Advice for Making the Most of Your Healthcare Visits:

- Determine the priorities for each visit in advance, so you can get as much information as possible.
- Write down your questions and take notes during the visit.
- Participate in shared decision-making and balanced conversations with your doctor.
- Use the patient portal for follow-up questions.
- Utilize the whole healthcare team including nurse practitioners and nurses.

<table>
<thead>
<tr>
<th>Treatment Decision Factors Include:</th>
<th>Gastric Cancer Staging Considerations Include:</th>
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<tr>
<td>- How is the patient feeling?</td>
<td>- The size of the tumor.</td>
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<td>- Does the patient have nutritional deficits?</td>
<td>- Depth of the tumor’s invasion into the stomach wall.</td>
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<td>- What is the patient’s functional status?</td>
<td>- Lymph node involvement.</td>
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<td>- Is the patient able to tolerate treatment?</td>
<td>- Clinical symptoms.</td>
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<td>- Is the patient open to clinical trial participation?</td>
<td>- Endoscopic ultrasound results.</td>
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<td>- PET scan or CAT scan results.</td>
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Glossary Terms

**Biomarker Testing (molecular testing):** Laboratory testing that identifies certain genes, proteins, or other molecules in a sample of tissue, blood, or other body fluid. In cancer, it may also be used to evaluate treatment or to make a prognosis.

**Gene Mutation:** A permanent change in the DNA sequence that makes up a gene. Mutations can be acquired or inherited and may impact treatment choices.

**HER2:** Human epidermal growth factor receptor 2 mutation.

**H. Pylori Infection:** Occurs when the common Helicobacter pylori (H. pylori) bacteria infects a person’s stomach.

**Immunotherapy:** Type of therapy that harnesses one’s own immune system to help the body fight cancer, infection, and other diseases.

**PD-L1:** Programmed death ligand 1.

Educational Resources

- CancerGRACE: [cancergrace.org](http://cancergrace.org)
- Cure: [curetoday.com](http://curetoday.com)
- Lancet Oncology: [thelancet.com](http://thelancet.com)
- Journal of Clinical Oncology: [ascopubs.org](http://ascopubs.org)

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