

# Pathophysiology and Treatment of Gastro-Intestinal Stromal Tumor

Alfred Rosey\*

Department of Oncology, Imperial College London, London, United Kingdom

## DESCRIPTION

Gastro-Intestinal Stromal Tumor (GIST) is a form of cancer that originates in the digestive system. GISTs occur most frequently in the small intestine and stomach. A GIST is a development of cells that's supposed to form from a distinct type of nerve cell. These special nerve cells are located in the barriers of the digestive organs. Gastrointestinal Stromal Tumours (GISTs) occur when cells lining your digestive tract develop and divide in an uncontrolled manner, forming a mass of tissue called a tumor. Sometimes, GISTs can be cancerous. Some people with GIST may not notice any changes in their health, whereas others may experience pain, bleeding, or illness. The first known hazard factors for Gastro-Intestinal Stromal Tumours (GIST) are certain rare and older age-related inherited genetic syndromes that cannot be altered. Even now, the environmental causes of GISTs are unknown. People with GISTs have symptoms like a mass or swelling in the abdomen, feeling full after eating only a small amount of food, loss of appetite, abdominal (belly) pain, weight loss, difficulty swallowing (for tumours in the esophagus).

## Treatment

Particular Gastro-Intestinal Stromal Tumours (GISTs) can be almost completely or completely removed by the process of surgery. During an operation, surgery is the process of removing the tumor and specific surrounding well tissue. Treatment may include the following: Surgery to eradicate tumours that are 3 centimeters or larger is performed. Laparoscopic surgery to remove tumours that are 5 centimeters or smaller. For people

who are suffering from a localised GIST, surgery is the usual treatment and should be done whenever possible. Imatinib is used to cure localised GIST. If the GIST cannot be completely cured by surgery, such as if it has spread anywhere else, it cannot be cured. However, surgery may be preferred if there is only a partial amount of disease. Before surgery, consult the doctor about the possible side effects caused by the specific surgery. Every person should study about the basics of cancer surgery. Treatments like medication are used to destroy tumor cells. Medication may be given orally or *via* parenteral route through the bloodstream to reach tumor cells all over the body. The process of taking a drug to destroy tumor cells is called systemic therapy.

## CONCLUSION

Sometimes medication can also be given locally, when the medicine is applied directly to the tumor. Such a type of medication is usually prescribed by a medical oncologist, a doctor who specializes in treating cancer with medication. Medications are frequently given through an Intra Venous (IV) tube that is placed into a vein by using a needle or as a capsule or pill that can be swallowed orally. Targeted therapy is the kind of medication used for GIST. There are different targeted therapies used to treat GISTs, like tyrosine kinase inhibitors. The examples of tyrosine kinase inhibitors are Nilotinib (Tasigna), Pazopanib (Votrient), Dasatinib (Sprycel), and Sorafenib (Nexavar). Over 85% of GISTs have activating KIT mutations. People who have GISTs have a low to high risk of developing malignancy.

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**Correspondence to:** Alfred Rosey, Department of Oncology, Imperial College London, London, United Kingdom, E-mail: rosey@red.yahoo.uk

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