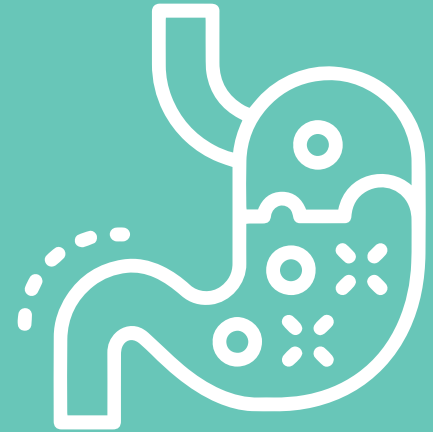

Understanding and Preventing Stomach Cancer for Chinese Americans



What is stomach cancer?

Cancers of the stomach (the 5th most common cancer in the world)



FACTORS

What factors may increase the risk of stomach cancer?

You are more at risk to get stomach cancer if you:

- Have H. pylori bacteria infection in your stomach
- Drink alcohol
- Eat pickled, salted, overly-treated (processed), or smoked foods often
- Do not exercise often
- Smoke cigarettes and/or tobacco
- Have family members who have or who have had stomach cancer

Using cell phones, feeling lots of stress, eating spicy or sweet foods does NOT increase your risk of getting stomach cancer.

What foods may cause higher risk of getting stomach cancer?

Eating some of the following pickled, salted, processed, or smoked foods might increase risk of getting stomach cancer:

- Salted fish or seafood
- Instant noodles
- Pickled vegetables
- Chinese barbequed pork (char siu)
- Barbeque meat skewers
- Sausage

These foods are very common to the Chinese diet, so it may be hard to completely stop eating them. However, eating these foods less often may help to improve healthy eating habits over time and lower risk of stomach cancer!





How can we keep stomach cancer from happening?

Lifestyle changes are important in lowering stomach cancer risk. Taking small steps to gradually change the way you live and eat makes the change easier, which can help protect you from stomach cancer and improve your health. Some lifestyle changes that may help are:

- If you have H. pylori infection, finish the medicine your doctor gives you to get rid of the virus.
- Switch to a healthier diet:



Avoid eating pickled, salted, processed, and smoked foods



Eat more fruits, especially citrus fruits, and fresh vegetables



Sodium is another word for salt. By reading food labels, you can learn how much sodium is in the food you eat. Food guidelines recommend healthy amounts of nutrients to eat in your daily diet. Choosing foods that have less than the recommended daily sodium amount of 2,400 mg can help to cut down the amount of salt you eat. 2,400 mg of sodium is about 1 teaspoon of salt



Make a balanced healthy plate made up of about $\frac{1}{2}$ vegetables and fruits, $\frac{1}{4}$ lean protein, $\frac{1}{4}$ whole grains or starches.

- Reduce or stop drinking alcohol and smoking cigarettes or other tobacco products.
- Boost your regular exercise plan! Make a plan of at least 30 minutes of moderate exercise, five days a week. Moderate exercise is exercise where your heart beats faster than if you were sitting, but where you are able to speak to others without having trouble breathing.



In addition to exercises that increase your heart beats per minute, try strength training, which helps keep muscles, joints, tendons, and bones healthy and strong

