

Gastric cancer is one of the common malignancies worldwide and it is still the 3rd leading cause of cancer-related deaths globally.

In Bhutan gastric cancer is the commonest malignancy in male with an incidence rate of 8.3 per 100000 population and the second commonest malignancy in females after cervical cancer with an incidence rate of 5.2 per 100000 population.

RISK FACTORS

The cause of gastric cancer is multifactorial.

- ◆ H. Pylori infection
- ◆ High salt intake and salt preserved food
- ◆ Smoking
- ◆ Low dietary fibre intake
- ◆ Family history of gastric cancer

PREVENTION

Primary prevention

- ◆ Lifestyle changes
- ◆ Cessation of smoking
- ◆ Reducing salt intake
- ◆ More fruits and vegetables
- ◆ Eradicating H. pylori

Secondary prevention

◆ Detection of precancerous lesion, atrophy, intestinal metaplasia, dysplasia and early gastric cancer through the screening program.

SCREENING PROGRAMS

1) MASS ERADICATION OF H. PYLORI INFECTION

Modalities for detection of H. pylori

- ◆ Stool antigen test
- ◆ Urea breath test
- ◆ Rapid Urease test in biopsy specimen by UGIE
- ◆ Histopathology
- ◆ Culture

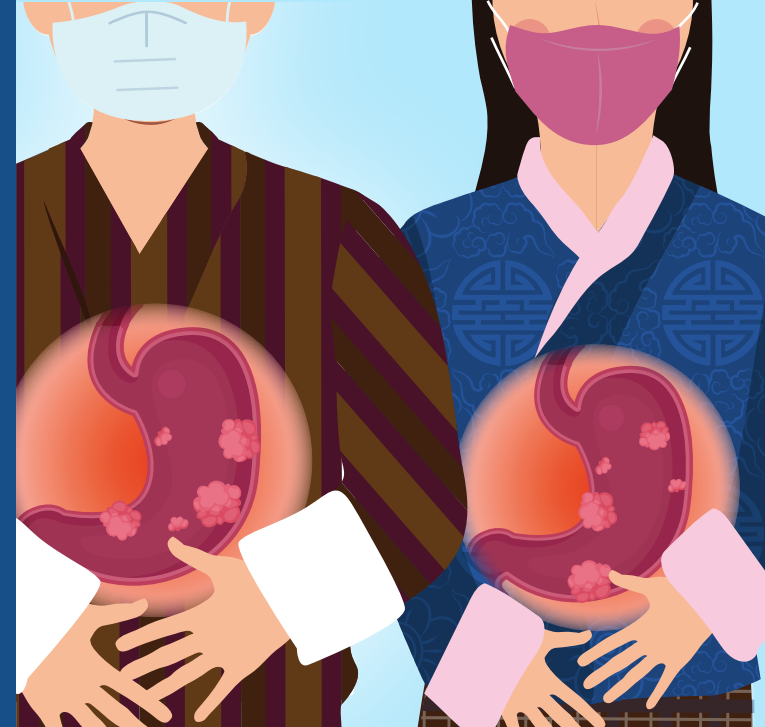
Target Population:

All population between 18 - 75 years

2) EARLY GASTRIC CANCER SCREENING PROGRAM

Target Population:

- ◆ Age 40- 75 years
- ◆ People with history of atrophic gastritis
- ◆ History of H.Pylori infection
- ◆ People with history of gastric cancer in the family
- ◆ Any patient with history of dyspepsia with alarm features



GASTRIC CANCER



For more information:

- 🏠 Visit your nearest health centre
- ☎ Call 112

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Gastric Cancer Screening

