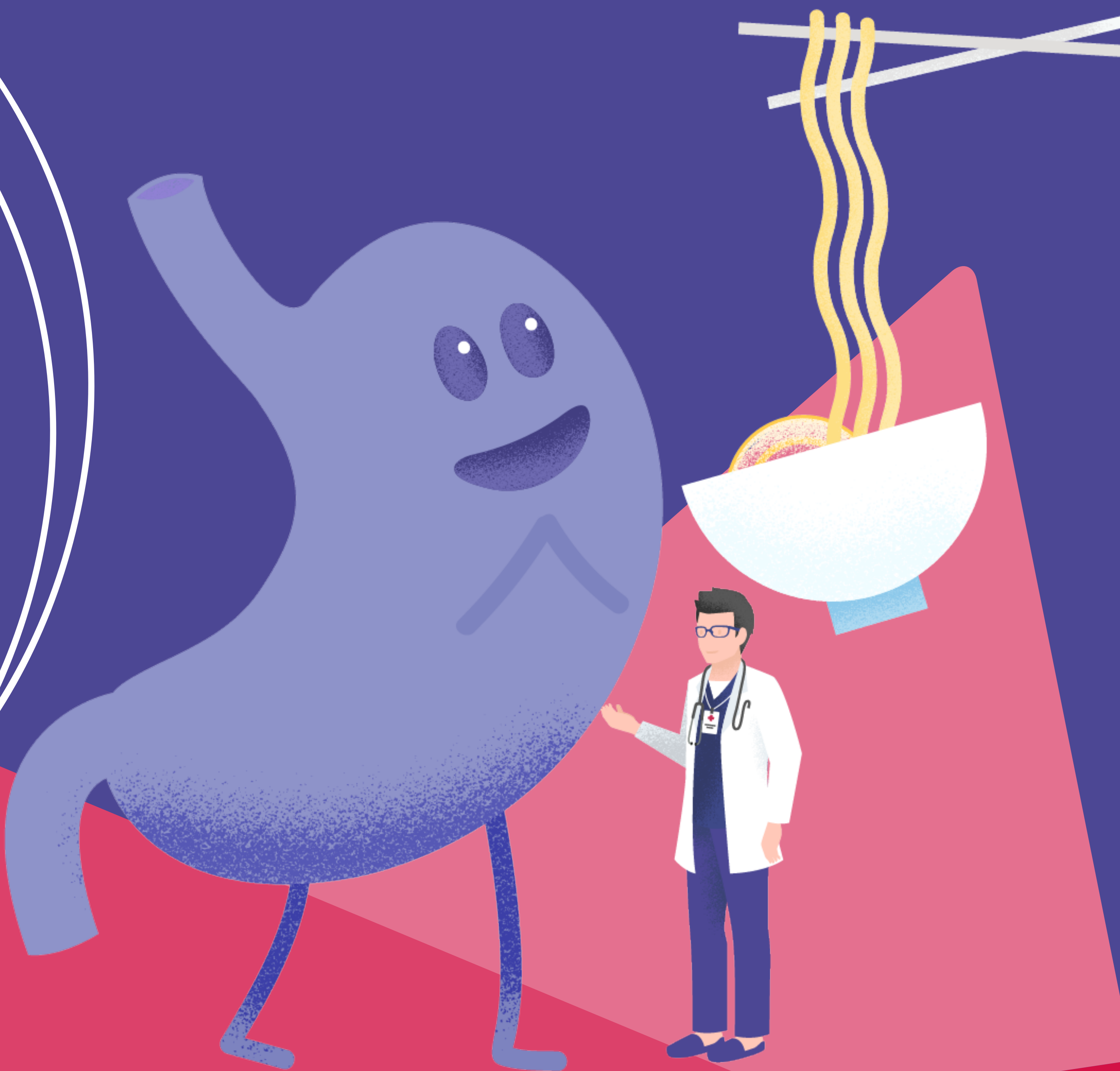


ORGANism

“Noodles give me Nausea” —
Stomach Cancer



HEALTHIER, LONGER,
BETTER LIVES

Cause and examination of stomach



Hi everyone. I am "Miss Anorexia". I don't know why I lost my appetite recently. I feel nauseous after eating the noodles. 🤢



Really madam? Please be careful as loss of appetite can be a symptom of stomach cancer. Indeed, stomach cancer is the 6th most common cancer in Hong Kong. You should have a checkup to be safe.

Really? I normally have a healthy appetite, but recently I have been eating less and less and am losing some weight. Surely, it's not stomach cancer? 😬



Well symptoms can be quite subtle and insidious in the early stages. Unhealthy lifestyle such as smoking, high alcohol intake, eating abundant processed food, lack of exercise and obesity will also increase the risk of stomach cancer. The risk is also increased with helicobacter pylori infection which may be present in up to 50% of the world's population.

Oh dear, 🤢 that sums me up. What should I do?



Don't worry. In many cases the doctor will recommend an upper gastrointestinal endoscopy which can reveal any common disorders of the stomach such as gastritis and gastric ulcers as well as excluding more sinister pathologies such as gastric cancer. During the procedure, a gastric biopsy for helicobacter pylori is routinely performed. Early detection and treatment of helicobacter pylori will reduce the risk of gastric ulcer and gastric cancer.

Source:

*Stomach Cancer, Health Topics, Centre for Health Protection. Department of Health, 2022 January

(<https://www.chp.gov.hk/en/healthtopics/content/25/55.html>)

Symptoms of middle or late-stage stomach cancer

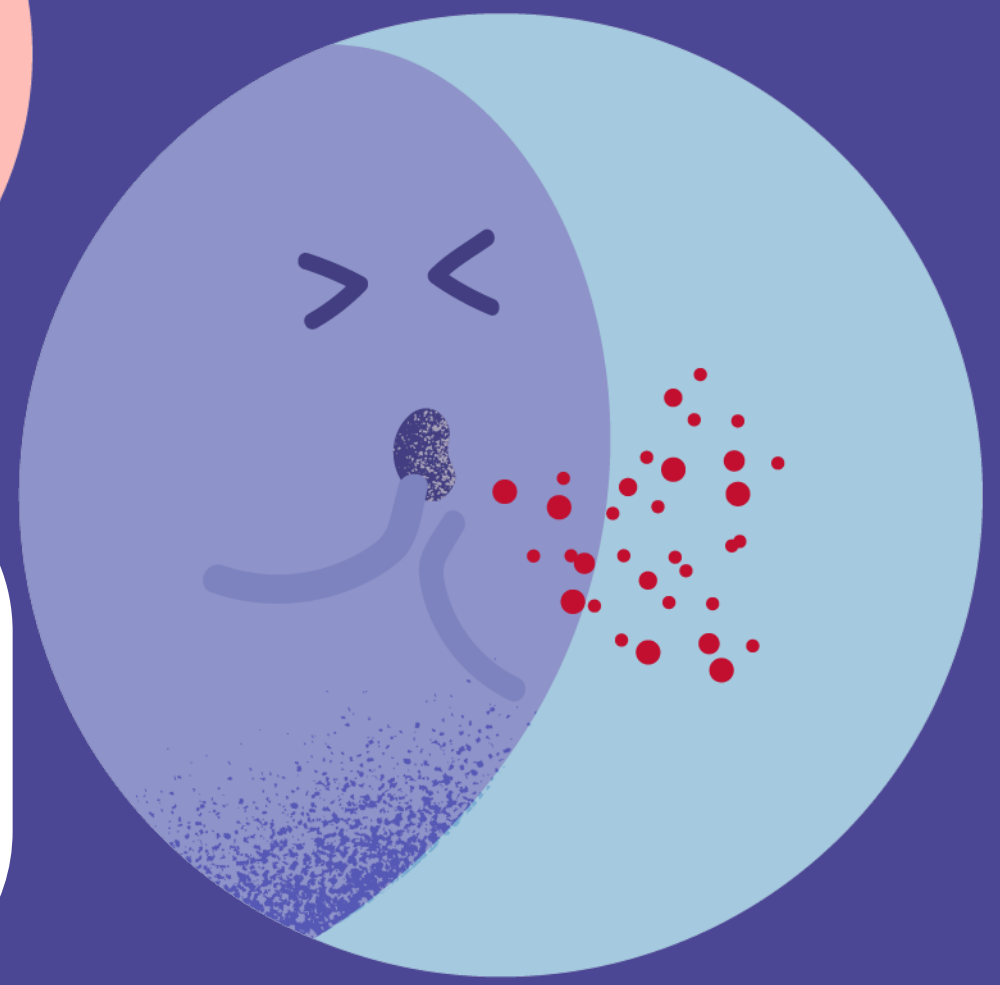
1. Upper abdominal pain



2. Loss of appetite



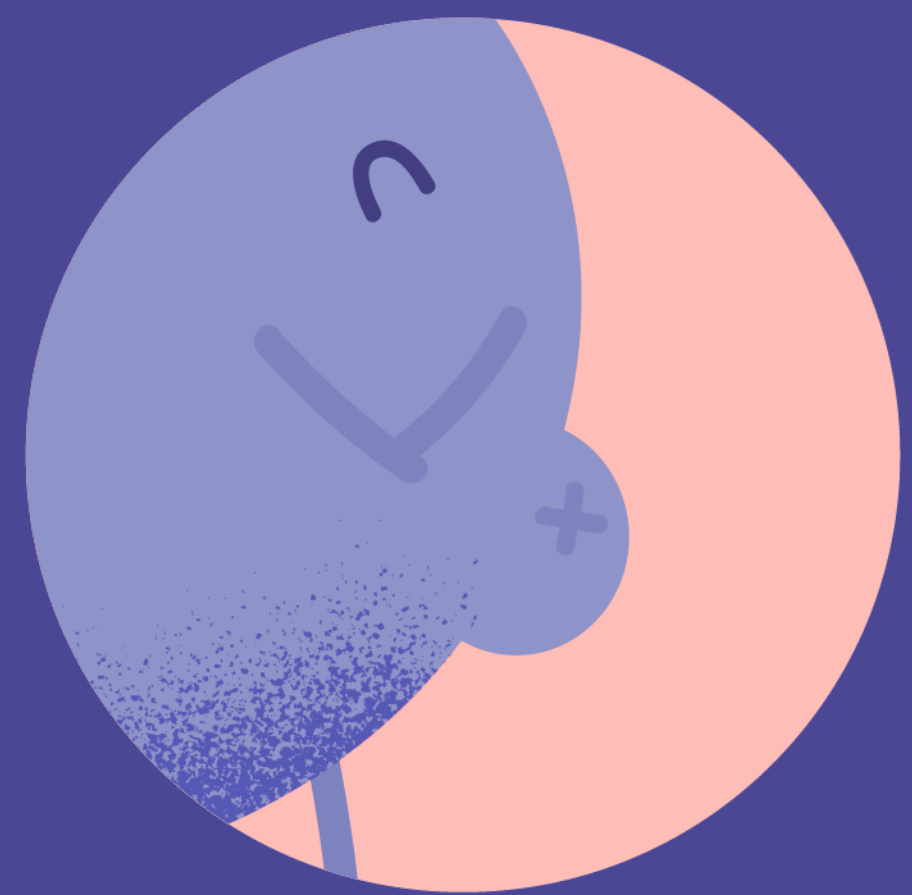
3. Vomiting blood



Just check when you have problem, no matter big or small



4. Weight Loss

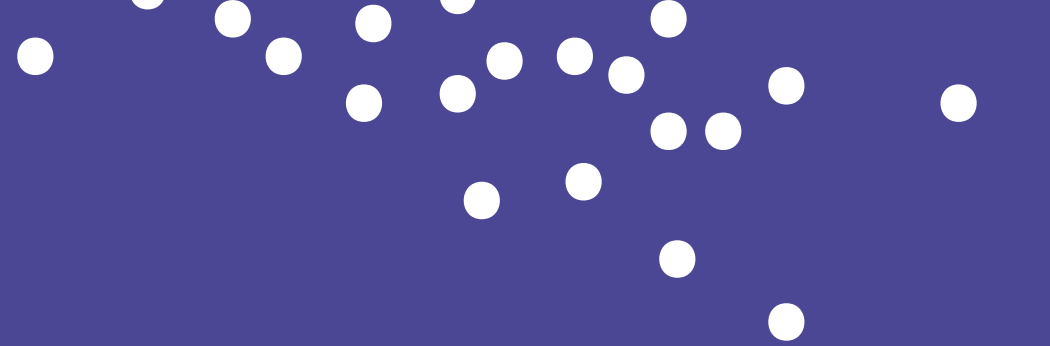


5. Abdominal mass




6. Black Stool

Tips: Gastroscopy can be conducted comfortably and safely in specialist day surgery centers. For any questions, please seek advice from your specialist doctors for advice and suitable arrangements.




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