

Living with Stomach Cancer

A Quick Guide

Contents

This is a brief summary of 'Living with stomach cancer' from our website. You will find more detailed information on there. In this information there are sections on

- Coping with stomach cancer
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- Stomach cancer organisations

You can view this information in a larger

Coping with stomach cancer

It can be very difficult coping with a diagnosis of stomach cancer both practically and emotionally. You may feel very upset and confused at first. As well as coping with the fear and anxiety that a diagnosis of cancer brings, you have to work out how to manage practically. There may be money matters to sort out. Who do you tell you have cancer? There may be children or grandchildren to consider.

The 'coping with cancer' section of our website contains lots of information you may find helpful. There are sections on:

- Your feelings
- How you can help yourself
- Who else can help you
- Sex and sexuality
- Coping financially

Diet after stomach surgery

Having stomach cancer will affect your eating and drinking habits, whatever your stage or treatment. You are likely to need some specialist help. You will see a dietician (a person trained to give advice on diet) before, during and after treatment.

If you have all or part of your stomach removed you will need to adjust the amount you can eat at one time. You will probably have to eat small, frequent meals (about two hourly) for quite a long time after the operation.

On our website, there is more information on particular problems after stomach surgery. This includes details on feeling full, 'dumping syndrome', diarrhoea, morning vomiting, indigestion and colic. You will also find advice on getting the right nutrients, boosting nutrients in your diet and food supplements.

Questions for your doctor about living with stomach cancer

- How will my treatment affect me?
- Will I ever get back to normal, or will I have some long term effects?
- If I have problems eating, who can I go to for help?
- Will I need a special diet?
- Is there anything I shouldn't eat?
- Will I need any extra vitamins or other diet supplements?
- How can I see a dietitian?
- Will I be able to go back to work?
- Where can I get help with claiming benefits and grants?
- What practical help is available?
- Why did this happen to me?
- Are my children at risk of getting cancer of the stomach?
- Where can I get help dealing with my feelings?
- Can you refer me for counselling?
- Do I have to pay for counselling?

Stomach cancer organisations

Cancer Research UK

Website: www.cancerresearchuk.org/about-cancer
Cancer Information Nurses Tel: 0808 800 4040

CORE

Tel: 020 7486 0341
Website: www.corecharity.org.uk
Email: info@corecharity.org.uk

This organisation used to be called the Digestive Disorders Foundation.

Oesophageal Patients Association

Tel: 0121 704 9860 (9am to 3pm Monday to Friday)
Website: www.opa.org.uk
Email: enquiries@opa.org.uk

This organisation can offer advice, information, and support to anyone with eating difficulties after stomach or oesophageal surgery.

For more information, visit our website <http://www.cruk.org/about-cancer>

You will find a wide range of detailed, up to date information for people affected by cancer, including a clinical trials database that you can search for trials in the UK. Our information is based on the best current scientific evidence and reviewed regularly by leading clinicians and experts in health and social care.

For answers to your questions about cancer call our Cancer Information Nurses on 0808 800 4040 9am till 5pm Monday to Friday.

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