

# Stomach Cancer

Cancer Facts & Stats – Samantha Morais

## DID YOU KNOW?

- Each year, **one million** people worldwide are estimated to be **diagnosed** with stomach cancer and **768,800 die** from the disease.
- Stomach cancer is the **fourth most common malignancy** worldwide.
- Stomach cancer is the **fourth leading cause of cancer deaths** in the world.



Sadly, only one in four people with stomach cancer will survive **five years or longer** after being diagnosed.

## WHAT CAUSES STOMACH CANCER?

Though the exact cause of stomach cancer is unknown, there are some **factors that may increase** your risk of developing stomach cancer.



- **High** intake of **salt** or salt-preserved foods.
- **High** intake of **processed meat** like ham, bacon and sausages.
- **Low** intake of **fruits and vegetables**.



- Infection with ***H. pylori***, a bacterium that lives in the mucous lining of the stomach.



- **Tobacco smoking** including cigarettes, cigars and pipes.
- The more and the longer you smoke, the greater the risk.



- The more **alcohol** you drink, the greater the risk.
- The risk increases with **more than three** drinks a day.



- Being **overweight** or **obese** **increases** the risk of cancer of stomach cardia (the organ's front chamber).



- **Occupational exposure** to dusty and high-temperature environments like wood-processing and food-machine operating.



- **Family history** of stomach cancer.
- This may be due to inherited conditions or family members share the same risk factors.



- Certain **genetic conditions** like hereditary diffuse gastric cancer, familial adenomatous polyposis, Lynch syndrome and Li-Fraumeni syndrome.

## EARLY DIAGNOSIS

When stomach cancer is diagnosed and treated early, the chances of successful treatment are better. **Early signs and symptoms:**

- Heartburn or indigestion;
- Bloating, discomfort or pain in the abdomen;
- Feeling full after a small meal;
- Difficulty swallowing or pain when swallowing;
- Nausea and/or vomiting.



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