Signs and Symptoms

If you experience any of the symptoms described below, consider contacting your doctor:

- Indigestion or heartburn
- Pain or discomfort in the abdomen
- Nausea and vomiting, particularly vomiting up solid food shortly after eating
- Diarrhoea or constipation
- Bloating of the stomach after meals
- Loss of appetite
- Sensation of food getting stuck in the throat while eating

Symptoms of advanced gastric cancer may include:

- Weakness and fatigue
- Vomiting blood or having blood in the stool
- Unexplained weight loss

Visit Us

https://legacy-h2020.eu/
@LegacyH2020
@LegacyH2020

The CELAC and European consortium for a personalized medicine approach to Gastric Cancer (LEGACy) aims to improve gastric cancer outcomes, including through early detection and prevention.
**Risk Factors**

Besides looking out for signs and symptoms of stomach cancer, it is important to know if you have an increased chance of stomach cancer. Risk factors include:

- **Age:** Occurs most commonly in people older than 55.
- **Gender:** Occurs twice more often in men.
- **Family history/genetics:** Certain inherited genetic disorders, such as hereditary diffuse gastric cancer, Lynch syndrome, hereditary breast and ovarian cancer, and familial adenomatous polyposis.
- **Race/ethnicity:** More common in black, Hispanic, and Asian people than in white people.
- **Previous surgery or health conditions:** People who have had stomach surgery, pernicious anemia, or achlorhydria.
- **Bacteria:** A common bacterium called *Helicobacter pylori* causes stomach inflammation and ulcers. It is also considered one of the primary causes of stomach cancer.

**Risk Prevention**

Several dietary habits are associated with an increased chance of stomach cancer. Besides keeping a healthy weight, it is important to:

- Limit the amount of salt intake
- Avoid smoked, processed and salty meat
- Eat adequate amounts of fresh fruit and vegetables

Similarly, two lifestyle factors can increase the chance of stomach cancer. It is important to:

- Avoid smoking
- Limit alcohol consumption

To prevent *Helicobacter pylori* infection it is important to wash hands thoroughly, eat food that is properly prepared and drink water from a safe, clean source.

This bacteria is mostly acquired before the age of 10, so it is important that children learn these behaviours early.