



# What You Need To Know About Gastric (Stomach) Cancer

Patient Education & Empowerment Series

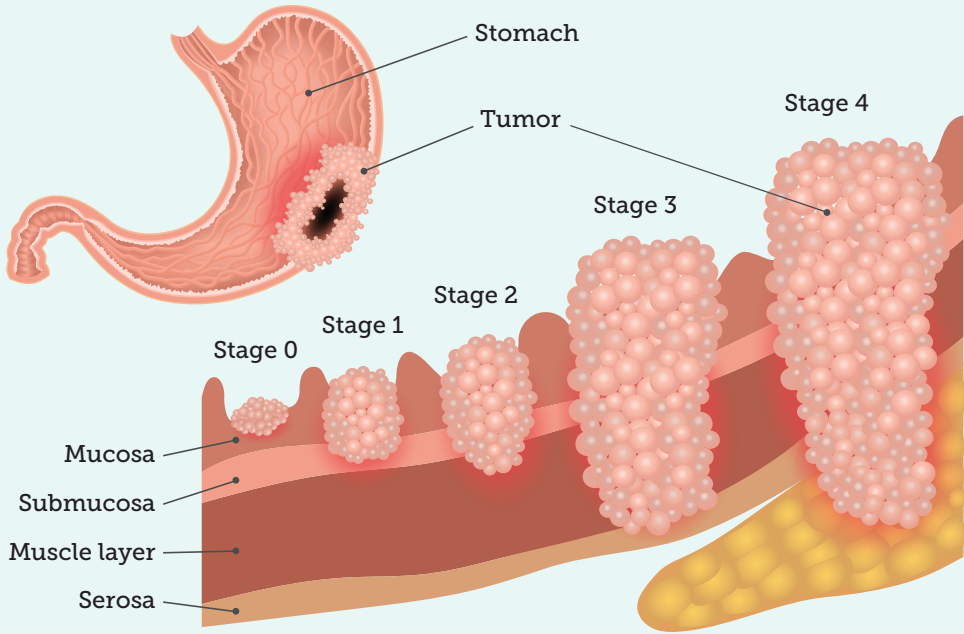


**gi cancers**  
ALLIANCE

A Powerful, Unified Voice For  
The Gastrointestinal Cancer Community

**Gastric (stomach) cancer** is a disease in which malignant cells form in the stomach.

## The stages of stomach cancer



## What causes gastric cancer?

We don't know what causes gastric cancer. Risk factors may increase the chances of developing cancer, but having a risk factor does not guarantee that you will develop cancer, it simply increases your risk. Some factors are under our control (such as diet), but we cannot control all factors (such as genetics).

# Risk factors

The following risk factors have been shown to increase the chance of stomach cancer:



H. Pylori virus



Diets high in salt & nitrates



Diets low in Vitamins A and C



High BMI or Obesity



Type 'A' Blood



Family History & Genetic Factors



High Alcohol Consumption



Smoking & Tobacco Use



Pernicious Anemia



Inflammatory Conditions of the digestive tract

**1,000,000+**

**New gastric cancer cases globally in 2018**

(International Agency for Research on Cancer)

## Symptoms

There may be no symptoms of stomach cancer early in the disease.

- Pain or discomfort in abdominal area
- Indigestion, heartburn or ulcer-type indicator
- Difficulty swallowing, nausea or vomiting
- Feeling bloated or full after small meals
- Blood in stool or vomiting blood
- Unexplained weight loss
- Weakness & fatigue



Please note: The above information should NOT be used as a substitute for medical services. Discuss medical concerns with your healthcare team.

For more information on gastric cancer prevention, treatments, advocacy, patient and caregiver support, please visit:



Debbie's Dream Foundation:  
Curing Stomach Cancer  
[www.DebbiesDream.org](http://www.DebbiesDream.org)



No Stomach For Cancer  
[www.NoStomachForCancer.org](http://www.NoStomachForCancer.org)



Gastric Cancer Foundation  
[www.GastricCancer.org](http://www.GastricCancer.org)



Raymond Foundation  
[www.TheRaymondFoundation.org](http://www.TheRaymondFoundation.org)



GI Cancers Alliance  
[www.GICancersAlliance.org](http://www.GICancersAlliance.org)



TargetCancer Foundation  
[www.TargetCancerFoundation.org](http://www.TargetCancerFoundation.org)



Hope For Stomach Cancer  
[www.StoCan.org](http://www.StoCan.org)



My Gut Feeling – Stomach Cancer  
Foundation of Canada  
[www.MyGutFeeling.ca](http://www.MyGutFeeling.ca)

### Research Initiatives:



Esophageal & Stomach  
Cancer Project  
[www.escproject.org](http://www.escproject.org)



Gastric Cancer Registry  
[www.gcregistry.stanford.edu](http://www.gcregistry.stanford.edu)