

# GASTRIC CANCER: HOW TO ACCESS THE BEST CARE AND TREATMENT FOR YOU

Program Resource Guide

## 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.

### Treatment Decision Factors Include:

- How is the patient feeling?
- Does the patient have nutritional deficits?
- What is the patient's functional status?
- Is the patient able to tolerate treatment?
- Is the patient open to clinical trial participation?

### Gastric Cancer Staging Considerations Include:

- The size of the tumor.
- Depth of the tumor's invasion into the stomach wall.
- Lymph node involvement.
- Clinical symptoms.
- Endoscopic ultrasound results.
- PET scan or CAT scan results.

## 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](https://cancergrace.org)

Cure: [curetoday.com](https://curetoday.com)

Lancet Oncology: [thelancet.com](https://thelancet.com)

Journal of Clinical Oncology: [ascopubs.org](https://ascopubs.org)

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