

## Dietary Habits & Stomach Cancer Risk



Major report links alcohol, processed meat and obesity to stomach cancers. It's being described as "a real wake-up call".

It has been found in patient with stomach cancer that diet, physical activity and weight have been the pivotal factors. It can be said that having 3 or more alcoholic drinks per day increases the risk of stomach cancer.

Eating processed meats including bacon, salami, hot dogs, etc. also associates a significant risk. For every 1.8 ounces eaten daily, the risk of lower stomach cancer jumped 18 percent. Being overweight or obese puts adults at increased risk of upper stomach cancer.