

## Treatment

- Surgery
- Chemotherapy
- Radiotherapy

## Prevention

- Low salt intake
- Avoid preserved food
- Eat more fruits and vegetables
- Stop smoking and avoid second-hand smoke

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# Consult your surgeon



PHILIPPINE COLLEGE OF  
SURGEONS FOUNDATION, INC.

A surgeon who is a Fellow of the Philippine College of Surgeons had undergone accredited surgical residency training and passed certifying board exams.

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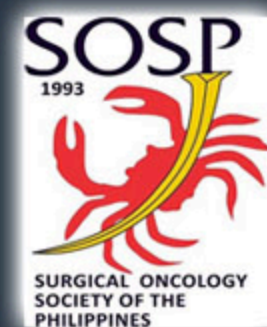
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Surgical Oncology  
Society of the Philippines  
*and*  
Philippine College of Surgeons

# GASTRIC CANCER



Year 2023





## What is Stomach Cancer?

- Adenocarcinoma starts in the glandular cells of the stomach lining.
- Less common cancers that can start in the stomach include:
  - soft tissue sarcomas, including gastrointestinal stromal tumors (GISTs) lymphomas, such as mucosa associated lymphoid tissue (MALT) lymphomas
  - carcinoid tumors.

## What causes it?

- Infection with Helicobacter pylori bacteria
- Diet high in salty and smoked foods
- Diet low in fruits and vegetables
- Family history
- Smoking



Age > 55



M > F



Genetics



Obesity



Race



Family history



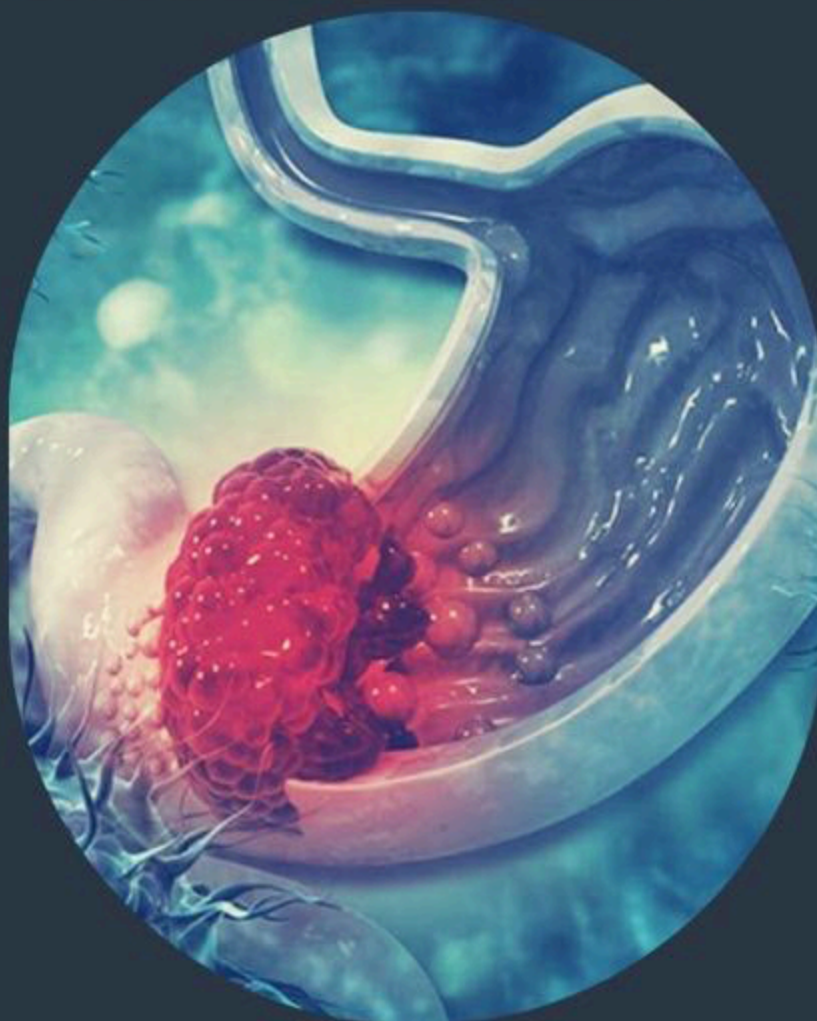
Smoking



H. pylori

## What to look for?

- Abdominal pain
- Nausea and vomiting
- Difficulty swallowing
- Weight loss
- Vomiting blood or blood in stools
- Bloating or early satiety



## Diagnosis

- History
- Physical Examination
- Endoscopy
- Gastroscopy
- Biopsy