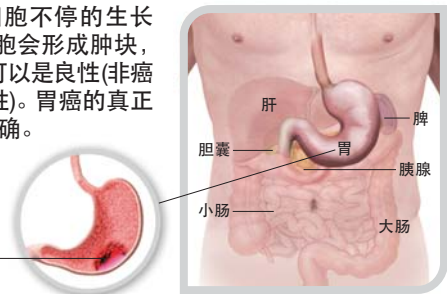


胃的功能是什么？

胃储存我们所吃的食物。当食物从食道进入胃时，它将被胃中的胃液分解和消化成较小的分子。大部分食物在我们的 小肠内消化。

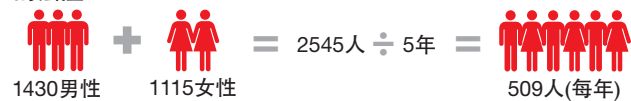
什么是胃癌？

胃癌是指胃壁细胞不停的生长和分裂。这些细胞会形成肿块，称为肿瘤。肿瘤可以是良性(非癌性)或恶性的(癌性)。胃癌的真正 导因至今仍不明确。

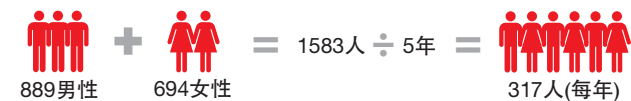


胃癌有多常见？

在新加坡，胃癌是男性第七常见的癌症，也是女性第九常见的癌症。*



每年约509人被诊断患有胃癌



每年约317人被诊断患有胃癌

*来源：新加坡癌症注册局年度注册报告，2010-2014年新加坡癌症发病率趋势。

胃癌的危险因素是什么？

一些胃癌的危险因素包括：

- 幽门螺旋杆菌感染
- 慢性胃炎
- 吸烟
- 饮食因素
 - 摄入高盐、熏制和腌制的食物
 - 胃癌家族史
 - 水果和蔬菜摄入不足

胃癌的症状是什么？

一些胃癌的症状包括：

- 上腹部疼痛或不适(消化不良)
- 持续消化不良
- 饭后胃灼热
- 体重下降和/或无食欲
- 黑便
- 恶心和呕吐
- 因肿瘤失血而并发贫血

如果你有以上的症状而且这些症状持久，你应该考虑检查身体。

要如何检测胃癌？

胃镜检查

这是胃部检测异常最普遍的方法。进行检测时，内窥镜(顶端放置微型摄像机的弹性软管)将从嘴巴引入直通胃部。医生将检查胃内壁，并在有必要的时候采取组织样本(活检)用于检查。



患者要在检查至少六小时前禁食。检查只需要10至20分钟。在检查过程中，轻度的镇静剂可被使用，以减轻任何不适。

钡餐检查

进行检测时，患者将吞服含有钡的液体。然后采取胃壁轮廓的X光照。

胃镜检查通常比钡餐X光检查更为精确。活检证实胃癌后，需要进行其他检查如CT扫描评估扩散的程度。如果早期发现，胃癌是可以治愈的。

如何治疗胃癌？

手术

手术被认为是治疗胃癌的有效疗法。如果肿瘤没有扩散到其他器官，部分或全部的胃及周围的淋巴结可以通过开腹或腹腔镜(钥匙孔)手术切除。

胃部分切除术

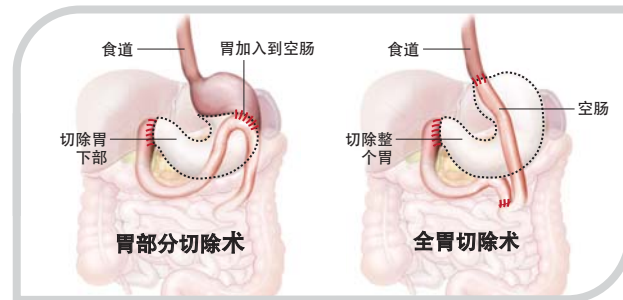
切除胃下部，剩下的胃与小肠相连。

全胃切除术

切除整个胃，食道与小肠相连。

内镜治疗

内镜治疗只适合用于早期阶段的胃癌。它可以通过胃镜去除肿瘤，无须动手术。



化疗和放射治疗

化疗使用药物帮助杀灭癌细胞并减缓肿瘤的生长。药物通过静脉注射或口服片剂。副作用主要取决于药物种类和药量。

放射治疗采用高能射线杀死相应部位的癌细胞。放疗可用于缓解胃部梗阻，也可用于治疗与胃癌相关的胃出血。化疗和放射治疗可联合用于手术前后。

手术后的注意事项？

- 在前几天，患者可能不能喝水或只能喝小口的水(维持几天)。静脉输液将提供患者必要的液体。随后，饮食也将逐渐恢复。
- 手术过程中可放置喂食管以提供营养。手术后可在患者身上连接引流管，并在引流液很少时拆除。
- 胃管可从鼻子放入到胃，以去除多余的液体。通常在48小时内拆除。
- 鼓励患者手术后尽早下床活动。

手术可能出现的并发症是什么？

- 肺炎和其他肺并发症
- 内部伤口泄漏
- 出血
- 反流症状
- 营养不良
- 手术后无食欲

手术后的饮食？

患者手术后食欲可能会减少。所以建议少食多餐。营养师可以帮助计划患者营养需求的饮食。

胃癌应该如何预防？

- 保持低食盐摄入量，避免腌制食物。
- 多吃新鲜的水果和蔬菜。
- 保持健康体重，经常运动。
- 停止吸烟及避免二手烟。

如果早期发现，胃癌是可以治愈的。



Singapore Cancer Society Multi-Service Centre

9 Bishan Place, Junction 8 Office Tower #06-05, Singapore 579837

☎ 6499 9133 ☎ 6499 9140

Location 地点	Bus Numbers 巴士号码
Bishan Bus Interchange	52, 53, 54, 55, 56, 57, 58, 59, 410
In front of Bishan MRT Station	13, 52, 54, 55, 58, 88, 128, 156
Along Bishan St 11	52, 54, 55, 56, 57, 58, 59, 410

- Take Exit A at Bishan MRT Station.
- Walk through Junction 8 Shopping Centre in the direction of the Bus Interchange.
- Without crossing to the bus interchange at the traffic light, turn right and walk along the walkway to locate the Junction 8 Office Tower lobby.
- 在碧山地铁站走向A出口。
- 通过碧山第八站购物中心往巴士转换站方向行走。
- 在红绿灯路口之前右转，沿着走道向前走，就能到达碧山第八站办公大楼大厅。

Singapore Cancer Society

15 Enggor Street, Realty Centre #04-01, Singapore 079716

☎ 6221 9578 ☎ 6221 9575

🌐 www.singaporecancersociety.org.sg

✉ communityhealth@singaporecancersociety.org.sg

📱 Follow us on Facebook



SCS Rehabilitation Centre @ JEM Office Tower

SCS Satellite Office @ National University Cancer Institute, Singapore

SCS Satellite Office @ National Cancer Centre Singapore

The information provided is for your general knowledge only. You should seek medical advice or treatment for your specific condition.

2K082016

STOMACH CANCER | 胃癌



What you need to know about preventing, detecting and treating Stomach Cancer

你知道吗？

1 胃癌多发于五十岁以后，以男性患者居多。

2 摄入高盐、熏制及腌制食物会增加胃癌发病风险。健康促进局建议国人每天食盐摄入量不宜超过5克(1茶匙)。

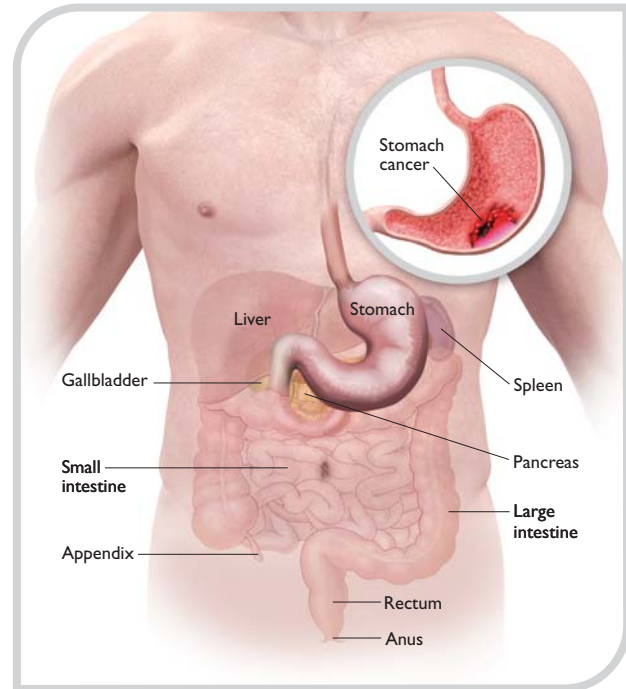
3 留意胃癌的相关症状。如有异常，即刻就医。

What Is The Function Of The Stomach?

The stomach is a reservoir that contains the food we eat. When food enters the stomach from the oesophagus, it is broken down and digested into smaller molecules by gastric juices secreted in the stomach. Much of the digestion, however, takes place in our small intestine.

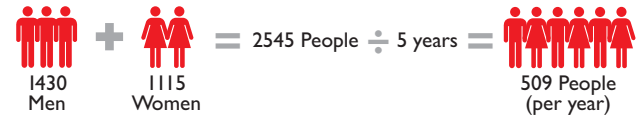
What Is Stomach Cancer?

Stomach (Gastric) cancer occurs when cells of the stomach wall grow and divide without stopping. These cells form lumps called tumours. A tumour may be benign (non-cancerous) or malignant (cancerous). The exact cause of stomach cancer is unknown.

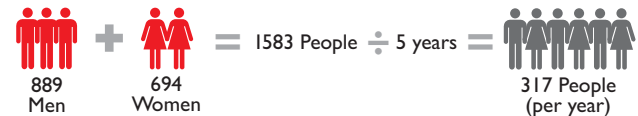


How Common Is Stomach Cancer?

In Singapore, it is the seventh most common cancer in men and the ninth most common cancer in women.*



About 509 people get *diagnosed* with stomach cancer every year



About 317 people *die* of stomach cancer every year

*Singapore Cancer Registry, Annual Registry Report, Trends in Cancer Incidence in Singapore, 2010-2014.

What Are The Risk Factors?

Some of the risk factors for stomach cancer include:

- **Infection with Helicobacter Pylori Bacteria**
- **Dietary Factors**
 - Diet high in salty, smoked and preserved foods
 - Diet low in fruits and vegetables
- **Having a Family History of Stomach Cancer**
- **Smoking**

What Are The Symptoms?

Some symptoms of stomach cancer include:

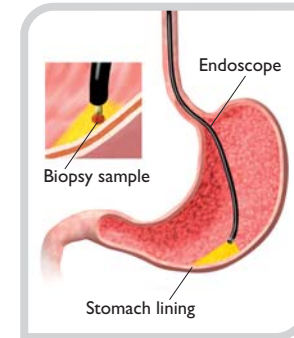
- Upper abdominal pain or discomfort (Dyspepsia)
- Persistent indigestion
- Heartburn after meal
- Weight loss and/or loss of appetite
- Black stool
- Nausea and vomiting
- Anemia due to blood loss from tumour

You should consider getting yourself examined if you have the above symptoms and especially if they are persistent.

How Can You Detect Stomach Cancer?

■ Gastroscopy

This is the most common way to detect any abnormalities in the stomach. During the examination, an endoscope (a flexible tube with a miniature camera attached at the end) is inserted into your oesophagus and stomach. The doctor will inspect the stomach linings and take tissue samples (biopsy) for examination if necessary.



Patients are required to fast at least 6 hours prior to the procedure, which will last only 10 to 20 minutes. Light sedation may be given to ease any discomfort during the procedure.

■ Barium Meal X-ray

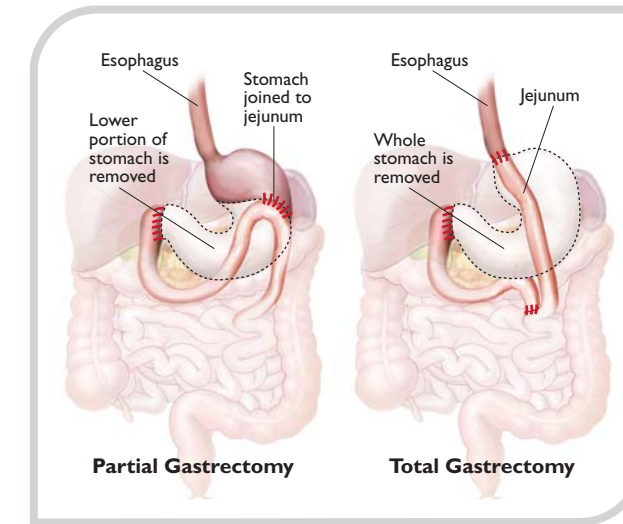
During the examination, a patient swallows a liquid containing Barium. X-ray pictures are then taken of the outline of the stomach wall.

A Gastroscopy is usually more accurate in diagnosing stomach cancer than the Barium meal X-ray. Once cancer is confirmed after the biopsy, other tests such as a CT scan will be carried out to assess the extent of the cancer spread.

How Do You Treat Stomach Cancer?

■ Surgery

Surgery is considered the treatment of choice for stomach cancer. If the tumour growth has not spread to other organs, part or whole of the stomach and the surrounding lymph glands are removed via open or laparoscopic (key hole) surgery.



• Partial Gastrectomy

Lower portion of stomach is removed and the remaining stomach is connected to the small intestine

• Total Gastrectomy

Whole stomach is removed and the oesophagus is connected to the small intestine

• Endoscopic Therapy

Endoscopic therapy is only applicable to early stage of stomach cancer. It removes the tumour via gastroscopy without the need for surgery.

• Chemotherapy and Radiotherapy

Chemotherapy uses drugs to kill cancer cells and slow down the growth of tumours. The drugs can be administered through a vein or orally as a tablet. The side effects depend mainly on which drugs and the amount administered.

Radiotherapy uses high-energy rays to kill cancer cells in the affected area of the body. It can be used to alleviate stomach obstructions and stop bleedings caused by the cancer. Chemotherapy and radiotherapy can also be used together, before or after a surgery.

■ What can you expect after surgery?

- For the first few days, patients may not be allowed to consume fluids entirely. Intravenous fluids will be given to patients instead. Subsequently, their diet will be resumed gradually.
- A feeding tube may be placed into the intestine during the operation to allow for nutrition. Drain tubes may be attached to patients after the surgery and removed once the drain output is minimal.
- A nasogastric tube may be placed from the nose to the stomach to remove excess fluid. It can usually be removed within 48 hours.
- Patients are encouraged to start moving as soon as possible after surgery.

■ What are the possible complications of surgery?

- Pneumonia and other complications of the lung
- Leakage from internal wounds
- Bleeding
- Reflux symptoms
- Malnutrition
- Post-operative loss of appetite



■ Diet after surgery

Patients' appetite may be reduced after surgery. Hence, they are advised to have smaller and more frequent meals. A dietitian can help to plan a diet that will meet the patients' nutrition needs.

How Can You Prevent Stomach Cancer?

- Consume a low salt intake. Preserved food should be avoided
- Eat more fresh fruits and vegetables regularly
- Maintain a healthy weight by staying physically active
- Avoid smoking

Stomach Cancer is curable if it is detected early

Do You Know?

1 Stomach Cancer pre-dominantly affects people who are 50 years old and above. It is more common in men.

2 A diet high in salty, smoked and preserved foods increase the risk of Stomach Cancer. The Health Promotion Board recommends a daily salt intake of less than 5g per day (1 teaspoon of salt) for Singaporeans.

3 Watch out for any unusual symptoms related to Stomach Cancer. Seek medical help and assistance immediately.