



Education

Stomach Cancer Metastasis (Spreading)

What is stomach cancer metastasis?

Stomach cancer metastasis is the spread of cancer cells from the stomach to a new location.

How does it occur?

Cancer cells from abnormal growths in the stomach can spread to nearby tissues and organs. Or they may dislodge and spread through the bloodstream or lymph system to other parts of the body. There they can attach and begin growing new tumors.

What are the symptoms?

Symptoms may include:

- loss of appetite
- weight loss
- abdominal or stomach fullness
- trouble digesting food
- nausea
- pain in the abdomen
- jaundice (skin and eyes turn yellow).

How is it diagnosed?

To diagnose stomach cancer metastasis, your health care provider will ask about your symptoms and examine you. You will need blood work to look for anemia and possible spread of cancer to the liver. You will need a stomach x-ray or an endoscopy of the stomach. You will also need a CT scan of the abdomen.

How is it treated?

Your health care provider may recommend surgery, chemotherapy, radiation therapy, or combined treatments to help some of the symptoms. Depending on where the cancer has spread, you may need surgery. More likely, chemotherapy (anticancer drugs) will be used to control the new tumors. Radiation can treat the stomach or the bones if there are painful metastases in the bones.

Your provider will probably also recommend chemotherapy to reduce symptoms. However, its effectiveness is limited.

How long will the effects last?

Metastatic cancer can be controlled only for a limited time, but it is impossible to tell how long that time might be.

How can I take care of myself?

- Keep regular appointments with your health care provider.
 - Discuss any concerns you have with your family and provider. Tell them what treatment approaches you prefer at the various stages of this disease.
 - Ask your provider for specific diet instructions.
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- Join a cancer support group.
- Seek counseling if there are especially difficult issues troubling you or your family.
- Identify the people and activities you enjoy and enjoy them.

How can I prevent stomach cancer metastasis from occurring?

After the initial diagnosis of stomach cancer, follow your health care provider's recommendations for treatment and monitoring so that spread of the cancer can be avoided or delayed, or at least detected as soon as possible.

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