**WHAT IS Gastric CANCER**

Gastric (stomach) cancer is a disease in which malignant (cancer) cells form in the lining of the stomach.

**FACTS OF GASTRIC CANCER**

- Gastric cancer takes more than 300 lives every year.
- Gastric cancer is CURABLE if diagnosed at an EARLY STAGE.

**COMMON RISK FACTORS**

- Infection with Helicobacter pylori bacteria
- Chronic gastritis (inflammation of the stomach)
- A diet high in salt, smoked and processed food
- A diet low in fresh fruits and vegetables
- Smoking
- Family History

**COMMON SIGNS AND SYMPTOMS**

- Early-stage gastric cancer rarely causes symptoms. This is one of the reasons stomach cancer is so hard to detect early. Some symptoms of gastric cancer include:
  - Upper abdominal pain or discomfort (Dyspepsia)
  - Persistent stomach pain over a few days
  - Persistent indigestion
  - Heartburn after meal
  - Nausea and vomiting
  - Black stools
  - Loss of appetite
  - Weight loss
  - Anemia due to blood loss from tumour

**DIAGNOSIS**

- Medical History & Physical Exam
- Gastroscopy
- Biopsy

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Early detection is the key to surviving gastric cancer.

If you face any persistent stomach pain, please seek advice from your doctor immediately.

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**Source:**