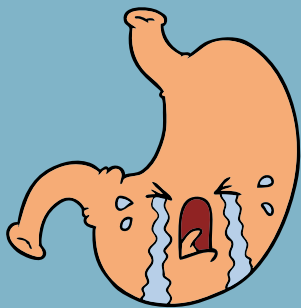


Signs and Symptoms

If you experience any of the symptoms described below, consider contacting your doctor:

- Indigestion or heartburn
- Pain or discomfort in the abdomen
- Nausea and vomiting, particularly vomiting up solid food shortly after eating
- Diarrhoea or constipation
- Bloating of the stomach after meals
- Loss of appetite
- Sensation of food getting stuck in the throat while eating



Symptoms of advanced gastric cancer may include:

- Weakness and fatigue
- Vomiting blood or having blood in the stool
- Unexplained weight loss



The CELAC and European consortium for a personalized medicine approach to Gastric Cancer (LEGACY) aims to improve gastric cancer outcomes, including through early detection and prevention.

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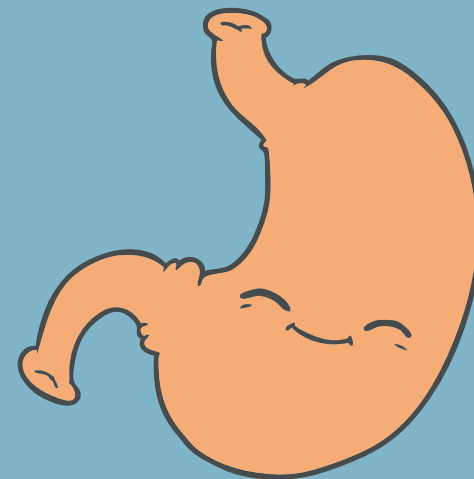


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EARLY DETECTION AND PREVENTION OF



STOMACH CANCER

Why think about stomach cancer?

Stomach cancer, also called **gastric cancer**, is one of the most common cancers in the world. Stomach cancer is particularly dangerous because it is often diagnosed late, when treatment is much less effective. It is therefore important to be aware of the risk factors and symptoms associated with stomach cancer to **prevent** it or to otherwise ensure the **earliest diagnosis**.

References

- Yusefi, A. R., Bagheri Lankarani, K., Bastani, P., Radinmanesh, M., & Kavosi, Z. (2018). Risk Factors for Gastric Cancer: A Systematic Review. *Asian Pacific journal of cancer prevention : APJCP*, 19(3), 591–603. doi:10.22034/APJCP.2018.19.3.591
- <https://www.cancer.net/cancer-types/stomach-cancer/risk-factors>
- <https://www.cancer.net/cancer-types/stomach-cancer/symptoms-and-signs>

Risk Factors

Besides looking out for signs and symptoms of stomach cancer, it is important to know if you have an increased chance of stomach cancer. Risk factors include:

- **Age:** Occurs most commonly in people older than 55.
- **Gender:** Occurs twice more often in men.
- **Family history/genetics:** Certain inherited genetic disorders, such as hereditary diffuse gastric cancer, Lynch syndrome, hereditary breast and ovarian cancer, and familial adenomatous polyposis.
- **Race/ethnicity:** More common in black, Hispanic, and Asian people than in white people.
- **Previous surgery or health conditions:** People who have had stomach surgery, pernicious anemia, or achlorhydria.
- **Bacteria:** A common bacterium called *Helicobacter pylori* causes stomach inflammation and ulcers. It is also considered one of the primary causes of stomach cancer.

Risk Prevention

Several dietary habits are associated with an increased chance of stomach cancer. Besides keeping a **healthy weight**, it is important to:

- Limit the amount of **salt** intake
- Avoid **smoked, processed and salty meat**
- Eat adequate amounts of fresh **fruit and vegetables**

Similarly, two lifestyle factors can increase the chance of stomach cancer. It is important to:

- Avoid **smoking**
- Limit **alcohol** consumption



To prevent *Helicobacter pylori* infection it is important to wash hands thoroughly, eat food that is properly prepared and drink water from a safe, clean source.

This bacteria is mostly acquired before the age of 10, so it is important that children learn these behaviours early.