

**Office for Genetics  
and  
People with Special Health Care Needs**

**Esophageal Atresia /Stenosis/Tracheoesophageal Fistula**

**Fact Sheet**

**What is Esophageal Atresia/Stenosis?**

- A birth defect in which the upper and lower ends of the esophagus (tube from the throat to the stomach) are not connected
- The esophagus ends in a blind pouch as opposed to connecting normally to the stomach.
- Esophageal stenosis is a narrowing of the esophagus

**What is a Tracheo-esophageal Fistula?**

- Tracheo-esophageal Fistula is an abnormal connection between the esophagus and trachea (airway). They fail to develop and separate correctly

**What is the cause?**

- The cause is unknown

**What are the symptoms of Esophageal Atresia/Stenosis or Fistula?**

- Excessive amniotic fluid might be noted before birth
- Trouble feeding (coughing, gagging and choking during feeding)
- Cyanosis (bluish color to the skin and mucous membranes)
- Wheezing
- Shortness of breath

**Is there any treatment for Esophageal Atresia?**

- Surgery is needed to fix the problem
- The swallowing tube must be connected to the stomach, however if a fistula is connecting the esophagus to the trachea the doctor will have to close the fistula

## Support Groups/Resources

- Ea/TEF Family Support Connection  
[www.eatef.org](http://www.eatef.org)
- Kennedy Krieger Institute  
<http://www.kennedykrieger.org>  
443-923-9200
- March of Dimes  
[www.marchofdimes.com](http://www.marchofdimes.com)  
1-410-546-2241
- Office for Genetics and Children with Special Health Care Needs  
<http://fha.maryland.gov/genetics/bdris.cfm>  
1-800-638-8864
- The Parents' Place Of Maryland  
[www.ppmmd.org](http://www.ppmmd.org)  
410- 768-9100
- NIH Health information:  
<http://health.nih.gov/topic/BirthDefects>
- CDC National Center for Birth Defects and Developmental Disabilities  
<http://www.cdc.gov/ncbddd/birthdefects/index.html>
- National Organization of Rare Disorders (NORD)  
<http://www.rarediseases.org/>
- Birth Defects Research for Children, Inc  
<http://www.birthdefects.org/>

