

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.