Stomach Cancer Prevention Key Messages

The stomach cancer prevention sessions can be broken into as many modules as necessary, depending on the participant's schedule.

NOTE: Before beginning the module, ask the patient about medication adherence and side effects, if any. Provide positive reinforcement. If participants have finished treatment, ask them to schedule a follow-up in 4-6 weeks. Remind them that it is important to check that H. pylori has been completely eradicated.

Introduction

Introduction: Now that we have covered H. pylori last week and you have (almost) finished your medicine, I would like to speak to you about other ways to prevent stomach cancer. H. pylori is the most important risk factor for stomach cancer, but there are other causes as well.

1. **Other than H. pylori infection, what are the other causes of stomach cancer?**
    - Diet
    - Alcohol consumption
    - Physical inactivity
    - Weight
    - Smoking
    - Family history

2. **How can I lower my chances of getting stomach cancer?**
    - Stress that getting treatment for H. pylori is an important start
    - Change in other lifestyle habits

Note: Let the patient know that for this session, you will only be focusing on healthy eating and alcohol reduction (if applicable). Based on time, you may talk about the other factors at another session.

1: Healthy Eating

1. **What kinds of food may cause stomach cancer?**
    - Stomach cancer may be caused by a diet high in **pickled, salted, smoked, and processed foods.**

    - *Examples of pickled and salted foods: salted fish, pickled vegetables, kimchi, potato chips, instant noodles, soy sauce, fish sauce*
    - *Examples of smoked foods: smoked meat, bacon, barbecued meat such as lamb skewers*
    - *Examples of processed foods: ham, hot dogs, bacon, Chinese sausage, meatballs, burgers*

        - **Pickled foods contain high levels of salt and acid**. High salt intake can damage the stomach lining and lead to stomach cancer.

- Studies from China, Japan, Korean and Taiwan found that **people who frequently eat pickled vegetables have a <u>50% higher chance</u> of developing stomach cancer** compared to people who rarely eat pickled vegetables.
- **Foods that have been smoked or barbecued have been exposed to carcinogens** caused by combustion.
- Processed meats are high in preservatives like nitrites that may also cause cancer.

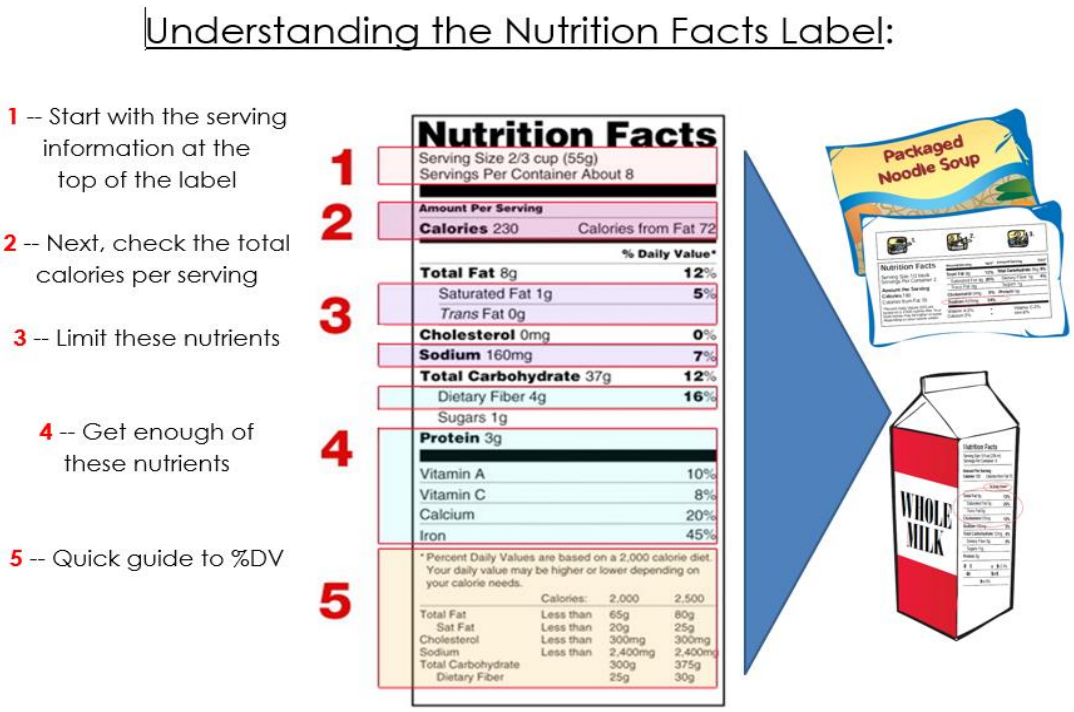
- A diet **high in fresh fruits and vegetables** can lower stomach cancer risk.
  - Some studies have shown that **citrus fruits** may have a protective effect against stomach cancer.

- *Examples of fresh fruits and vegetables: oranges, grapefruit, pomelo, apples, pears, broccoli, bok choy, spinach, watercress, tomatoes*

2. Strategies

- **Building up your healthy plate.**
  - Fill ½ plate with vegetables and fruits. Eat fruits with skin whenever possible.
  - Fill ¼ plate with a lean protein (fish, chicken, tofu, beans, eggs)
  - Fill ¼ plate with whole grains or starches (e.g brown rice)
  - REFER TO HEALTHY PLATE MAGNET.

- **Looking at food labels.**
    - Limit sodium to less than 2400 mg/day **(1 teaspoon of salt)**
    - Instant noodles: One packet of instant noodles prepared with seasoning can contain up to 1800mg or 75% of recommended daily amount of sodium
    - Soy sauce: 1 tablespoon of soy sauce contains about 900mg of sodium
    - REFER TO LABEL ILLUSTRATION



- **Cooking healthier.**
    - We recommend steaming, poaching, or baking foods.
    - Cooking vegetables for a long time causes them to lose vitamins. Eat vegetables raw or lightly steamed for best retention of nutrients.
    - It is better to bake or stir-fry meat than to grill meat at high heat.

3. What are the barriers to healthy eating?

Note: Sometimes things happen in our daily lives that make it difficult for us to stick to our food goals. It is important to plan ahead for the kinds of situations that may get in the way of your nutrition goals.

Suggested questions: When do you find it difficult to make healthy food choices? Why are some of the reasons why you do not eat a healthy diet?

- **It is difficult for me to choose what to eat when I work in a restaurant and have communal meals.** Choose more healthy food (lean protein, vegetables) and eat less of the unhealthy ones (white rice, preserved vegetables).

- **I eat out a lot**. Choose more healthy food (lean protein, vegetables) and eat less of the unhealthy ones (white rice, preserved vegetables).
- **I do not like how healthier foods taste**. Give it time. Food preferences are slow to change, but they can change. Making a new behavior a habit usually takes 3 months or more. Make your changes small, and give yourself time to adjust. For example, you can mix in a little bit of brown rice or other whole grains like barley into your white rice, and gradually increase the portion of whole grains over time.
- **My family doesn't like to eat healthier foods**. Request their support and help in assisting you to reach your own health goals, which is also beneficial to their own health and wellness.
- **It's too hard/I'm not good at making changes**. Make small and measurable changes. It won't happen right away, but if you continue to take small steps and work on your food goals each week, it will get easier and you will see results.
- **Eating healthy food costs too much**. Some ways to cope are to use coupons, buy in bulk when they are on sale, and buy veggies and fruit in season.

NOTE: Ask the patient to name at least one goal they will set for themselves regarding healthy eating. Let them know you will check in on them to see if they have adhered to the goal.

Ask participant:

- *What are 2-3 ways you can incorporate more fresh fruits and vegetables onto your plate?*

2: Drinking/Alcohol consumption

Note: Ask the patient about his/her drinking or alcohol consumption. This section can be skipped if the participant does not drink, and does not intend to drink in the future (unless h/she has questions). Provide positive reinforcement.

If the patient drinks, ask the following questions:

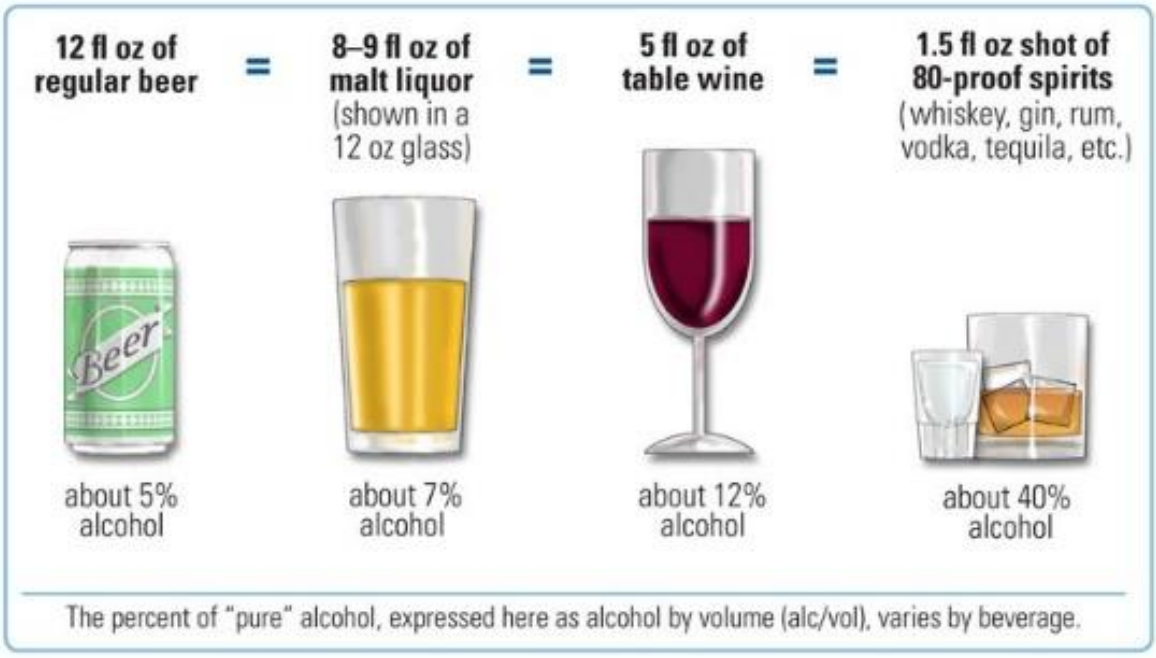
- *In the last month, how often did you drink?*
- *What kind of alcoholic drinks do you usually drink?*
- *When you drink, how many alcoholic drinks did you have on average?*

1. **What is the link between alcohol consumption and stomach cancer?**
   - There are strong links between alcohol consumption and stomach cancer. A recent study showed that men who consumed more than 4 drinks a day were 65% more likely to develop stomach cancer.

- In our bodies, alcohol is converted into a toxic chemical which can cause cancer.

2. **How much alcohol does it take to increase stomach cancer risk?**
   - There is no "safe" limit for alcohol when it comes to cancer, but the risk is smaller for people who drink moderately. **For men, that is 2 servings of alcohol per day. For women, that is 1 serving of alcohol per day**.

   - 1 serving of alcohol = 1 330ml can or bottle of beer (5% alcohol content)
     1 50ml glass of wine (150ml) (12% alcohol content)
     1 shot (50ml) of 100-proof liquor, eg baijiu (50% alcohol content)
     [REFER TO VISUAL]



   - Alcohol use is not recommended for individuals who:
     - Are pregnant
     - Have liver or pancreatic disease
     - Have conditions related to the digestive tract (includes H. pylori, ulcers)
     - Are younger than 21
     - Are driving or planning to drive

3. **What is heavy drinking?**
   - For men: consuming 15 or more drinks per week
   - For women: consuming 8 or more drinks per week

4. **Are there any health benefits of drinking alcohol?**
   - New guidelines and research clearly state that drinking for health reasons is not recommended.

- There are safer and healthier ways to protect your heart such as being physically active and eating a healthy diet.

5. **What are ways you can cut down on alcohol?**
   - Choose a smaller glass or lower strength drink.
   - Make every other drink a non-alcoholic drink.
   - Avoid topping up your drink – it will make it harder to keep track of how much you're drinking.
   - Drink at your own pace, instead of feeling pressured to keep up with the fastest drinker in the group.
   - When drinking to a toast, do not finish the entire drink.

6. **What are the barriers to drinking less?**

Note: Sometimes things happen in our daily lives that make it difficult for us to stick to our drinking goals. It is important to plan ahead for the kinds of situations that may get in the way of your goal to drink less.

Suggested questions: When do you find it difficult to drink less? When are you most likely to drink beyond your goal?

- **It is rude to turn down a drink**. You can tell the person offering a drink that you are not drinking for health reasons. You can also alternate every other alcoholic drink with a non-alcoholic drink (e.g. water/soda), or dilute the drink with water.
- **My friends and I only hang out at bars**. Suggest going to other places. Alternatively you can choose mostly non-alcoholic drinks at bars.
- **All my friends drink and I do not want to be the odd one out**. You can talk to one or two friends about your reasons for not drinking, and convince them to join you in your goal. Having friends support you in your goal will make it easier to keep to it.
- **I find drinking relaxing/I drink to de-stress**. You can find other ways to de-stress, such as going on a walk or calling your friends/family.

NOTE: Ask the patient to name at least one goal they will set for themselves regarding drinking less. Let them know you will check in on them to see if they have adhered to the goal. REFER TO RESOURCES IF NECESSARY.

3: Physical Activity

NOTE: This module can be conducted as a separate session or together with Module 1.

1. **What is the link between lack of physical activity and stomach cancer?**
    - Being overweight or obese is a risk factor for stomach cancer.
    - Studies have found that regular physical activity may protect against stomach cancer.

2. **What is the recommended level of physical activity?**
    - Adults should get at least **30 min of moderate physical activity 5 days/week**

Moderate physical activity: Activity that make you breathe somewhat harder than normal, but not so much that you are out of breath. Examples: Brisk walking, carrying grocery bags or laundry, climbing stairs, taichi, yoga.

- Limit sedentary behavior such as sitting and watching TV
- Doing some physical activity above your usual activities, no matter what your level of activity is, can have many health benefits

Suggested questions:

- *How often did you exercise in the past month?*
- *What exercises did you do?*
- *How long did you exercise for?*

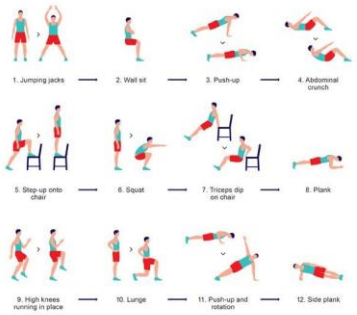
3. **What are some of your barriers to exercise?**
    - **I don't have 30 min to exercise everyday**. Start by doing 10 min of physical activity at a time, even if it is just once or twice a day. You can walk when you wake up, and walk after dinner. You can take the stairs instead of the elevator. Over time, you can work on incorporating more time each day until you are doing at least 30min each day.
    - **Exercise makes you tired**. Once you begin regular exercising, you're likely to have even more energy than before. It can help reduce fatigue and manage stress.
    - **Not a priority because I am not overweight.** Not being overweight does not mean you are fit. Not being active is a risk factor for stomach cancer. Being active brings a lot of benefits – it makes you stronger and healthier, and makes you feel better.
    - **I get all the exercise I need from working in a high-activity job (such as restaurant worker, delivery man, etc)**. It is good that you get a lot of activity through your work. However, you may not be doing enough exercises that benefit your whole body. Do exercises that you may not get through your work, such as strengthening exercises for stronger muscles or aerobic activities to make your heart stronger. You can also exercise to strengthen yourself so you can do your work better. For example, it is important for restaurant workers to strengthen the muscles that support their back and joints, and to improve flexibility.
    - **I have a chronic sickness or recent surgery**. Check with your doctor to find out what level of activity and types of exercises are recommended.

4. **What activities can you do?**
   Note: Be mindful of the participant's health condition. Ask them to check with a doctor first before starting or increasing physical activity if they are old (>50 years old) and/or currently have a heart condition or other chronic conditions or recent surgery.

   - You don't have to go to the gym to be active.
   - Build activity into your day.
     - Spread multiple 7-10 min activities throughout your day, such as walking after meals, taking the stairs instead of the elevator, getting off one subway stop earlier and walking home, taking the kids to the playground and chasing them around, cycling to work, walk while you talk on the phone.
     - There are many free or low cost fitness classes available. Shape UP NYC offers free classes every week.

NOTE: Ask the patient how he/she can incorporate 30 min of physical activity into his/her daily life.

- *List 2 ways to increase physical activity during the week.*
- *Name two possible workout buddies.*
- *Goal setting: set the amount of times each week the participant want to work out or set a healthy weight loss goal.*



Sample Walking Program

	Warm Up	Walk	Cool Down	Total Time
Week 1*	Walk slowly 5 minutes	Walk briskly 5 minutes	Walk slowly 5 minutes	15 minutes
Week 2*	Walk slowly 5 minutes	Walk briskly 7 minutes	Walk slowly 5 minutes	17 minutes
Week 3*	Walk slowly 5 minutes	Walk briskly 9 minutes	Walk slowly 5 minutes	19 minutes
Week 4*	Walk slowly 5 minutes	Walk briskly 11 minutes	Walk slowly 5 minutes	21 minutes
Week 5*	Walk slowly 5 minutes	Walk briskly 13 minutes	Walk slowly 5 minutes	23 minutes
Week 6*	Walk slowly 5 minutes	Walk briskly 15 minutes	Walk slowly 5 minutes	25 minutes
Week 7*	Walk slowly 5 minutes	Walk briskly 18 minutes	Walk slowly 5 minutes	28 minutes
Week 8*	Walk slowly 5 minutes	Walk briskly 20 minutes	Walk slowly 5 minutes	30 minutes

*Do every day of the week

4: SMOKING AND TOBACCO USE

Note: Ask about smoking or tobacco use history. This section can be skipped if the patient has not smoked nor do they have any intent to smoke. Provide positive reinforcement.

If participants smoke, ask the following:

- *In the past week, how many days have you smoked?*
- *How many cigarettes do you usually smoke?*
- *Have you though of quitting, or tried quitting smoking? If yes – why did you return to smoking How long did you stay quit? Did you use anything to help you quit last time?*
- *Are you interested in quitting smoking?*

1. **What is the link between smoking and *H. pylori* treatment efficacy?**
    - Smoking increases the risk of *H. pylori* treatment failure.
    - Smoking may increase acid production and reduce the efficacy of antibiotics.
    - Smokers who stopped smoking during the treatment showed the same efficacy as nonsmokers**.**

1. **What is the link between smoking and stomach cancer?**

    - Smoking has been strongly linked to stomach cancer.
    - Some compounds produced by smoking are carcinogens for stomach cancer.

2. **Smoking facts**
    - There is no safe amount of smoking or tobacco use.
    - Tobacco smoke contains more than 7000 chemicals: about 70 can cause cancer.
    - Second-hand smoke is harmful to people who live with you. If you have children, they are 2x as likely to have respiratory illness, bronchitis, and lung infection. They are also more likely to become smokers themselves.

3. **What are the benefits of quitting smoking?**
    - Despite its many harmful effects, you can reverse or slow the negative effects of smoking by quitting. In as little as two weeks, you can feel the positive impact of quitting on your breathing and everyday functioning. If you stay tobacco-free for many years, you can also greatly reduce your risk of cancer, heart disease, and stroke.
    - Quitting smoking can also help you save money.

    [REFER TO SMOKING AND YOUR WALLET VISUAL; from HHAP resources)

See how much you would save if you quit smoking.

If You Smoke This Much	Amount Saved: 1 day	1 week	1 month	1 year
1/2 pack a day	$5.50 Laundry—wash & dry	$38 Lunch for 1 work week	$165 New pair of glasses	$2,000 Groceries for 6 months
1 pack a day	$11 Coffee for 1 week	$77 15 round trip rides on the subway or bus	$330 37" flat-screen TV	$4,000 Weekly dinner out for 3 years
2 packs a day	$22 20 song downloads	$154 1-year NYC Parks Recreation Center membership	$660 New computer	$8,000 1 year of college expenses at CUNY

- **You are never too old to quit**.

4. **What are some ways to help you quit smoking?**
    - Telephone counseling
    - Individual or group counseling
    - Medications: nicotine replacement products such as nicotine patch, gum, or lozenge

Ask: Are you interested in quitting smoking?

If **NO**: I hope that you will think about our discussion today, and stop smoking at least during the treatment period, as it may affect the efficacy of the antibiotics. If you want to talk more, you can always call me. There are also some materials in the packet I gave you with resources for quitting smoking if you change your mind, including a free telephone hotline called Asian Smokers Quitline who will work with you over the phone, and send you a free 2 week starter kit of nicotine patches. I'm also here to support you.

If **YES or NOT SURE**: If you'll agree, I will refer you to a very good, free, Chinese-language (Mandarin and Cantonese) service to quit smoking. It is called the Asian Smokers Quitline (ASQ). They will call you and you will work one-on-one with a trained telephone counselor. They are available Monday to Friday, 10am to midnight, and they will also send you a 2 week starter kit of nicotine patches if you qualify.

If you agree, I can sign you up by giving them your name and phone number, and some other information.

- *REFER TO ASQ INTAKE FORM. COMPLETE THE FORM AND ENROLL THEM ONLINE*.
- *USE PROMO CODE 810*.

I am also here to help you, and I will check back with you frequently to see how you are doing. This process will not be easy, but I want you to know that I'm here to support you.