

## Complete Gastric (Stomach) Cancer Handbook – Chatbot Friendly

### 1. Introduction

Gastric cancer (stomach cancer) begins when abnormal cells grow uncontrollably in the stomach.

This handbook covers symptoms, risk factors, diagnosis, stages, treatment, prevention, FAQs, myths, diet guidance, and chatbot-ready answers.

### 2. Anatomy of the Stomach

The stomach is divided into:

Cardia – upper opening connecting to the esophagus

Fundus – upper curved area

Body – main central part

Antrum – lower part

Pylorus – gateway to the small intestine

### 3. Types of Gastric Cancer

Adenocarcinoma (most common)

Lymphoma

GIST (Gastrointestinal stromal tumor)

Neuroendocrine tumors

Rare types: Squamous cell carcinoma, small cell carcinoma

### 4. Early Symptoms

Indigestion

Heartburn

Bloating

Nausea

Mild stomach discomfort

### 5. Advanced Symptoms

Severe abdominal pain

Blood in stool or vomit

Unexplained weight loss

Difficulty swallowing

Fatigue and weakness

## 6. Major Risk Factors

H. pylori infection

Chronic gastritis

Family history

High-salt diet

Tobacco and alcohol

Age above 50

Obesity

## 7. Protective Factors (Reduce Risk)

Vegetable-rich diet

Treating infections early

Healthy body weight

Active lifestyle

## 8. How Gastric Cancer Develops

Cancer may progress through:

Chronic gastritis

Intestinal metaplasia

Dysplasia

Cancer

## 9. Screening & Early Detection

Endoscopy

Biopsy

H. pylori tests

Blood tests

#### 10. Diagnosis Tests

CT scan

MRI

Ultrasound

PET scan

Barium swallow

#### 11. Stages of Gastric Cancer

Stage 0 – Inner lining

Stage I – Deeper layers

Stage II – Lymph nodes

Stage III – Advanced spread

Stage IV – Distant metastasis

#### 12. Treatment Options

Surgery

Chemotherapy

Radiation

Targeted therapy

Immunotherapy

#### 13. Surgery Types

Subtotal gastrectomy

Total gastrectomy

Endoscopic resection (early cases)

#### 14. Diet Recommendations

Low-salt diet

Fresh fruits and vegetables

Small frequent meals

High protein foods after surgery

#### 15. Foods to Avoid

Processed meats

Smoked foods

Alcohol

Deep-fried foods

#### 16. Living With Gastric Cancer

Follow-up appointments

Nutrition counseling

Support groups

Mental health support

#### 17. Post-Surgery Challenges

Dumping syndrome

Nutritional deficiency

Digestive difficulty

#### 18. Myths vs Facts

**Myth:** Spicy food causes cancer. **Fact:** Not proven.

**Myth:** Surgery spreads cancer. **Fact:** Surgery removes cancer.

**Myth:** Only old people get it. **Fact:** Anyone can be affected.

#### 19. FAQs

Can gastric cancer be cured? Yes, if detected early.

Is weight loss a sign? Yes, unexplained weight loss is common.

Can it come back? Recurrence is possible.

## 20. Chatbot Response Examples

**Symptoms:** "Common symptoms include indigestion, heartburn, weight loss."

**Risk:** "High-salt diet, H. pylori, smoking are major risk factors."

**Diagnosis:** "Endoscopy and biopsy are key tests."

**Treatment:** "Surgery, chemotherapy, and targeted therapies are used."

## 21. Disclaimer

This guide is for education only and not a medical diagnosis tool.