BARRETT’S ESOPHAGUS

Risk Factors

Doctors do not know what exactly causes someone to get Barrett’s esophagus. There are a few things, though, that doctors have found could raise the chances of getting it. If you are worried that you could get Barrett’s esophagus, speak to your gastroenterologist.

- Men get Barrett’s esophagus twice as often as women.
- Caucasian men get it more often than men of other races.
- The average age at diagnosis is 55 years old.
- **Between 5 and 10 percent of people with GERD (or reflux) get Barrett’s esophagus.**
- Obesity — chiefly, high levels of belly fat — raises your chances of getting Barrett’s esophagus.
- Smoking raises your chances of getting Barrett’s esophagus.
- Some studies suggest that your genes may play a role in whether you get Barrett’s esophagus.

There are some things that may lower your chance of getting Barrett’s esophagus, like a diet high in fruits and veggies, and working with your doctor to lessen acid reflux.