

## STOMACH CANCER - SYMPTOMS, TREATMENT

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### Abstract:

Gastric cancer is a malignant tumor arising from the epithelial tissue of the gastric mucosa. Stomach cancer is one of the most common oncological diseases. It can develop in any part of the stomach and spread to other organs, especially the esophagus, lungs and liver. 800,000 people die from this disease every year in the world (according to 2008 data).

Stomach cancer is the fifth most common oncological disease in the world (7%), and the third most common cause of death due to cancer (9%). According to statistics, only 29% of patients recover. Most often, stomach cancer occurs in men.

Metastases are observed in 80-90% of patients with stomach cancer, the 6-month survival rate is 65% when the disease is diagnosed early, and less than 15% in the late stages of the process. On average, the highest survival rate for stomach cancer is in Japan (53%), in other countries it does not exceed 15-20%.

Factors that contribute to the development of stomach cancer include dietary and environmental factors, smoking, infectious and genetic factors.

It has been proven that the following factors influence the incidence of stomach cancer:

Lack of ascorbic acid or vitamin C;

Eating too much salt;

Consumption of marinated, over-fried, smoked, spicy foods, animal fat;

Abuse of alcoholic beverages, especially vodka.

Duodenogastric reflux, which leads to chronic reflux-gastritis, is distinguished as an important factor in the development of stomach cancer. In particular, the risk of gastric cancer increases 5-10 years after gastric surgery, especially after resection in the Hoffmeister-Finsterre modification according to Billrot II, which contributes to the development of reflux.

Gastric cancer and *Helicobacter pylori*



There is reliable information about the existence of a connection between stomach cancer and infection with *Helicobacter pylori* bacteria. It is considered statistically proven that people infected with this bacterium have a high risk of developing stomach cancer (relative coefficient 2.5).

In 1994, the International Agency for Research on Cancer (IACR) of the WHO included *H. pylori* among group 1 carcinogens. This bacterium causes histological changes that lead to cancer, including mucosal atrophy, intestinal metaplasia, and epithelial dysplasia.

### Symptoms

In the early stages, stomach cancer, as a rule, has non-specific clinical signs and symptoms (dyspepsia, loss of appetite). Other symptoms of the disease (so-called "minor symptoms" syndrome) — asthenia, aversion to meat foods, anemia, weight loss, "stomach discomfort" are often observed in diffuse forms of the process.

Fast satiety, the feeling of fullness of the stomach even after eating a small amount of food is typical for endophytic cancer, in which the stomach becomes rigid, that is, it does not expand when food falls.

Cardiac cancer is characterized by dysphagia.

Cancer of the pyloric section can interfere with the evacuation of the mass in the stomach, which leads to vomiting.

In the later stages of the disease, pain in the epigastrium, vomiting, bleeding (discoloration of feces, "coffee grounds" or vomiting with blood) as a result of wounding and disintegration of the tumor are added. The nature of the pain may indicate that the tumor has spread to nearby organs, including:

Surrounding pains - to the pancreas,

Angina-like pain - in the diaphragm,

Abdominal restlessness, belching, delay in defecating - to the transverse colon.

### References:

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