

Surgery is the Main Treatment Option for Gastric Cancer

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Introduction

Gastric cancer, also known as stomach cancer, is a malignant tumor that arises from the lining of the stomach. It is the fourth most common cancer and the second leading cause of cancer-related deaths worldwide. Surgery is one of the main treatment options for gastric cancer, and it is often used in combination with other therapies such as chemotherapy, radiation therapy, and targeted therapy. Surgery is a mainstay of treatment for gastric cancer, and can be used alone or in combination with other therapies such as chemotherapy, radiation therapy, and targeted therapy. There are several surgical options for treating gastric cancer, including endoscopic mucosal resection, laparoscopic gastrectomy, open gastrectomy, and total gastrectomy. The choice of surgical approach depends on several factors, including the stage and location of the tumor, the patient's overall health, and the goals of treatment. Like any surgical procedure, gastric cancer surgery can be associated with complications, and patients should be carefully monitored for signs of bleeding, infection, anastomotic leak, dumping syndrome, and nutritional deficiencies [1].

Description

Endoscopic mucosal resection (EMR): EMR is a minimally invasive procedure that is used to remove early-stage gastric cancer. It involves removing the tumor and a small amount of surrounding tissue using an endoscope, which is a thin, flexible tube with a camera and light at the end.

Laparoscopic gastrectomy: Laparoscopic gastrectomy is a minimally invasive surgical procedure that is used to remove part or all of the stomach. It involves making several small incisions in the abdomen and using a laparoscope to guide the surgical instruments.

Open gastrectomy: Open gastrectomy is a traditional surgical procedure that is used to remove part or all of the stomach. It involves making a large incision in the abdomen and manually removing the tumor and surrounding tissue.

Total gastrectomy: Total gastrectomy is a surgical procedure that is used to remove the entire stomach. It is often used for advanced-stage gastric cancer or when the tumor is located near the junction of the stomach and esophagus [2].

Curative surgery: Curative surgery is used to remove the tumor and any affected lymph nodes with the goal of curing the cancer. This approach is most commonly used for early-stage gastric cancer.

Palliative surgery: Palliative surgery is used to relieve symptoms and improve quality of life in patients with advanced-stage gastric cancer. This approach is often used when the tumor cannot be completely removed or has spread to other organs.

Like any surgical procedure, gastric cancer surgery can be associated with complications. Common complications include:

Infection: Infection can occur at the site of the incision or in the abdominal cavity, and may require antibiotics or additional surgery to treat.

Anastomotic leak: Anastomotic leak is a complication that occurs when the surgical connection between the stomach and small intestine (known as the anastomosis) leaks, leading to infection and other complications [3].

Dumping syndrome: Dumping syndrome is a complication that occurs when food moves too quickly from the stomach to the small intestine, leading to nausea, vomiting, diarrhea, and other symptoms.

Nutritional deficiencies: Nutritional deficiencies can occur after gastric cancer surgery, particularly after total gastrectomy, due to the reduced capacity of the stomach to absorb nutrients.

Gastric cancer, also known as stomach cancer, is one of the most common types of cancer worldwide. Surgery is often the primary treatment option for gastric cancer, either as a curative measure or as a palliative measure to relieve symptoms.

The type of surgery used for gastric cancer depends on the location and stage of the cancer, as well as the patient's overall health and other individual factors. The most common types of surgery for gastric cancer include:

Partial gastrectomy: This surgery involves the removal of the part of the stomach that contains the cancer. The remaining healthy tissue is then reconnected to the small intestine. This type of surgery is often used for early-stage gastric cancer [4].

Total gastrectomy: This surgery involves the removal of the entire stomach, as well as nearby lymph nodes and other tissues if necessary. The esophagus is then reconnected to the small intestine. This type of surgery is often used for more advanced gastric cancer.

Lymphadenectomy: This surgery involves the removal of lymph nodes in the area around the stomach. This is often done as part of a partial or total gastrectomy.

Palliative surgery: This type of surgery is used to relieve symptoms of advanced gastric cancer, such as bleeding or blockages. This may involve the placement of stents or other devices to keep the stomach open.

Like any surgery, gastric cancer surgery carries some risks, including bleeding, infection, and blood clots. There is also a risk of damage to nearby organs, such as the spleen, pancreas, or liver.

However, gastric cancer surgery can also offer significant benefits for patients. For early-stage gastric cancer, surgery may be curative, meaning that it can completely remove the cancer and prevent it from spreading. Even for more advanced gastric cancer, surgery can help relieve symptoms and improve quality of life [5]. Recovery from gastric cancer surgery can vary depending on the type and extent of the surgery, as well as the patient's overall health and other individual factors. In general, patients will need to stay in the hospital for several days after surgery and will need to gradually increase their activity level over the following weeks and months.

Conclusion

Patients may also need to make changes to their diet after gastric cancer surgery, such as eating smaller meals more frequently and avoiding certain types of food that can be difficult to digest. In some cases, patients may also need additional treatment after surgery, such as chemotherapy or radiation therapy, to help prevent the cancer from coming back. Gastric cancer surgery is a common treatment option for gastric cancer, either as a curative measure or as a palliative measure to relieve symptoms. The type of surgery used depends on the location

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and stage of the cancer, as well as the patient's overall health and other individual factors. Like any surgery, gastric cancer surgery carries some risks, but it can also offer significant benefits for patients, including the potential for a cure in early-stage cancer and improved quality of life in more advanced cases. Recovery from gastric cancer surgery can vary depending on the type and extent of the surgery, but patients will typically need to stay in the hospital for several days and may need to make changes to their diet and lifestyle after surgery. In some cases, additional treatment may be necessary to prevent the cancer from coming back.

Acknowledgement

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Conflict of Interest

None.

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