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).
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

### 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.

1,000,000+ New gastric cancer cases globally in 2018

(International Agency for Research on Cancer)
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

No Stomach For Cancer
www.NoStomachForCancer.org

Gastric Cancer Foundation
www.GastricCancer.org

Raymond Foundation
www.TheRaymondFoundation.org

GI Cancers Alliance
www.GICancersAlliance.org

Target Cancer Foundation
www.TargetCancerFoundation.org

Hope For Stomach Cancer
www.StoCan.org

My Gut Feeling – Stomach Cancer Foundation of Canada
www.MyGutFeeling.ca

Research Initiatives:

Esophageal & Stomach Cancer Project
www.escproject.org

Gastric Cancer Registry
www.gcregistry.stanford.edu