Esophagus Advanced

I'm Dr Jonathan Salo, a GI Cancer Surgeon at the Levine Cancer Institute in Charlotte, North Carolina.

If you're viewing this video, chances are that you or someone close to you has encountered esophageal cancer and is contemplating treatment.

For a refresher, esophageal cancer, as it grows, can tends to make it difficult for patients to swallow.

So patients with esophageal cancer fit into two main groups:

- A small group who don't have any difficulty eating that have *early* stage disease
- Majority of patients who have some difficulty eating or may have weight loss who have *advanced* disease.

Among those with early stage disease, there are two categories:

- Superficial -> Treated without surgery
- Localized -> Treated with surgery alone

For more information about early stage esophageal cancer, there is a link above and in the description.

Esophagus Early Stage

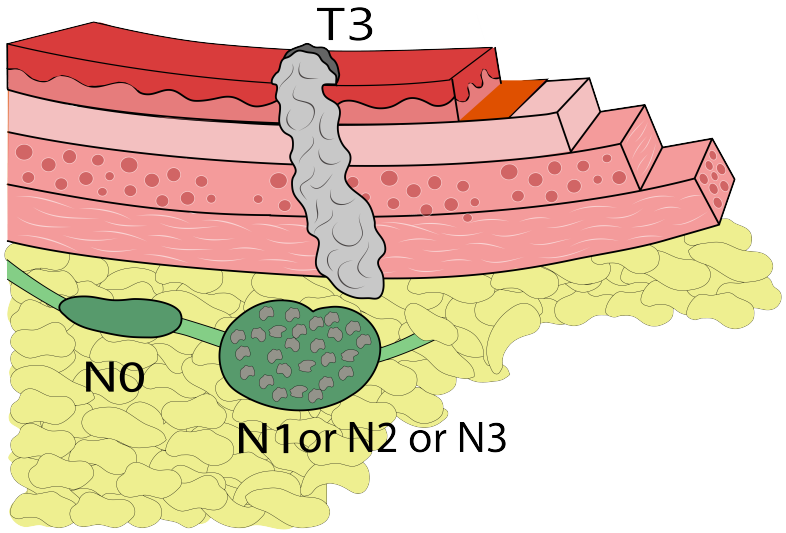
This video will focus on *advanced* esophageal cancer, which consists of two categories: Locally Advanced and Metastatic.

- Locally Advanced -> T3M0
- Metastatic -> M1

If this terminology is not familiar to you, please refer to our video on Gastroesopahgeal Cancer Diagnosis and Staging. There is a link above and in the description below.

Esophageal Cancer Diagnosis and Staging

Locally-advanced tumors are usually T3, meaning that the tumor has grow through the wall of the esophagus *AND* there is *no* signs of spread to other organs, so they are M0



Metastatic esophageal cancer is a case where there has been spread to other organs such as the liver or lungs. These are considered stage M1.

For patients with Metastatic tumors that are M1, the usual treatment is chemotherapy. In most cases, this is given intravenously through a central venous port. Chemotherapy is administered under the care of a Medical Oncologist.

We have a link to a video about metastatic esophageal cancer here: GE Metastatic

Nutrition

For many patients with advanced cancers, nutrition is a challenge because the tumor can make it difficult to eat. You may find a consultation with a *Dietitian* to be helpful. Some patients with advanced esophageal cancer will need a *feeding tube* to help support their nutrition during their cancer treatment.

Treatment

For patients with Locally Advanced tumors that are T3 and M0, the usual treatment is a combination of chemotherapy, radiation, and surgery called trimodality therapy.

Once the staging studies are complete, you and your esophageal cancer treatment team can design a treatment plan for you and your cancer.

Histology

To make things a bit more complicated, the best treatment for esophageal *adenocarcinoma* is different from that of *squamous cell carcinoma*.

In general, squamous cell carcinoma is treated with a combination of chemotherapy and radiation therapy lasting about 5 1/2 weeks. We have a video here about treatment of squamous cell carcinoma. Squamous Cell Carcinoma Treatment

Adenocarcinoma

On the other hand, the treatment of adenocaricinoma is a bit more complex. Until recently, most patients were treated with a combination of chemotherapy and radiation. There is new evidence, however, that chemotherapy alone may also be helpful. We have video here about treatment of adenocarcinoma of the esophagus. Adenocarcinoa Treatment

At the end of this video there will be links to additional videos which address locally-advanced esophageal cancer and metastatic esophageal cancer. This way, if you already know the results of the staging studies, you can view specific information.

I hope you have found this video helpful. This videos and others like it are designed to educate patients and families about esophageal cancer and equip them for their discussions with their esophageal cancer care team.

As always, these videos are no substitute for expert medical advice.

Feel free to leave a comment or a question, or if you have suggestions for future videos.

If you or a family member have had an encounter with esophageal cancer, I would love to hear about your experience, so please take a minute to leave a comment below.

We're constantly creating new videos, so please subscribe to be notified of new videos when we post them.

Here are some additional videos you may find helpful:

Locally Advanced Squamous Cell Locally Advanced Adenocarcinoma

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