

[ACT]IVATED GASTRIC CANCER

RESOURCE GUIDE | FEATURING DR. JUN GONG



GASTRIC CANCER FACTS

- Worldwide, gastric cancer is the 5th most common cancer, and the 4th highest cause of cancer-related mortality.
 - In the U.S., Asian Americans, particularly Korean Americans, are at a disproportionately higher risk for gastric cancer (13x more likely than non-Hispanic whites).
 - Researchers have observed a 40% increase in the incidence of gastric cancer in Latinx patients compared to a 4% increase in white populations.
- [Sources: [1](#), [2](#), [3](#), [4](#)]

GASTRIC CANCER RESOURCES

- [Gastric Cancer Foundation](#)
- [Hope for Stomach Cancer](#)
- [No Stomach for Cancer](#)
- [NCI](#)
- [ACS](#)
- [Stupid Strong](#)
- [CancerCare](#)
- [NCCS](#)
- [AACSN](#)
- [Debbie's Dream Foundation](#)

GASTRIC CANCER EXPERT [ACT]IVATION TIPS

[ACT]IVATION TIP: "It is always more than appropriate to ask the physician or care provider, 'What is my stage of stomach or gastric cancer?' and we will do our best to explain the stage. This is dependent oftentimes on the availability of information from a diagnostic workup." - Dr. Jun Gong

[ACT]IVATION TIP: "How we stage the patient is usually dependent on imaging such as CT or MRIs or PET scans. And it's often combined with ultrasound or endoscopic procedures, such as an upper endoscopy or an endoscopic ultrasound." -Dr. Jun Gong

[ACT]IVATION TIP: "Biomarker testing is a very important aspect of stomach cancer treatment, particularly in advanced stomach cancer. This is usually where we talk about stage IV stomach cancer. And here, biomarkers are essentially looking for molecular targets.... And this is what we call targeted therapy." - Dr. Jun Gong

[ACT]IVATION TIP: "Biomarkers are classically tested on the tumor biopsy. There are also newer versions of these labs. Instead of tissue biopsy, they're called liquid biopsies. So these are actually blood tests that are available that can look for gene mutations for targeted therapies as well." Dr. Jun Gong

[ACT]IVATION TIP: "It's never wrong to ask if there is any available clinical trial no matter what setting or stage of disease. Whether it's early stage or advanced stage, it's always appropriate to ask every provider, 'Is there a clinical trial that you see may be eligible for me or that you believe to be a better option than certain standard of care options?' And we as oncologists are always more than happy to look into these clinical trials and really give patients a breakdown of what trials may or may not be considered." - Dr. Jun Gong

[ACT]IVATION TIP: "It's very common for us to refer our patients to cancer nutritionists and dieticians as well. In addition, going over what may be some possible familial or hereditary risk, if we sense that a strong family history is present. And this is where referrals to genetic counselors are available." - Dr. Jun Gong

[ACT]IVATION TIP: "Risk factors that are specific to the Asian and Hispanic populations is to understand the symptoms of H. pylori, which is one of the most common causes of stomach cancer, because they can be very effectively treated with antibiotics over a period of two weeks. This can be done at multiple provider levels from the primary care setting to the subspecialist setting." - Dr. Jun Gong

[ACT]IVATION TIP: "For challenges faced with timely access to Asian and Hispanic subgroups (and all racial groups), it's always appropriate to seek second or third opinions – particularly at larger comprehensive cancer centers – for the availability of clinical trials." - Dr. Jun Gong

[ACT]IVATION TIP: "One pillar [of treatment] is from the healthcare providers side, the other pillar is what happens at home. And this is where I think empowering patients is very important. This is where empowering them to control what foods they eat, what foods have been known to be risk factors for stomach cancer or any kind of cancer. What foods to focus on, to building nutrition, to be able to tolerate chemotherapy or cancer treatment, to be able to boost your immune system." - Dr. Jun Gong

GASTRIC CANCER CHECKLIST

- Get information about choosing a gastric cancer specialist or treatment center
- Discuss your treatment options and make the decision that best fits your personal needs
- Ask your doctors if clinical trials would benefit you
- Talk openly with your doctor about your fears or concerns
- Determine if financial assistance is available
- Find an in-person or online support group to connect with others living with gastric cancer