

Stomach Cancer Grandma Recovery After Laparoscopic Surgery

By Tseng Hsiu-Ying

An eighty-eight-year-old woman complained of persistent flatulence, nausea, vomiting, and soreness. The examinations revealed gastric cancer. The family members initially hesitated. “[she is] so old, should [she] actively treat

it?” Finally, considering the woman’s good health and determination, the family and patient decided she should undergo surgery to remove the “bad stuff”. Yu Cheng-Chan, director of general surgery at Taichung Tzu Chi Hospital, performed



Yu Cheng-Chan, Director of the General Surgery Department of Taichung Tzu Chi Hospital, explained the results of Grandmother’s gastroscopic examination and found gastric cancer lesions.

laparoscopic gastrectomy, and the patient was able to get out of bed three days after the operation.

“Two-thirds of the stomach was surgically removed through laparoscopic surgery, in which the wounds were hardly visible once healed. The largest wound was approximately three centimeters.” Yu Cheng-Chan once performed surgery on a gastric cancer patient, who was over 90 years old. He said that for the elderly, in terms of laparoscopic surgery, the wounds were small and painless, and patients can get out of bed three days after the operation. Furthermore, the risks of complications such as pneumonia are reduced, and with active treatment, patients can return to normal life faster.

This grandmother said that she felt soreness in the stomach and persistent flatulence, accompanied by nausea and vomiting symptoms since last year. She originally brewed herbal tea and took Chinese herbal medicine, but the situation did not improve. The family revealed that grandma is in good physical condition and can work in the fields daily. She has been farming for many years and prefers pickled food for meals. The family has a large pickle jar for homemade pickles, which can be used with various dishes such as porridge and stir-fried cabbage. It's been a long time. In the most recent 10



Grandma listened to the doctor's advice and gave up her habit of eating homemade preserved vegetables and switched to eating fresh vegetables.

years, as she ages, her taste buds have changed.

Yu Cheng-Chan shook his head straight after hearing this, and analyzed that the reason why Grandma suffered from stomach cancer should be related to her eating habits. He pointed out that one of the main causes of gastric cancer is the eating of preserved vegetables, preserved pickles, kimchi, sausages, bacon and other high-salt processed foods. If preservatives are added to the high-salt production process of food, it is also a risk for cancer. Dr. Yu recommended that grandma adjust her eating habits, focusing on fresh food, and use less salt.

Director Yu Cheng-Chan further commented that it is a pity that many family members choose conservative treatments due to the age of the patient. Because the size of the gastric cancer tumor may lead to digestive tract obstruction or increased chances of hemorrhage, considering the threat of the disease, if the patient's physical condition is good, laparoscopic gastrectomy is actually a beneficial option to help the elderly recover.

Director Yu said that medical drugs addressing gastric cancer have made great progress, and most operations can

also be treated with minimally invasive methods. The effect is not only as good as that of traditional laparotomy, but also has the advantages of smaller wounds and faster recovery, which can greatly improve the treatment effect. So don't shy away from medical treatment. More importantly, there are no obvious symptoms in the early stage of gastric cancer. Therefore Dr. Yu suggested that individuals who have undergone gastric surgeries and/or have family histories of gastric cancer should arrange gastroscopy or gastrointestinal photography annually for early detection.



Accompanied by her family for her follow-up, grandma returned to the clinic to express her gratitude to Director Yu Cheng-Chan.