

Radiation Therapy

Radiation therapy uses high energy x-rays or other types of radiation to kill cancer cells or to prevent them from growing. Hospital stay may not be required. The way the radiation therapy is given depends on the type and stage of the cancer being treated.

Radiation is usually administrated after surgery together with chemotherapy to kill very small remnants of the cancer that cannot be seen and removed during surgery. Radiation therapy can also be used to ease the symptoms of advanced stomach cancer.

Need any help?

Please talk to your doctors or nurses if you have any further concern. Our team in NUH will try our best to help you.

ABOUT NCIS

The National University Cancer Institute, Singapore (NCIS) is the only comprehensive public cancer centre in Singapore treating both paediatric and adult cancers in one facility. Located at the National University Hospital (NUH), NCIS offers a broad spectrum of cancer care with expertise in prevention, screening, diagnosis, treatment, rehabilitation and palliative care.

CONTACT INFORMATION

National University Cancer Institute, Singapore (NCIS)

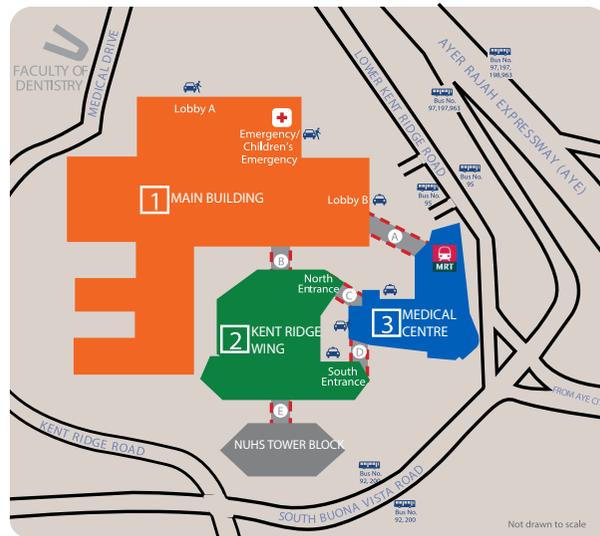
Radiation Therapy Centre and Breast Care Centre
NUH Medical Centre, Level 8
Chemotherapy Centre and Stem Cell Therapy Centre
NUH Medical Centre, Level 9
Cancer Centre
NUH Medical Centre, Level 10
Opening Hours: 8:30am – 5:30pm
(Mon – Fri: except on Public Holidays)

For appointments, please contact
Tel: (65) 6773 7888
Email: CancerApptLine@nuhs.edu.sg

For International Patients and Visitors
The International Patient Liaison Centre (IPLC) is a one-stop centre to support all the medical needs of our foreign patients.

Tel: (65) 6779 2777 (24-hour Helpline)
Fax: (65) 6777 8065
Website: www.nuh.com.sg/iplc

For all other general enquiries, please contact
National University Cancer Institute, Singapore (NCIS)
1E Kent Ridge Road,
NUHS Tower Block, Level 7, Singapore 119228
Email: ncis@nuhs.edu.sg
Website: www.ncis.com.sg



Nearest MRT Station : Kent Ridge Station (Circle Line)
Commuters can alight at the Kent Ridge Station, right at the doorstep of the NUH Medical Centre. Please exit the station via Exit C. NCIS is located on levels 8, 9 and 10 which are accessible via Lift Lobby B.

For more information on directions to N UH, log on to www.nuh.com.sg.

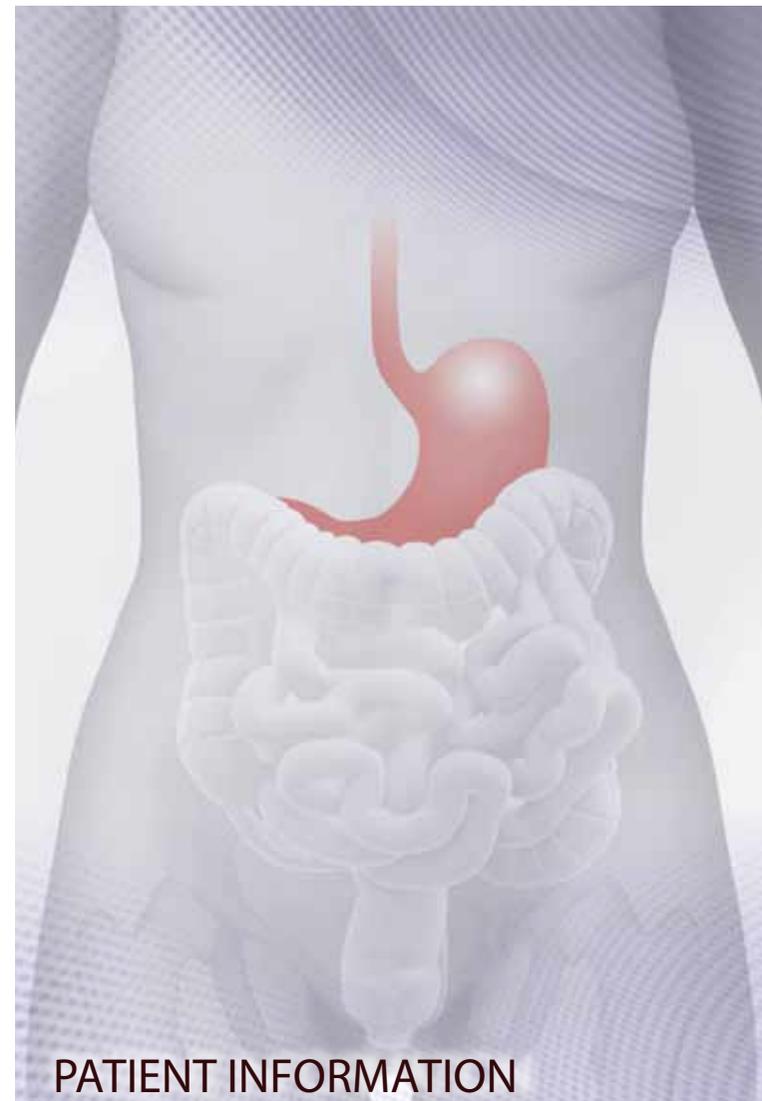
For more information on specific directions to NCIS Clinics, log on to www.ncis.com.sg.



National University Hospital
5 Lower Kent Ridge Road,
Singapore 119074
Tel: (65) 6779 5555
Fax: (65) 6779 5678
Website: www.nuh.com.sg

Information in this brochure is given as a guide only and does not replace medical advice from your doctor. Please seek advice from your doctor if you have questions related to the surgery, your health or medical condition.

Information is correct at time of printing (Oct 2012) and subject to revision without notice.



PATIENT INFORMATION

**ABOUT STOMACH
CANCER**

• WHAT IS STOMACH CANCER?

The stomach is located in our upper abdomen and is part of our digestive system. It connects the esophagus (gullet) with the small intestine. It acts as a food reservoir, mixes the food ingested and secretes liquid substances that aid digestion. Stomach cancer usually occurs when cells in the inner layer of the stomach wall grow and divide without stopping. Over time, these cells will form lumps called tumours and the cancer may invade deeper into the stomach wall.

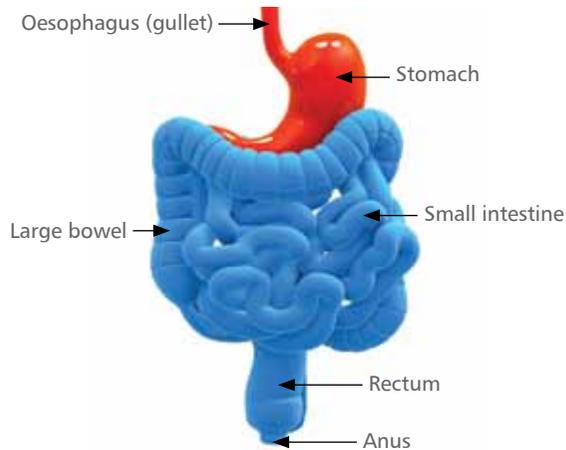


Diagram to show the position of the stomach

• RISK FACTORS

- Family history of stomach cancer
- A history of Helicobacter Pylori infection
- A diet high in salty and smoked foods
- A diet low in fruits and vegetables
- Smoking

People who think they may be at risk should discuss this with their doctor.

• WHAT ARE THE SIGNS AND SYMPTOMS?

Early stomach cancer may not show any noticeable signs or symptoms. Below are some symptoms of stomach cancer (although they may be caused by other conditions as well):

- Upper abdominal or 'gastric' pain (Dyspepsia)
- Frequent indigestion

- Black stool
- Nausea and vomiting
- Anemia
- Loss of appetite and/or weight

You should consult a doctor if any of the symptoms above are present. Stomach cancer is curable if detected early.

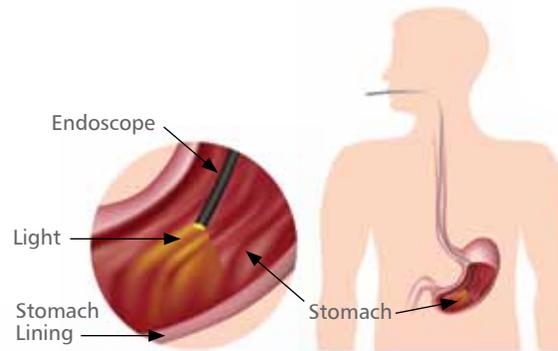
• WHAT CAN YOU DO TO PREVENT STOMACH CANCER?

There are two ways that may prevent stomach cancer:

- Avoid diets that are high in salt, smoked or pickled foods
- Choose a diet high in fresh fruits, vegetables and whole grain foods

• HOW IS STOMACH CANCER DIAGNOSED?

- **Endoscopy:** Your doctor uses an endoscope (a flexible tube with a miniature camera attached to the end) to look directly at the stomach. If necessary, the doctor can take a small sample of the tissue (a biopsy) to be examined. This is inserted through the mouth into the stomach. The test will take about 15 minutes and it is not painful. Sedation can be given during the test if necessary.



- **Barium X-Rays:** You will have to swallow a liquid containing Barium (Barium is a metallic compound that shows up in x-rays). X-Ray pictures will then be taken.

If a cancer is found, the next step is to run other tests such as a CT scan to find out whether it has spread to other organs.

• WHAT ARE THE TREATMENT OPTIONS?

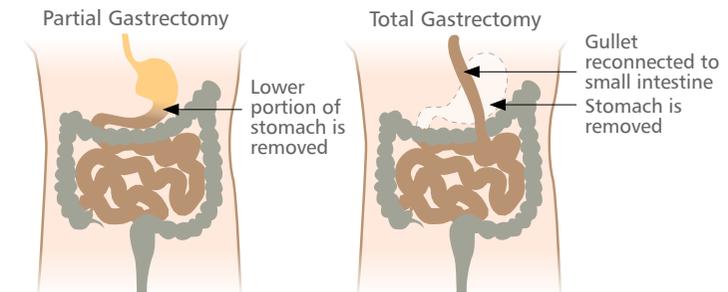
There are different treatments available for stomach cancer depending on the stage, the position of the cancer and your overall health. The three main types of treatment include surgery, radiation and chemotherapy.

Surgery

Surgery is the most important treatment for stomach cancer in the early stages (where cancer is confined to the stomach). The most common treatment is called gastrectomy. There are two types:

- **Partial Gastrectomy:** the removal of part of the stomach. The remaining portion of the stomach is then reconnected to the small intestine.
- **Total Gastrectomy:** the removal of the entire stomach. The intestine is then reconnected directly to the esophagus.

The lymph glands (nodes) close to the stomach will also be removed during the surgery to achieve the best outcomes.



If the cancer is too bulky to be removed, a connection can be made between the stomach and small intestine (gastrojejunostomy). This will relieve the symptoms but will not cure the cancer.

Food intake after Surgery

Digestion is mainly performed by our small intestine. The stomach is just a reservoir. Hence, patients can still live and eat normally after gastric surgery. However, appetite may be reduced after surgery. We recommend patients to have small and frequent meals after surgery. Nutritional advice will be given.

Chemotherapy

Chemotherapy is the use of drugs to help kill cancer cells and shrink the size of the tumour. It can be given alone or in combination with radiotherapy before or after surgery. It is also the choice of treatment if the patient is not suitable for surgery.

The drugs can be given as injections through a vein. Nowadays, some chemotherapy drugs can be given orally as tablets. Once the drugs enter the bloodstream, they spread throughout the body. Multiple chemotherapy sessions are usually required. A few drugs may also be used together.