

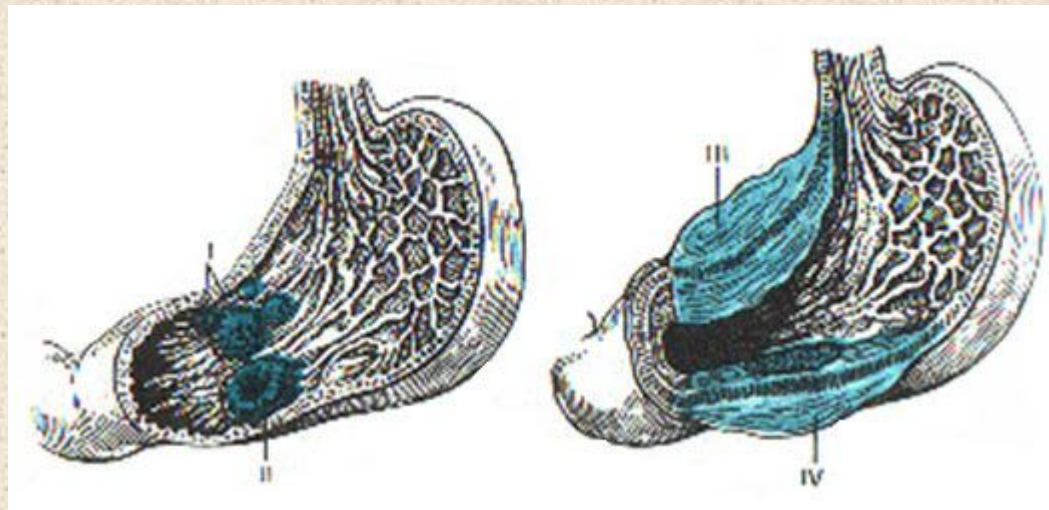
Stomach cancer

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GM – 49 - 2

0 Stomach cancer, or gastric cancer, refers to cancer arising from any part of the stomach. Stomach cancer causes about 800,000 deaths worldwide per year. Prognosis is poor (5-year survival <5 to 15%) because most patients present with advanced disease

Stomach cancer



Signs and symptoms

- Stomach cancer is often either asymptomatic (producing no noticeable symptoms) or it may cause only nonspecific symptoms (symptoms which are not specific to just stomach cancer, but also to other related or unrelated disorders) in its early stages.



0 By the time symptoms occur, the cancer has often reached an advanced stage (see below) and may have also metastasized (spread to other, perhaps distant, parts of the body), which is one of the main reasons for its relatively poor prognosis. Stomach cancer can cause the following signs and symptoms:

o Stage 1 (Early)

- o* Indigestion or a burning sensation (heartburn)
- o* Loss of appetite, especially for meat
- o* Abdominal discomfort or irritation



o Stage 2 (Middle)

o Weakness and fatigue

o Bloating of the stomach, usually after meals



o Stage 3 (Late)

- o Abdominal pain in the upper abdomen
- o Nausea and occasional vomiting
- o Diarrhea or constipation
- o Weight loss
- o Bleeding (vomiting blood or having blood in the stool) which will appear as black. This can lead to anemia.
- o Dysphagia; this feature suggests a tumor in the cardia or extension of the gastric tumor in to the esophagus.



Causes

- 0 Most stomach cancer is caused by *Helicobacter pylori* infection. Dietary factors are not proven causes, but some foods, such as smoked foods, salted fish and meat, and pickled vegetables are associated with a higher risk.



Diagnosis

- To find the cause of symptoms, the doctor asks about the patient's medical history, does a physical exam, and may order laboratory studies. The patient may also have one or all of the following exams:
- Gastroscopic exam is the diagnostic method of choice. This involves insertion of a fiber optic camera into the stomach to visualize it.
- Upper GI series (may be called barium roentgenogram)
- Computed tomography or CT scanning of the abdomen may reveal gastric cancer, but is more useful to determine invasion into adjacent tissues, or the presence of spread to local lymph nodes.

References

- 0 ^ ^a ^b "Cancer (Fact sheet N°297)". World Health Organization. February 2009. Retrieved 2009-05-11.
- 0 ^ ^a ^b Tumors of the GI Tract at Merck Manual of Diagnosis and Therapy Professional Edition
- 0 ^ ^a ^b "What Are The Risk Factors For Stomach Cancer(Website)". American Cancer Society. Retrieved 2010-03-31.
- 0 ^ ^a Buckland G, Agudo A, Lujan L, Jakszyn P, Bueno-De-Mesquita HB, Palli D, Boeing H, Carneiro F, Krogh V (2009). "Adherence to a Mediterranean diet and risk of gastric adenocarcinoma within the European Prospective Investigation into Cancer and Nutrition (EPIC) cohort study". *American Journal of Clinical Nutrition* **91** (2): 381–90. doi:10.3945/ajcn.2009.28209. PMID 20007304.
- 0 ^ ^a Nomura A, Grove JS, Stemmermann GN, Severson RK (1990). "Cigarette smoking and stomach cancer." *Cancer Research* **50** (21): 7084. PMID 2208177

A rectangular piece of yellow paper with a subtle, repeating geometric pattern is pinned to a dark blue background. Two silver pushpins are visible at the top corners of the paper. The paper has a slight shadow beneath it, giving it a three-dimensional appearance.

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