



After a Stomach Cancer Diagnosis



Stomach or gastric cancer is a type of cancer that starts in the stomach. Your stomach is in the belly area and is where food goes after swallowing it. The stomach digests food, absorbs nutrients, and sends leftover waste to the colon (intestines). If you have been told you have stomach cancer, you've probably already had tests, x-rays and scans, and a biopsy (a test that takes some tissue to check for cancer). Other tests might have been done on the cancer cells to check for certain proteins and gene changes called biomarkers. You might also have other procedures to find out if the cancer has spread. These tests help your doctor know what type of stomach cancer you have, what stage it is, and what treatment might help.

Treatment for stomach cancer

Your treatment will depend on the type and stage of the stomach cancer. Your treatment options will also depend on the results of tests on the cancer cells, your health, and your personal preferences.

Surgery is often part of the treatment for stomach cancer. You may or may not have surgery depending on how big the cancer is and where it is in the stomach. It may be done to remove the cancer and part or all of the stomach. This is called a gastrectomy. Nearby lymph nodes might be removed, too.

If the cancer can't be removed, surgery might be done to help prevent or relieve symptoms.

Other treatment for stomach cancer can include medicines such as chemo, radiation, targeted drug therapy, or immunotherapy. Often, more than one type of treatment is needed. Several treatments can be used to help prevent or relieve symptoms of stomach cancer. Sometimes, they are given along with other treatments. Your doctor will help you decide which treatments are best for you.

Be sure to ask:

- What type of stomach cancer do I have?
- Where is the cancer in my stomach?
- What stage is the stomach cancer, and what does that mean?
- Will I need more tests?
- What treatment do you think is best for me?
- What is the goal of treatment?
- Will treatment include surgery? Can all of the tumor be removed?
- Does my stomach need to be removed? If so, how much of it?
- Will I be able to eat normally after surgery? If not, what can be done to help?
- Will I need other types of treatment, too?

What to expect before and during treatment

Your cancer care team will explain your treatment plan to you. This team may include different doctors, nurses, and other health care workers, depending on the type of treatment you need. For example, if you need surgery, your care team will tell you how much of your stomach will be removed, what to expect after surgery, and if how you eat might change. If you need other types of treatment, your cancer care team will explain how it is given, help you get ready for it, keep track of how you're doing, and help you with any side effects. You might also get blood tests, scans, or other tests at certain times to see how well your treatment is working.

Not everyone going through treatment for stomach cancer will have the same side effects. For example, a person might have surgery to remove the cancer. The side effects of surgery are different from the side effects of chemo, radiation, or targeted drug therapy. And people getting the same treatment might have different side effects.

Stomach cancer (and its treatment) can often lead to problems eating and getting enough nutrients. Some people might need a feeding tube. The tube may be needed for a short or long time.

Be sure to ask:

- What side effects might I have, and what can I do about them?
- How will we know if the treatment is working?
- How often will I get treatment? How long will it last?
- Where will I go to get treatment? Can I drive myself?
- Will I be able to keep doing my usual activities, like work and exercise?
- If I need a feeding tube, how long will I need it?
- Is there a certain diet I should follow?
- Are there any clinical trials that might be right for me?

What to expect after treatment

After treatment, ask your cancer doctor for a treatment summary and follow-up plan. This is called a survivorship care plan. Your cancer doctor will work with your family or primary care doctor to help manage side effects from treatment and check your general health. You will have regular tests to check if your cancer has come back or if a new cancer has started in a different part of your body.

You might be faced with changes to your body after treatment. Surgery and other treatments may change how your stomach works. This could change how and what you eat and drink. Be sure to ask the doctor what to expect, and let them know if you have any problems.

People who have had stomach cancer are at risk of having it again or getting certain other types of cancer. Even if you feel fine after finishing treatment, it's important to ask your cancer care team about a regular schedule for follow-up tests to check if your stomach cancer has come back.

For some people, the cancer might not go away completely. They might continue to get treatment, and tests will still be needed to see how well it's working.

Be sure to ask:

- Where do I get a copy of my treatment summary and follow-up plan?
- How often do I need to see my cancer care team?
- When and how should I contact them?
- Will I need tests to see if my cancer has come back, or to check for problems from my treatment?
- Do I need a special diet after treatment?
- Do I need any screening tests, like a mammogram or colonoscopy, to find other cancers early?
- Are there late or long-term side effects from treatment that I should watch for?
- Where can I find my medical records after treatment?

Staying healthy

Be sure to tell your doctor or cancer care team if any treatment side effects don't go away or if you have any new symptoms.

There are things you can do to keep yourself healthy during and after treatment. Not smoking and not drinking alcohol are ways to help reduce your chances of stomach cancer getting worse or coming back. Many people with stomach cancer have problems eating and absorbing food for the rest of their life. You might need to follow a special diet or have a feeding tube. You can work with your health care team to know what is the best way to get the nutrients you need. Staying at a healthy weight, eating healthy foods, and being active can also help you stay healthy and may lower your risk of getting other cancers.

Certain conditions that increase a person's risk for stomach cancer can run in families. Sometimes genetic testing is done to know if you have a type that might be inherited. Talk to your cancer care team to find out if genetic testing is right for you.

Dealing with your feelings

Having stomach cancer might make you feel scared, sad, or nervous. It's normal to have these feelings, and there are ways to help you cope with them.

- Don't try to deal with your feelings by yourself. Talk about them, no matter what they are.
- It's OK to feel sad or down once in a while, but let your cancer care team know if you have these feelings for more than a few days.
- If your doctor says it's OK, continue doing things you enjoy like spending time outdoors, going to a movie or sporting event, or going out to dinner.
- Get help with tasks like cooking and cleaning.

You might want to reach out to friends, family, or religious leaders or groups. Counseling can also help. Some people find it helpful to talk with others who've been through the same things. A support group can offer that. Tell your cancer care team how you're feeling. They can help you find the right support.



For more information and support, visit the American Cancer Society website at cancer.org/stomachcancer or call us at **1-800-227-2345**. We're here when you need us.