

# 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

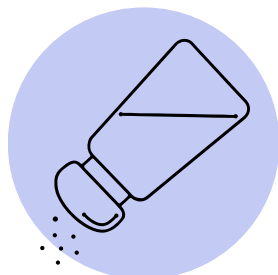
- Some risk factors for stomach cancer are things you cannot change. These include being male and getting older, inheriting genes that increase risk, and having certain stomach conditions.
- However, many of the risk factors are **things you can change**. These include:



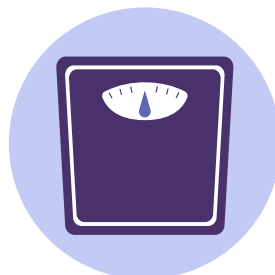
**Helicobacter Pylori** bacteria infection



**Tobacco Smoking**



Diet high in **salt-preserved** foods



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



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



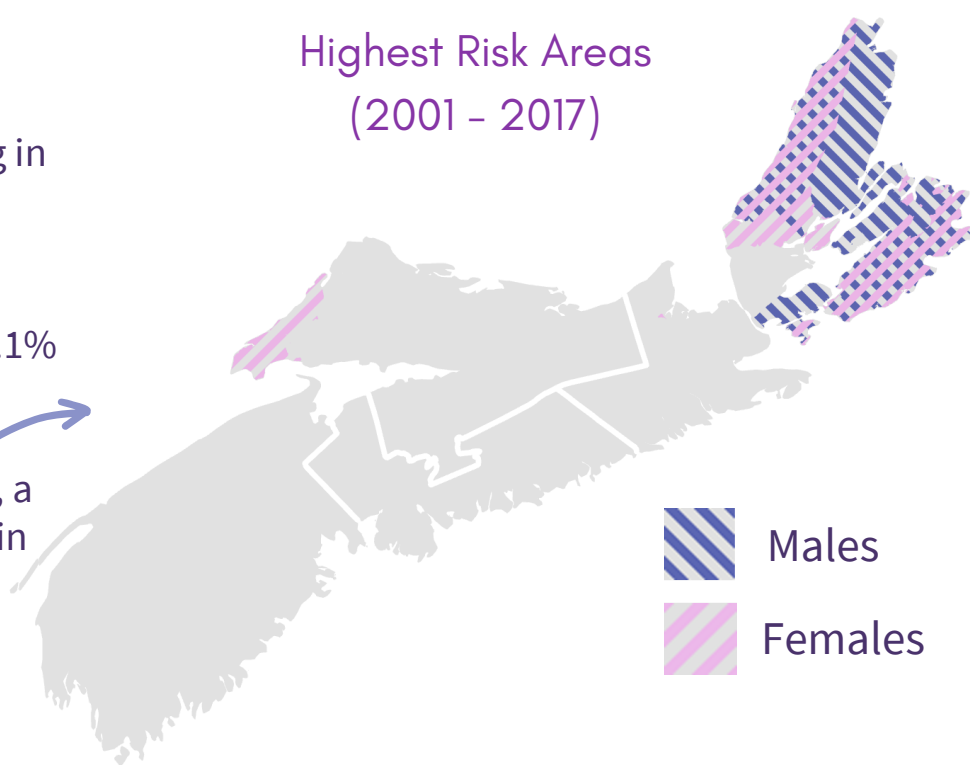
**Occupational exposure** especially in rubber manufacturing

## 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)



Males

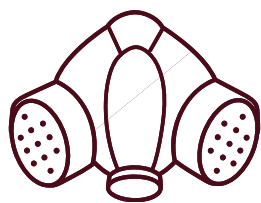


Females

## REDUCE your risk of stomach cancer



**Do not Smoke**  
If you do smoke, try to stop



**Reduce workplace exposure** to dusts and hazardous chemicals



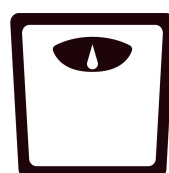
Learn about **Helicobacter Pylori** infection and how to reduce your risk



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



**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

## 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)



**DALHOUSIE UNIVERSITY**

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Cancer Care Program