

Cause and Impact of Gastrointestinal Cancer in Elder People

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DESCRIPTION

Cancer that develops along the GI tract (also known as the digestive tract) is referred to as gastrointestinal cancer. The average age of a person when they obtain a diagnosis is 68. Every year, 6 out of 10 persons with stomach cancer are getting infected among 65 years of age or older. In comparison to women, who have a 1 in 152 lifetime risk of acquiring stomach cancer, men have a 1 in 96 lifetime risk. Unexpected stomach cancer symptoms might include heartburn, indigestion, nausea, stomach discomfort, weight loss, nausea, vomiting, trouble swallowing, feeling bloated after eating, feeling full after only a small amount of food, and many others. Many people's ability to eat and absorb nutrients may be impacted by stomach cancer and its treatment. Some therapies might cause nausea, and some patients may have appetite loss along with weight loss. Gastric cancer, often known as stomach cancer, is still one of the most prevalent and dangerous neoplasms in the world even though its prevalence is rapidly falling. Gastric acid and digesting enzymes are secreted by the stomach, which is situated in the digestive tract between the esophagus and small intestine. Additionally, it secretes the intrinsic factor required for vitamin B12 absorption. A mucous membrane made up of glands and columnar epithelial cells lines the stomach. These cells are vulnerable to gastritis, an inflammatory condition that can result in peptic ulcers and eventually, stomach cancer.

In rare cases, tumors may spread to the lymph nodes and other organs. Tumors are produced when the cells lining one or more

of the digestive tract's organs start to change and enlarge. Medical experts are still unsure of the precise cause of GI cancer. However, the possibility of abnormalities developing is increased by cell damage, which can be brought on by infections, obesity, smoking, and various environmental risk factors. Each form of GI cancer has different risk factors. However, a lot of them might be impacted by dietary and lifestyle decisions. Overweight, not exercising, smoking, eating poorly and excessive drinking is a few of these. If the sickness runs in your family, you may be more likely to contract it. Other risk factors include H. Pylori infection (stomach cancer), Hepatitis A or B infection (liver cancer), smoking, gastroenteritis, drinking alcohol, being obese or overweight, prior GI cancer or other cancer diagnoses, prior surgery on one or more digestive system organs, prior family history of GI cancer, and prior polyps in the colon or stomach.

The most effective method of preventing serious GI cancer is early identification. Colon and rectal cancer can be detected during early, very curable stages with gastrointestinal cancer screening tests. These tests typically identify cancer before any symptoms show up. There are various methods of cancer screening than colonoscopy, discuss the options and whether or not you should begin screening with the doctor. The first step in preventing GI malignancies is living a healthy lifestyle because certain risk factors for the disease involve the entire health and well-being. A balanced diet, frequent exercise, quitting smoking, and moderate alcohol consumption can all help lower the chance of developing GI cancer.

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