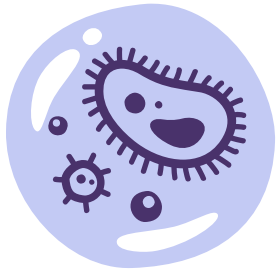


STOMACH CANCER

Stomach cancer can occur when abnormal cells in the stomach start to grow and divide in an uncontrolled way. It is also known as **gastric** cancer

What are some of the **RISK FACTORS** for developing stomach cancer

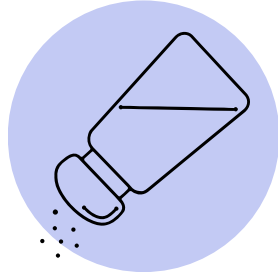
- Some risk factors for stomach cancer are things you cannot change. These include being male and getting older, inheriting genes that increase risk, and having certain stomach conditions.
- However, many of the risk factors are **things you can change**. These include:



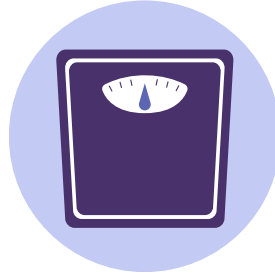
Helicobacter Pylori bacteria infection



Tobacco Smoking



Diet high in **salt-preserved** foods



Living with **excess weight** or **obesity**



Consuming **three or more** alcoholic drinks in a day

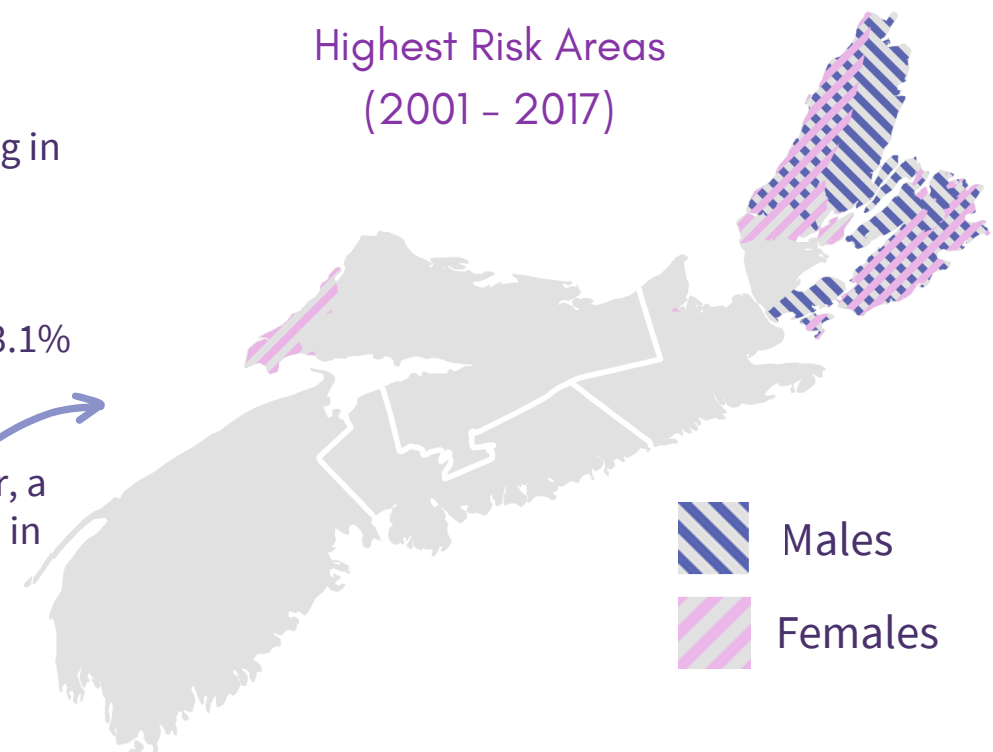


Occupational exposure especially in rubber manufacturing

Stomach cancer in Nova Scotia

- Stomach cancer incidence and mortality rate are declining in both Canada and Nova Scotia
- In Nova Scotia, the incidence rate of stomach cancer has been going down by 2.5% each year in males, and about 3.1% each year in females
- Stomach cancer occurs throughout Nova Scotia. However, a persistently higher rate is seen in both males and females in parts of Cape Breton Island; and in females in parts of Cumberland county
- About 800 cases of stomach cancer are expected to be diagnosed in Nova Scotia in the next 10 years.

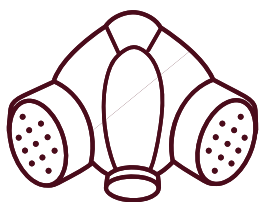
Highest Risk Areas (2001 - 2017)



REDUCE your risk of stomach cancer



Do not Smoke
If you do smoke, try to stop



Reduce workplace exposure to dusts and hazardous chemicals



Learn about **Helicobacter Pylori** infection and how to reduce your risk



Avoid drinking alcohol
If you do drink, follow Canada's guidance on alcohol and health

What is a standard drink?

- A bottle of beer or cider/cooler (12 oz., 341 ml, 5% alcohol)
- A glass of wine (5 oz., 142 ml, 12% alcohol)
- A shot glass of spirits (1.5 oz., 43 ml, 40% alcohol)



Avoid salt-preserved foods and eat healthy choices including increasing intake of fruits and vegetables



Maintain a healthy weight
Being physically active can help and can also reduce your overall cancer risk

For help to stop using tobacco, Call 811 (The Tobacco Free Nova Scotia Quit Line)