

Living with Stomach Cancer - A Quick Guide



Contents

This is a brief summary of the information on 'Living with stomach cancer' from CancerHelp UK. You will find more detailed information on the website.

In this information there are sections on

- Coping with stomach cancer
- Diet after stomach surgery
- Questions for your doctor
- Stomach cancer organisations

- 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. Remember that you can ask for an appointment with a specialist dietician at any point. Just speak to your doctor or nurse.

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 CancerHelp UK contains lots of information you may find helpful. There are sections on

- Your feelings
- How you can help yourself
- Who else can help you

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 CancerHelp UK, 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 difficulty 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?
- Could you refer me to a Macmillan nurse?

Stomach cancer organisations

Cancer Research UK
 Main website: www.cancerresearchuk.org
 Patient information website:
<http://cancerhelp.cancerresearchuk.org>
 Cancer Information Nurses phone:
 020 7061 8355

CORE
 Phone: 020 7486 0341
 Website: www.corecharity.org.uk
 Email: info@corecharity.org.uk
 This organisation used to be called the Digestive Disorders Foundation.

More information

For more information about stomach cancer, visit our website
<http://cancerhelp.cancerresearchuk.org>

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 cancer trials in the UK. You can view or print the information in a larger size if you need to.

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

Adapted from Cancer Research UK's Patient Information Website CancerHelp UK in July 2010. CancerHelp UK is not designed to provide medical advice or professional services and is intended to be for educational use only. The information provided through CancerHelp UK and our nurse team is not a substitute for professional care and should not be used for diagnosing or treating a health problem or disease. If you have, or suspect you may have, a health problem you should consult your doctor.
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