

通常這些病症都不是癌症所造成。其他健康問題，例如潰瘍或感染，可能有相同的病症。有上述病症者，請告訴醫師，即早發現，即早治療。

- 體重減輕
- 噁心及嘔吐
- 只吃一點就感到飽脹
- 胃部不適

胃癌早期通常沒有明顯的病症。然而，隨著病情的惡化，最常見的病症如下：

病症有哪些呢？

- 有某些健康問題，例如慢性胃炎或惡性貧血
- 家族有胃癌的病史
- 吸菸及飲酒過量
- 常吃燻、鹹或醃漬的食物
- 為亞裔美國人、太平洋諸島居民、非裔美國人或西班牙語裔美國人的後代
- 男性
- 現年五十歲以上
- 曾受幽門螺旋菌感染（此種螺旋菌會感染胃內膜，造成胃炎及胃潰瘍）

什麼會導致您更容易罹患胃癌呢？

胃部的癌症，亦稱胃癌，係指癌細胞在胃內膜及壁增生的疾病。胃癌真正的致病原因至今仍不得而知，研究顯示具有某些高危險因素者較易罹患胃癌。^{*}

您的胃位於您的上腹部，肋骨的下方。胃壁可分為五層，幫助您消化各種食物。癌症起於細胞之中。正常狀況下，細胞在身體需要時成長分裂成為新的細胞。當細胞老化死亡，新的細胞便取而代之。然而，有時這個流程會出問題。新的細胞在身體尚未需要他們的時候就開始產生，而舊的細胞該死亡的時候卻依然活著。這些多餘的細胞會增生成一團組織，稱為瘤或腫瘤。

什麼是胃癌？

胃癌須知



Getting the Facts About Stomach Cancer



What is cancer of the stomach?

Your stomach is an organ located in your upper abdomen, under your ribs. The wall of your stomach has five different layers that work to help you digest your food.

Cancer begins in the cells. Normally, cells grow and divide to form new cells as the body needs them. When cells grow old, they die, and new cells take their place. However, sometimes this process goes wrong. New cells form when the body does not need them, and old cells do not die when they should. These extra cells can form a mass of tissue called a growth or tumor.

Cancer of the stomach, also known as gastric cancer, is the growth of cancer cells in the lining and wall of the stomach. While no one knows for sure the exact cause of stomach cancer, research has found that people with certain risk factors are more likely than others to develop stomach cancer.*

What puts you at risk for stomach cancer?

- Having had an Helicobacter pylori infection (H. pylori is a type of bacteria that can infect the lining of the stomach, causing stomach inflammation and ulcers)
- Being age 50 years or older
- Being a male
- Being of Asian-American, Pacific Islander, African-American or Hispanic-American descent
- Eating a diet high in foods that are smoked, salted or pickled
- Smoking and drinking too much alcohol
- Having a family history of stomach cancer
- Having certain health problems such as chronic gastritis or pernicious anemia

What are the symptoms?

Early stomach cancer often does not cause clear symptoms. However, as the cancer grows, the most common symptoms are:

- Discomfort in the stomach area
- Feeling full or bloated after a small meal
- Nausea and vomiting
- Weight loss

Most often, these symptoms are not due to cancer. Other health problems, such as an ulcer or infection, can cause the same symptoms. Anyone with these symptoms should tell his or her doctor so that the problems can be found and timely treatment is provided.





How is stomach cancer diagnosed?

If you have symptoms that suggest stomach cancer, your doctor may ask you about your personal and family health history. You may also have blood or other tests, such as:

- **Physical Exam** – your doctor may check your abdomen for fluid, swelling, or other changes such as swollen lymph nodes.
- **Upper GI series** – your doctor may order an X-ray of your esophagus and stomach.
- **Endoscopy** – your doctor may use a thin, lighted tube (endoscope) to look into your stomach.
- **Biopsy** – your doctor may use an endoscope to remove tissue from your stomach to check for cancer cells.

What can you do to stay healthy?

There are several things that you can do to help reduce your risk for stomach cancer.

- Eat a diet rich in fruits and vegetables. Pick fruits and vegetables rich in color, such as dark greens (broccoli, spinach), yellows/oranges (cantaloupe, acorn squash, sweet potatoes) and reds (tomatoes, red bell peppers) for the phytochemicals that help in preventing cancer.
- Eat fewer processed or cured meats. Processed or cured meats contain nitrites or nitrates, which have been associated with stomach cancer.
- Eat fewer smoked, pickled or high sodium foods.
- Don't smoke.
- Drink less alcohol.
- See your doctor if you think you may have an ulcer.

For more information about UnitedHealthcare's Asian American Markets, visit www.uhcasian.com.



*Sources (UnitedHealthcare is not affiliated with these authors or Web sites):

<http://familydoctor.org>

National Cancer Institute; *What You Need to Know About™ Stomach Cancer*; National Institutes of Health, NIH Publication No. 05-1554. (Booklet)

This information was prepared solely for general educational purposes. If you have specific questions about the topic(s) featured in this flier or about other health conditions, see your doctor.

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如何診斷是否罹患胃癌呢？

若您有胃癌的病症，您的醫師可能會問您個人及家族的病史。您可能也必須驗血或進行其他檢驗，例如：

- **體檢** - 您的醫師可能檢查您腹部的液體、腫脹程度或其他改變，如淋巴結腫脹。
- **上消化道鋇劑檢查** - 您的醫師可能要求您進行食道與胃部 X 光檢查。
- **內視鏡檢查** - 您的醫師可能使用一根細長、會發光的管子（內視鏡）深入您的胃部進行檢查。
- **切片檢查** - 您的醫師可能使用內視鏡切下您胃部的一小片組織，以檢查是否有癌細胞。

要如何常保健康呢？

減低罹患胃癌機率的方法有許多種。

- 常吃蔬菜水果。食用各種顏色的蔬菜水果，例如深綠色（甘藍菜、菠菜）、黃色 / 橘色（哈密瓜、小青南瓜、甘薯）及紅色（蕃茄、紅青椒）蔬果，此類植物所含的化學物質有助於預防癌症。
- 少吃加工或醃漬的肉類。上述肉類含有亞硝酸鹽或硝酸鹽，二者與胃癌有密切的關係。
- 少吃煙燻、醃漬或鈉含量高的食物。
- 不吸菸。
- 少喝酒。
- 覺得自己可能有潰瘍的時候立即求診。

欲查詢有關 UnitedHealthcare 亞裔市場部的詳細資訊，請上網 www.uhcasian.com。



*資料來源 (UnitedHealthcare 與下述作者或網站並無關聯)：

<http://familydoctor.org>

國家癌症中心，《What You Need to Know About™ Stomach Cancer》：國家健康研究院，NIH 刊物編號 05-1554 (手冊)。

本資訊僅供一般教育之用。如果您有關於本傳單專題或其他健康狀況的特定疑問，請向醫師諮詢。

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