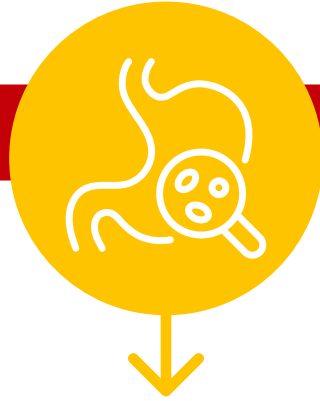


The Gut-Level Truth About Stomach Cancer



Though stomach cancer cases have dropped in the past decade, more than 30,000 Americans get the disease every year, according to the American Cancer Society.



Your Risk Factors

Certain risk factors increase your likelihood of stomach cancer.

Diet

A diet high in smoked, salted or poorly preserved foods may put your stomach in harm's way.

Ethnicity

Stomach cancer is more common among African American, Asian, Hispanic, Pacific Islander and American Indian ethnic groups.

Health

Obesity, gastroesophageal reflux disease (GERD), H. pylori infections and other health issues may make stomach cancer more likely.



Treatment Options

A growing number of treatment options are available for stomach cancer, including

Chemotherapy

Powerful drugs kill or stop the growth of stomach cancer cells, shrinking tumors before surgery, destroying cancer left after surgery and relieving symptoms in advanced cancer.

Surgery

A surgeon removes part or all of your stomach, helping to eliminate cancer so it can't spread. In early-stage stomach cancer, surgery may be the only treatment needed.

Targeted therapy

Medication attacks cancerous cells that have certain changes, helping to slow or stop tumor growth and reducing damage to surrounding, healthy cells in the process.



Prevention Tips

Want to reduce your risk of stomach cancer?

Healthy choices

Exercise regularly, avoid smoking, eat a healthy diet and maintain a healthy weight.

Treat yourself

An H. pylori infection can cause abdominal pain and other digestive issues. If you're living with it, seek treatment.

Use aspirin

Non-steroidal anti-inflammatory drugs (NSAIDs) may reduce stomach cancer risk in people who take them regularly for other health concerns. Ask your health provider if you should take NSAIDs.

Visit weillcornell.org/doctors to find a doctor at Weill Cornell Medicine.