



**GASTRIC CANCER, INCIDENCE AMONG PATIENTS REFERRED TO
JAMHURIAT HOSPITAL, KABUL, AFGHANISTAN; A CROSS-
SECTIONAL STUDY, 2023**

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ABSTRACT

Background: Gastric cancer (GC) is the 4th most common cancer and the second most deadly cancer in the world. GC is caused by abnormal growth of gastric cells and tissues. Physical factors, infections, and genetic factors are the main risks of the disease.

Purpose and Method: This study aims to investigate the prevalence of GC in patients referred to the Jamhuriat Hospital in Kabul during 2023. This study was a descriptive, cross-sectional study that was collected from the Office of the Jamhuriat Hospital's Oncology Department in 2023.

Results: In 2023, 117 patients were referred to the Jamhuriat Hospital. The prevalence of GC was (2.6%). The prevalence of GC was observed mostly in ages between 81-80 years (44.4%), male (79.5%), the Pashton race (47.9%), and smoking (61.5%). Chemotherapy (55.6%) was the common GC therapy. Most married patients, self-employed, illiterate, rural residents have several children and normal weight.

Conclusion: GC is one of the most common cancers in the world, and especially in Asia, with the number of new cases growing annually. This requires observance of prevention protocols and public awareness of the risk factors.

KEYWORDS

Gastric cancer, incidence, and Jamhuriat Hospital.

Introduction

Cancer is a disorder in the growth of body cells caused by abnormal proliferation of cancer cells. Cells that grow more than their normal size become tumors. Tumors can be benign or malignant. Benign tumors cannot merge with nearby cells, but malignant tumors can spread to other tissues or organs, called metastasis. The malignant process of cancer cells is a closed and complex multi-stage program in which various factors (carcinogens) play a role (1). In 2012, 14.1 million new cancer events were

attributed to being in contact with carcinogenic factors. The prevalence of GC in males has been greater than in females. (79.5%) GC patients were male. These results are similar to studies in India (18), Iran (20), and Pakistan (19). In India (68.4%), in Iran (74.5%), and in Pakistan (53.52%) male patients have GC. But in Indonesia (56%) female patients are GC. This difference is also due to the risk of GC factors (3). The prevalence of GC in different races also varies. The Pashtun race in this study was the highest breed with GC (47.9%), which is similar to studies in Pakistan (19). In a study conducted in Pakistan, the Pashtun breed (48.82%) constitutes GC patients. The reason for this difference is the genetic factors and their population. The prevalence of GC in people with marital status, self-employed, poor economic situation, multiple children, and rural residences has been higher than others. The reason for this difference can be considered socio-economic conditions. Although obesity and overweight are also some of the factors in GC, the majority of patients have GC. Chemotherapy was common in this study (55.6%) in GC patients. These statistics were similar to the study in Iran (61.1%) (20). The reason for this similarity can be the same as the patient's state. Family history is also one of the risk factors for GC. In this study (26.5%), GC patients had a family history of GC, and genetics can be considered as one of the causes of GC. In this study (61.5%), patients were smokers, which is similar to studies in Iran (20), and India (18). In Iran (56.6%), and India (60.12%), GC patients use cigarettes. Smoking is one of the major risk factors for GC. The type of GC is also different in patients, with the most common type of GC in this study being adenocarcinoma, which can be attributed to the difference in the physiological properties of the patient.

CONCLUSION

GC is one of the most common cancers in the world and Asia. New cases of this cancer are increasing annually. This cancer occurs mostly at an early age, and females, the main cause of which is to be exposed to the risk of GC factors. The prevalence of GC factors can be prevented by providing public awareness of the risk factors of GC.

Declaration Of Competing Interest: The authors declare that there is no conflict of interest.

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