

# HealthyBy Choice

...One Day at a Time

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## National Stomach Cancer Awareness Month

It is estimated that over 1 million new cases of stomach cancer will be diagnosed in the world this year, and more than 782,000 deaths. Last year alone, it was estimated that more than 10,000 Americans died from stomach cancer. 1 in 111 men and women are at a lifetime risk of this deadly disease. In recent years, some types of stomach cancer have declined, while other types – more difficult to detect early and more deadly – are on the rise.

### Signs and Symptoms of Stomach Cancer can include:

- Indigestion, heartburn, or ulcer-type symptoms
- Difficulty swallowing
- Abdominal pain or vague discomfort in the abdomen, usually above the navel
- Nausea and vomiting and/or bloating after meals
- Vomiting blood, or blood in the stool
- Diarrhea or constipation
- Loss of appetite
- Unexplained weight loss
- Weakness and fatigue
- Sense of fullness after eating small amounts of food (also called early satiety)
- Symptoms may mimic other conditions, such as GERD, gastritis or peptic ulcer

Signs and symptoms should not be ignored. **Most of these symptoms may be caused by things other than stomach cancer.** They may also occur with other types of cancer. People who have any of these symptoms, especially if they don't go away or get worse, should see their doctor to determine the cause and be treated.

### Risk Factors (Modifiable):

- Alcohol and Tobacco use
- Obesity
- Diets rich in smoked, salted and pickled foods
- Diets low in fresh fruits and vegetables
- Environmental exposure to dust and fumes

### Other risk factors:

- Age – greater than 65
- Gender – Male
- Blood Type – Type A (if long-term inflammation of the stomach)
- Bacterial Infection – H. pylori (causes stomach ulcers)
- Family History
- Race – Hispanic American, African American, Pacific Islanders, Asian



\* An ounce of cancer prevention is worth a ton of cancer cure! \*

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## Great American Smokeout

Thursday, November 18, 2021

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day.

**Start with day one.** Let the Great American Smokeout event on November 18 be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

Quitting smoking improves health immediately and over the long term – at any age. Stopping smoking is hard, but you can increase your chances of success with help. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

Most people know that smoking increases their risks for many types of cancer, COPD, heart disease and strokes. But here is a list of other ways smoking tobacco effects your health.

- Increased risk of gum disease and tooth loss.
- Wounds taking longer to heal
- Decreased immune system function
- Increased risk of type 2 diabetes
- Decreased sense of smell and taste
- Premature aging of the skin
- Bad breath and stained teeth
- Increased risk for cataracts (clouding of the lenses of the eyes)
- Lower bone density (thinner bones) - a higher risk for broken bones, including hip fracture
- Higher risk of developing rheumatoid arthritis
- Increased risk for age-related macular degeneration, which can cause blindness
- Increased risk of peptic ulcers



*Put it out before it puts you out!*

