisciplinary team approach to care for patients with esophageal disease, including endoscopic Transoral Incisionless Fundoplication and minimally invasive surgical procedures to treat GERD. We offer advanced treatment options for management of Barrett's, including EMR (end mucosal resection) and radiofrequency (Halo®) ablation. The principle of radiofrequency ablation is to deliver high energy in a short period of time. The concept is that this will allow the depth of the penetration to ablate the more superficial layers of the esophageal lining, without injuring the deeper layers, thus preventing long-term problems with scarring and stricturing of the esophageal lumen.

Typical symptoms of esophageal cancer include progressive difficulty swallowing solids and then liquids (dysphagia), pain with swallowing (odynophagia), cough, weight loss, and on occasion, vomiting blood. By the time a tumor is large enough to cause symptoms, the cancer is usually at an advanced stage. Early stage esophageal cancers are treated with surgery, and more advanced stages require a multimodal treatment plan, consisting of chemotherapy, radiation therapy and possibly surgery. Our specialized team at Main Line Health offers a comprehensive approach to the treatment of esophageal cancer. Together with our GI specialists, medical oncologists, and radiation oncologists, Main Line Health Thoracic Surgery is proud to offer the latest advanced treatment options for patients with esophageal cancer including surgical management with minimally invasive surgical techniques for esophagectomy.

## SMOKING CESSATION SUPPORT

SmokeFREE is a free Main Line Health program to help smokers quit the habit. Participants may be eligible to receive FREE Nicotine replacement therapy.

### SmokeFREE is a six-session program

**May 1, 8, 15, 22, 29; June 5**

Riddle Hospital  
Health Center 4 | Conference Room 2  
1118 West Baltimore Pike  
Media, PA 19063 | 6 to 8 pm  
*To register, call 484.227.3635.*

**May 15, 22, 29; June 5, 12, 19**

West Chester YMCA  
605 Airport Road  
West Chester, PA 19380 | 6 to 8 pm  
*To register, call 484.227.3635.*

Quit for Life is a free Main Line Health program for individuals who want to stay smoke free.

**April 15; May 6, 20; June 3, 17; July 1, 15; August 5, 19; September 2**

Riddle Hospital  
Health Center 1 | Conference Room  
1078 West Baltimore Pike  
Media, PA 19063 | 6 to 8 pm  
*To register, call 610.891.3636.*

The American Cancer Society has free information to help with smoking cessation. Call 1.800.ACS.2345, or visit the web site, [www.cancer.org](http://www.cancer.org). For more information on lung cancer, please visit the National Cancer Institute web site at [www.cancer.gov](http://www.cancer.gov).



*Shown left to right: Michael J. Walker, MD; Ned Z. Carp, MD; Alicia A. McKelvey, MD*

**Main Line HealthCare Thoracic Surgery—now at Riddle Hospital!**  
**Health Center 3 | Suite 3308**  
**1098 West Baltimore Pike**  
**Media, PA 19063**



**Main Line HealthCare**  
Physician Network

**To schedule appointments and learn more about Main Line Health Thoracic Surgery visit [mainlinehealth.org/thoracic](http://mainlinehealth.org/thoracic).**