

Gastric Cancer Help Group

Rajiv Gandhi Government General Hospital, Madras Medical College, Chennai

And the Departments of

Medical And Surgical Gastroenterology, Radiation oncology and Medical oncology

Global Scenario:

Gastric Cancer is a leading cause of cancer death amongst the world population, being the fourth most common cancer in the world and the second most common cause of cancer-related death, primarily affecting people in their 60's, although any age can be affected.

High incidence has been reported in eastern Asian countries like Japan (30-35/100000), with lower incidence of 4-6/100000) in western countries like North America and Europe, thereby demonstrating a **10 fold variation** in the incidence across the globe.

Indian Scenario:

In India Gastric cancer still remains the leading cause of cancer death in men and the third most common cancer in women, with Chennai reporting the second highest incidence of gastric cancer amongst the regions in India, next only to north eastern states like Mizoram.

Few Countries like Chile, Venezuela and Japan, have regular screening programmes for earlier detection.

With the increased use of refrigeration, decreased intake of salted foods, Helicobacter pylori eradication, the incidence of Stomach cancer in Chennai have shown a changing trend.

Incidence in Chennai (Change over years) (per 100,000 per year)

	Male	Female
1982-87	13.8	6.8
2009-2010	12.9	5.9

(Tamilnadu tumor registry statistics)

What causes Cancer stomach?

Consumption of smoked foods, salted fish and meat, and pickled vegetables, routinely, besides Smoking and infection with a microorganism called H. pylori are implicated in the causation of Stomach cancer .

The study by the Department of surgical Gastroenterology, Rajiv Gandhi Government General Hospital has shown that patients who developed stomach cancer have consumed

Tobacco (in 83% of cases),

Alcohol (in 84% of cases),

Reused oil (in 97% of cases)

Preserved foods (in 98% of cases).

Besides this, Stomach cancer also runs in families in up to 10% of cases .

What are the symptoms ?

Stomach cancer in its early stages produces no obvious symptoms, sometimes presenting with non-specific symptoms like indigestion , decreased appetite ,abdominal discomfort with bloating and fatigue .When patients present with symptoms like abdominal pain, Nausea and vomiting, weight loss or bleeding (vomiting blood or having blood in the stool) usually indicates an advanced disease.

What should you do?

Patients presenting with such symptoms should subject themselves to an appropriate medical personnel which in all probability is a Gastroenterologist, who evaluates the disease with appropriate clinical examination and with the help of scans and endoscopy, accurately stages and confirms the disease, prior to formulating a management plan.

What is the treatment?

Surgery remains the cornerstone in the management. It involves removal of part or all of the stomach, with a margin of normal tissue, thereby preventing recurrences.

Chemotherapy and in some situations radiotherapy, is used generally in combination with surgery or used alone in cases where the individual is unable to undergo surgery to relieve pain or blockage by shrinking the tumour.

When the cancer is diagnosed early and appropriate treatment is given many of these patients can lead a relatively long disease-free life.

In this regard, The Department of Surgical Gastroenterology, RGGGH, with its ongoing research programme on stomach cancer, related to genetic aberrations in the causation of stomach cancer in our population, and its prognostic implications. We **represented India in the International gastric cancer congress (IGCC)-held in Italy in June 2013**, by presenting our original research work which received international recognition,

As an extension in the work up for the eradication of stomach cancer, our Department has formed

Gastric cancer help group

Department of Medical and Surgical Gastroenterology, Department of Medical and Radiation oncology, RGGGH, Chennai

This Gastric cancer help group is formed not only by doctors, who are specialists in managing these patients, but any person who is interested in the social upliftment, .

The help group is aiming to have regular **meetings once in three months, preferably on a Sunday** so that many can be benefitted .

The Ultimate motive is to help the society by creating awareness on

- 1. Identifying the risk factors**
- 2. Promoting healthy life style**
- 3. Identifying early warning symptoms**
- 4. Consulting doctors at the earliest possible time and follow their advice**
- 6. Regular follow-up**

These programmes will also help doctors practicing in the periphery on letting them know on what is the current trend in management and what is the correct way of following up these patients

Our aim is also to conduct screening programs for high risk patients and using the research done by us to detect cancer in these populations at an early stage

The motto of this gastric cancer help group thus is

SAVE LIVES,

SHARE KNOWLEDGE,

SUPPORT THE SOCIETY

AND HELP THEM SURVIVE.

So that the entire community can be freed of gastric cancer and we can all proudly say that

“There is no room for cancer in the stomach.”

You can become a member by

1. Registering on our website esoindia.org or

2. By email to ghgastro@gmail.com or

3. Communicate to the following address:

Prof.S.M. Chandramohan

Professor and Head

Department of Surgical Gastroenterology

244A, IV floor, Tower II,

Rajiv Gandhi Government General hospital

Madras medical College

Chennai -3