



Nutritional behaviors associated with gastric cancer

Reza shahabi¹, Mehdi Yaghobi², Ahmad Mozaffari jovein³, Alireza Argi¹

1. Student Nursing. Department of Medical Sciences, Sabzevar Branch, Islamic Azad University, Sabzevar, Iran (Rezashahabf@gmail.com)

2. Internist, Hospital jovein, Sabzevar, iran

3. Assistant Professor. Department of Medical Sciences, Sabzevar Branch, Islamic Azad University, Sabzevar, Iran

Abstract

Introduction: Stomach cancer caused by excessive growth of malignant cells in the stomach and its early symptoms are vague. Symptoms of stomach cancer late will be determined and will advance rapidly to other organs. Considering that certain measures have not been identified for screening, changes in lifestyle and dietary habits are effective in disease pattern. This study was conducted to investigate dietary habits in people.

Methods: The study, by reading scientific articles and sites such as PubMed, Google scholar, Medlib, Magiran and SID and in the field of nutrition and cancer was conducted in 2010 and 2015.

Results: Results showed that the level of awareness of the risk factors of gastric cancer is very low. Also, many people do not follow the principles of healthy eating in life.

Conclusion: Because of the low awareness of the principles of healthy eating, be sure they are given training in this regard. Also, further studies are necessary to assess nutritional behaviors.

Key words: Cancer, Stomach, Food pattern