Do you buy too many of these?

Most people experience heartburn occasionally but if you get it frequently, you should see a doctor or talk to Barrett’s Wessex.

That burning sensation is caused by acid from the stomach attacking your oesophagus or food pipe.

Frequent attacks can cause permanent damage to its lining – a condition known as Barrett’s Oesophagus.

In some people, this can lead to cancer.

Oesophageal Cancer is the fifth most common cancer in UK killing one person an hour on average.

To find out more, contact Barrett’s Wessex, a regional patient support and education charity “fighting the fire inside” attempting to reduce the number of these deaths.

Visit: www.barrettswessex.org.uk
Email: enquiries@barrettswessex.org.uk
Phone or text: 07771 567009
Write to: Barrett’s, 6 Braeside Crescent, Southampton, SO19 7AZ

Or come to one of our drop-in sessions
on the first Wednesday of each month between 2:00 and 4:00pm at Haskins Garden centre, Ferndown
or the first Thursday of each month between 2:00 and 4:00pm at Haskins Garden Centre, Swaythling, Southampton.

(Registered charity no. 1148727)