



Kazakh – Russian Medical University

Stomach cancer

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1. Stomach cancer

Oncology or stomach cancer is a disease characterized by a malignant tumor located in the integumentary tissues of the stomach. As a rule, cancer cells divide and take up more and more space. If we talk about this terrible disease, it is important to know the causes and prerequisites of oncology or stomach cancer.

- ▶ It has been known for a long time that ordinary cells of an organism turn into cancer cells if, in connection with external factors, there is any mutation of DNA cells. Usually, this is caused by radiation, toxic substances that enter the body and bacteria. In addition, there are many other reasons that are still unknown to scientists. You can only name a list of factors that, under a number of circumstances, can lead to the onset of the disease.

Causes

The main factor of occurrence is the bacterium *Helicobacter pylori*. It is known that it is able to exist even in an acidic environment of the intestine and stomach. She herself leads to gastritis and other ulcerative diseases, which lead to a tumor, that is, stomach cancer.

Alcohol abuse. Scientists have proved that drinking alcohol leads to cancer of any organ. Most often to oncology of the stomach.

Abuse of fatty foods. Eating foods with large amounts of fat also develops stomach cancer (oncology).

- ▶ Radiation. Radiation causes a mutation in the cells of the body and entails cancer of the stomach and other organs.
- ▶ The use of food containing nitrates and nitrites.
- ▶ There is an opinion that nitrates and nitrites decompose the normal cell, knocking down its life cycle. Mutating, the cell turns into cancerous with all the ensuing consequences. The main sources of nitrates and nitrites are smoked and dried foods, as well as some vegetables such as cabbage, carrots, beets and celery. They make up about 90% of nitrates and nitrites in the human body. However, also affects cosmetics (penetrates the body and, due to its chemical composition, destroys the organic cells of the stomach) and smoking. Carcinogens contained in cigarettes enter the body. The process is the same as with cosmetics, although carcinogens affect the lungs more than the stomach.

3.Symptoms

- ▶ Fatigue, fatigue, reduced ability to work.
- ▶ Heaviness in the thorax. Most often a feeling of raspiraniya or other unpleasant feelings.
- ▶ Nausea after meals, passing after a while, serves as a symptom of stomach cancer.
- ▶ Pain in the thorax.
- ▶ Vomiting. It happens with blood (both brown and red) or without, is not associated with meals, anemia is noticeable.

- ▶ Blood in the feces.
- ▶ Problems with swallowing. At first, only with rough food, but later even swallowing water. A person simply can not do it or if such an action is followed by vomiting.
- ▶ Indigestion. It can be in the form of belching, heartburn, vomiting, etc.
- ▶ Lack of appetite. Patients usually do not want to eat anything at all.
- ▶ Other minor secondary signs.

Treatment

- ▶ If the disease is already detected, then you need to follow the doctor's instructions and know the basic principles of treating stomach cancer.
- ▶ Treatment of gastric oncology is carried out by several methods, which directly depend on the stage of the disease. The main method of treating gastric oncology is surgical. Operation with oncology of the stomach is needed in 80% of cases. Remove part of the stomach itself, in which a tumor is seen. Sometimes it is accompanied by the removal of the spleen, intestines and in extreme cases even parts of the liver.
- ▶ After treatment with oncology of the stomach, requires careful care of the body. In the US and Canada, chemotherapy and other types of "calming" procedures are prescribed. In Russia and Europe there is no such thing. Treatment is possible only in the initial stages, in another case - a lethal outcome.

Questions

- ▶ 1. The main factor of stomach cancer?
- ▶ 2. Does alcohol affect the occurrence of stomach cancer?
- ▶ 3. The main symptoms?
- ▶ 4. How is gastric cancer treated?