



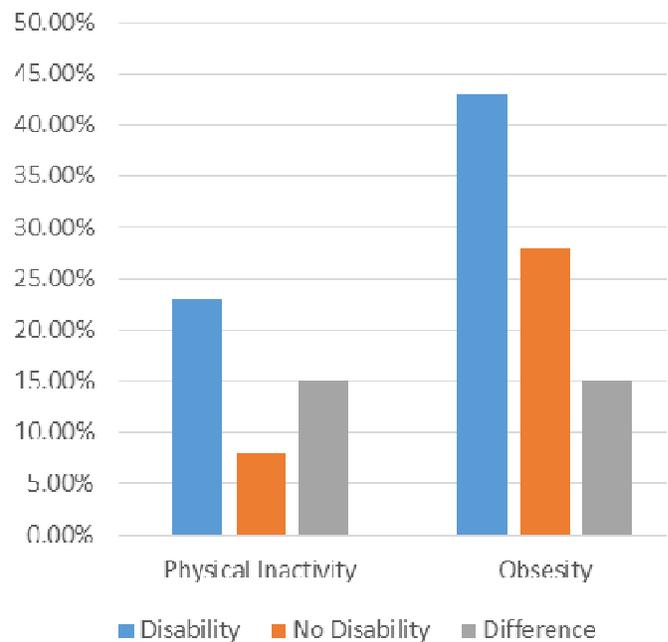
# November 2015 Stomach Cancer Awareness Month



- Approximately 20% of adults in the U.S. have a disability.
- About 24,590 cases of stomach cancer will be diagnosed (15,540 in men and 9,050 in women)
- About 10,720 people will die from this type of cancer (6,500 men and 4,220 women)
- Two out of three people diagnosed with stomach cancer are 65 or older
- The risk of a person developing stomach cancer in their lifetime is about 1 in 114

CDC's Disability and Health Data System  
(DHDS) <http://dhds.cdc.gov/>

Arkansas Disability Statistics



Stomach cancer, also called gastric cancer, is a cancer that starts in the stomach. Stomach cancer is the 4th most common cancer type and the 2nd leading cause of cancer death in the world. Different types of stomach cancer include: Adenocarcinoma, Lymphoma, Gastrointestinal stromal tumor (GIST), and Carcinoid tumor.

Being overweight or obese may add to the risk of stomach cancer and being physically active may help lower your risk. Both of these characteristics impact many persons with disabilities. According to the Center for Disease Control (CDC), a person's cancer risk can be reduced with healthy choices like a healthy diet, physical activity and avoid tobacco use. Stomach cancer can be detected by screening.

To increase awareness and education, we hope you use this information to:

- Host an education or Stomach Cancer Awareness Day activity.
- Find resources to help learn about and prevent stomach cancer.
- Help your organization introduce healthier food options for food and physical activities.

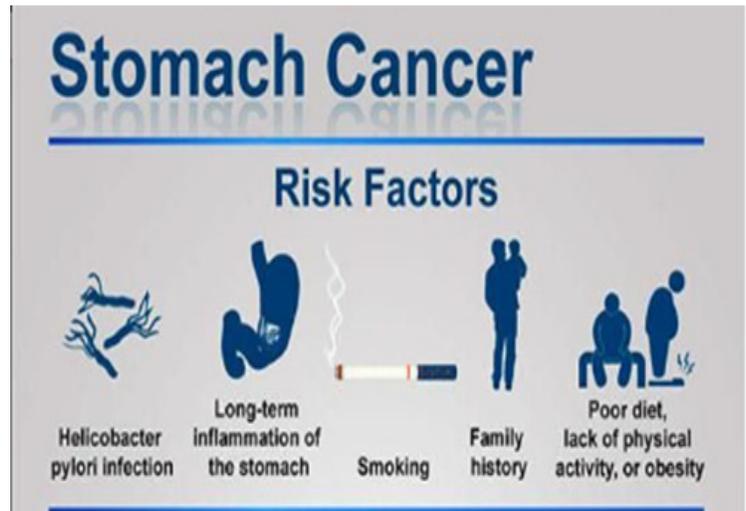
The Arkansas Disability & Health Program is available to offer technical assistance on any awareness activities you may be interested in hosting.

# What You Need to Know About Stomach Cancer

There is no sure way to prevent stomach cancer, but there are things you can do that could lower your risk. According to research, people with disabilities have higher rates of gastrointestinal cancer and are more likely to be obese than the general population. Symptoms rarely show in the early stages, so knowing the signs is very important.

## Risk Factors

- ⇒ Gender- More common for Men
- ⇒ Age- Higher rates of age 50
- ⇒ Ethnicity- More common with Hispanics, African Americans and Asian/Pacific Islanders
- ⇒ Diet- increased risk with use of smoked foods, salted fish & meat and pickled vegetables
- ⇒ Tobacco Use- Smoking increases risk

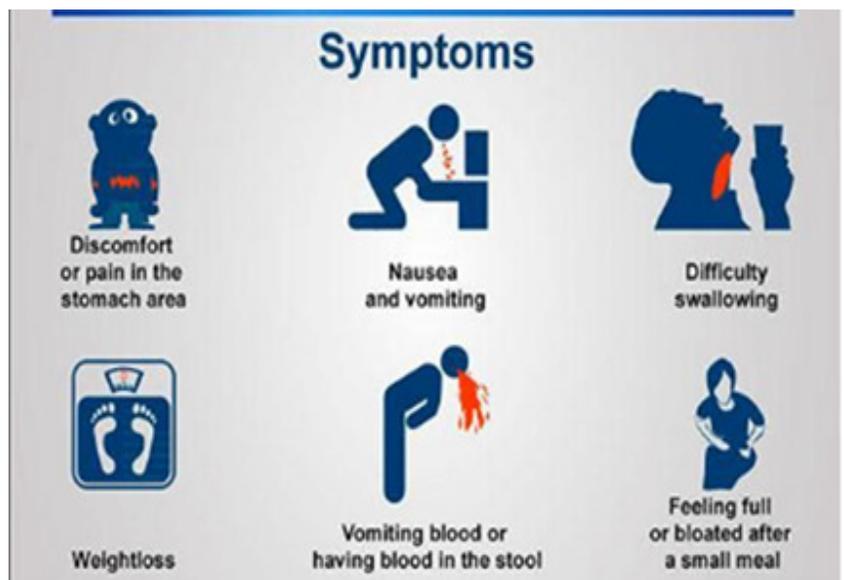


## Reducing Your Risk

- ⇒ Eat a healthy diet- emphasis on plant foods, fresh fruits & vegetables
- ⇒ Being physically active
- ⇒ Maintaining a healthy weight
- ⇒ Avoiding Tobacco Use- Seek help to quit or don't start
- ⇒ Treating Helicobacter infection

## Symptoms

- ⇒ Poor Appetite
- ⇒ Weight Loss (without trying)
- ⇒ Abdominal pain
- ⇒ Vague discomfort above navel
- ⇒ Sense of fullness after small meal
- ⇒ Heartburn or indigestion
- ⇒ Nausea & Vomiting
- ⇒ Swelling or fluid build up in abdomen



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## Stomach Cancer Awareness Month Resources

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American Cancer Society-Little Rock office, provides cancer patients with ground transportation to and from cancer-related medical appointments. Rides are dependent on volunteer driver availability. Contact ACS for additional information. Also learn more about key statistics, signs, diagnosing, staging and survival rates by stage for stomach cancer

Get involved by hosting a Campaign for Cancer Prevention event, a concentrated effort by the American Institute for Cancer Research. Volunteers can help raise awareness about the role healthy lifestyles play in preventing cancer. We can ask friends and neighbors to join in supporting this cause so we can fund more research, educate more people and play an even greater role in preventing cancer.



<http://www.aicr.org/how-you-can-help/get->



The U.S. National Library of Medicine has a comprehensive summary on defining stomach cancer, symptoms & diagnosis, prevention, screening, treatment, therapy and other related information.

<https://www.nlm.nih.gov/medlineplus/>

Find information on Research Evidence on the Health of People with Learning [Intellectual] Disabilities. The website focuses on the risk factors associated with poor health and how it impacts persons with disabilities.

<http://www.intellectualdisability.info/mental-health/research-evidence-on-the-health-of-people-with-learning-intellectual->



Understanding **Intellectual Disability & Health**



**Improving the  
Health of  
Arkansans with**



**Arkansas' University  
Center of Excellence**



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Stomach cancers are usually found when a person goes to the doctor because of signs or symptoms they are having. The doctor will take a history and examine the patient. If stomach cancer is suspected, tests will be needed to confirm the diagnosis.

Since symptoms of stomach cancer often do not appear until the disease is advanced, only about 1 in 5 stomach cancers in the United States is found at an early stage, before it has spread to other areas of the body.

Screening Options Include:

- Upper Endoscopy
- Endoscopic ultrasound



Funding for this publication was made possible by Grant/ Cooperative Agreement NO. 1U59DD000932-01 from (NCBDDD, Division of Human Development and Disability, Disability and Health Team). The views expressed in this document are solely the responsibility of the authors and do not necessarily reflect the official policies of the Department of Health and Human Services; nor does its mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.