

Stomach Cancer Surgery in Delhi

Overview

Stomach cancer, also known as gastric cancer, starts in the stomach's lining. It happens when the stomach's cell lining grows uncontrollably and develops tumours. These tumours invade healthy cells and distribute cancerous cells to various body organs.

Men are more likely to develop stomach cancer than women, which typically affects the elderly.

A **surgical procedure for stomach cancer** is a common treatment, particularly in the early stages. A surgical procedure for stomach cancer (sometimes in combination with other therapies) provides the best opportunity to try to treat it if it has not progressed to other body parts.

Although this will affect your digestive process, you will continue to be able to drink and eat. The procedure can also limit the spread of your cancer and keep it from returning.

Treatment options based on the stage of stomach cancer

Treatment for stomach cancer is primarily determined by the location of the ailment in the stomach and the extent to which it has spread. However, other elements, including a person's age, general health, and preferences, may also be essential. The different stages and treatment options are:

- **Stage 0:** The cancer is in its early stages and only affects the inside of the stomach. It can be treated with endoscopic resection.
- **Stage 1:** Stomach cancer has spread to the stomach's inner layers. Treatment options include surgery, endoscopic mucosal resection, surgery, and chemotherapy.
- **Stage 2:** Cancer has spread through or into the stomach's inner, supporting, muscle, or outer layers. Treatment options include surgery and chemotherapy.
- **Stage 3:** Treatment options include surgery and chemotherapy.
- **Stage 4:** Cancer has progressed through the stomach's outer lining and into surrounding tissues or organs. It is known as metastatic cancer. Treatment options include surgery and chemotherapy.

Will I need to have surgery if I have stomach cancer?

Patients with stomach cancer will require surgery to be effectively treated. Sometimes, particularly in cases of very early-stage disease, a minimally invasive endoscopic approach can completely cure the body of stomach cancer.

During this endoscopic treatment, a doctor will:

- Place a flexible tube (an endoscope) through the mouth of the patient.
- Send this tube to the damaged area.
- Use specialised devices connected to the endoscope to eliminate any cancerous tissue.

Conventional stomach cancer surgeries can be beneficial for treating disease that has advanced past the initial stages or can help patients improve their lives by enabling them to eat and feel more comfortable.

During a **surgical procedure for stomach cancer**, a surgeon will:

- Make an incision in the patient's abdomen.
- Remove the diseased part of the stomach, surrounding tissue and lymph nodes, if necessary.

Factors affecting the treatment

Following the diagnosis of stomach cancer, a doctor may advise one of several procedures depending on a variety of criteria, such as:

- The overall health of a patient: A doctor will carefully review a patient's medical history to ensure that they are healthy enough for major **stomach cancer surgery in Delhi**.
- Stomach cancer staging: A surgeon will use diagnostic tests to check if and where cancer has progressed to identify its site.

What happens during a **surgical procedure for stomach cancer**?

The majority of stomach cancers detected by doctors nowadays are advanced cases. Due to this, practically all stomach cancer patients will need surgery of some type to address the disease, whether it be a minimally invasive procedure or an open surgical treatment.

Stomach cancer surgery in Delhi is intended to cure the condition. Surgery can also lead to a patient's improved quality of life by enabling them to eat and feel more comfortable.

A surgeon may conduct a gastrectomy to treat stomach cancer. Gastrectomy is a **surgery to remove stomach**. Gastrectomy entails **two types of surgical procedures for stomach cancer**.

Partial gastrectomy

Part of the stomach is removed during this surgical procedure for stomach cancer. Doctors commonly remove fatty tissue and lymph nodes to ensure that all cancer has been removed. The remaining part of the stomach is ultimately reattached.

If cancer has spread to the spleen, this is also removed. Your doctor may also remove parts of other organs, depending on where the tumour is located.

Total gastrectomy

A total gastrectomy is essential if you have advanced stomach cancer that has not spread (metastasized) to other organs. It is also usually advised if the cancer is in the upper part of the stomach, close to the oesophagus.

The complete stomach and any surrounding fatty tissue and lymph nodes are removed. The oesophagus is then joined to the intestine by the healthcare professional. A surgeon may build a pouch or new "stomach" by rolling over a part of the intestines to facilitate more effective digestion.

Each surgical treatment carries a certain level of risk and necessitates expertise. These risks can be decreased by selecting a doctor and medical staff with extensive experience in **stomach cancer surgery in Delhi**.

Option for Minimally Invasive Surgery

Our surgeons have pioneered the use of minimally invasive surgical methods to assist in treating stomach cancer. The two main options you have for treatment—robot-assisted surgery or laparoscopy—will be discussed at a meeting with your medical team. Both methods can help reduce your recovery period and decrease the likelihood of complications.

Robot-assisted surgery

With this method, your surgeon operates on you from a console that shows a magnified 3D view of the interior of your abdomen that has been lighted with a specific fluorescent dye. This results in better surgical outcomes and improved quality of life for many patients, mainly when used as a component of a comprehensive care plan.

Early functional recovery following robotic-assisted gastrectomy enables patients to start adjuvant chemotherapy quicker, improving the oncological safety of the minimally invasive approach.

Laparoscopy

With his technique, your surgeon makes a tiny incision in the skin and places a laparoscope—a lighted, thin tube with a video camera—into your abdomen. The surgeon can perform surgery through this tiny aperture using specialised tools.

Who is not an ideal candidate for a gastrectomy?

Your doctor will assess the stage and type of your stomach cancer and any other health issues you may be experiencing. Some conditions, such as anaemia and

hypoproteinemia (reduced blood protein concentrations), increase your risk of experiencing severe complications from this treatment.

Preparing for a gastrectomy

Being in good health before **surgery to remove stomach** will make healing easier. You should engage in routine aerobic exercise and consume a well-balanced diet. We can create a diet and exercise programme that is ideal for you.

We provide detailed instructions regarding when you should discontinue taking medications, drinking, eating, and drinking in the weeks and days before your surgery. Any surgical procedure requiring anaesthesia must be performed on an empty stomach. These recommendations are aimed at keeping you safe. If you do not follow the instructions, we may have to cancel your procedure.

What is the normal recovery time after a **surgical procedure for stomach cancer**?

The recovery time will be determined by the percentage of the stomach removed by the surgeon. Patients who have a **partial gastrectomy** may expect the following:

- Stay in the hospital for three to five days following **stomach cancer surgery in Delhi**.
- Weight loss for one to six weeks
- Resuming regular eating habits three to six months following a **surgical procedure for stomach cancer**.

Patients who have a total gastrectomy can expect the following:

- Stay in the hospital for five to eight days following surgery.
- Weight loss for approximately two months.
- Adapt to a new nutritional "normal" during the next few months as your digestive system recovers.
- Consume a multivitamin with iron and calcium to prevent anaemia.
- Add vitamin B12 supplements to your diet.

Many patients have "dumping syndrome" following a **surgical procedure for stomach cancer**. These symptoms occur within minutes of eating when food enters the intestine very quickly. You may feel:

- Pain
- Abdominal cramping
- Lightheadedness
- Diarrhoea

Survival rates

The survival rate for stomach cancer usually depends on the stage of the disease. In general, the rates of five-year survival are as follows:

Stage of stomach cancer	Survival rate
1	55-60 percent
2	45-50 percent
3	35-40 percent
4	5-10 percent

How can I reduce my post-surgery symptoms of stomach cancer?

Eating more frequent and smaller meals can help prevent and relieve uncomfortable symptoms after **surgery to remove stomach**. Patients can also benefit from a diet rich in protein and low in carbohydrates.

It can take some patience and time to get used to a new dietary pattern after a **surgical procedure for stomach cancer**. It may be comforting to remember that painful sensations like abdominal discomfort and cramps usually get better or disappear over time. Many patients return to their regular or near-normal food patterns one year after **stomach cancer surgery in Delhi**.

Dr. Asit Arora is the most experienced and skilled surgeon for **stomach cancer surgery in Delhi**. Dr. Asit Arora prepares patients for surgical procedures and quality-of-life adjustments with complete counselling and nutrition support.