

Stomach Cancer

Disease Report

REPORT CATEGORIES —



GUT HEALTH



CANCER

Sample Client

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Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

10 Your recommendations

41 Next Steps

- 41 Your Lab Results
- 42 Your lifestyle assessments

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

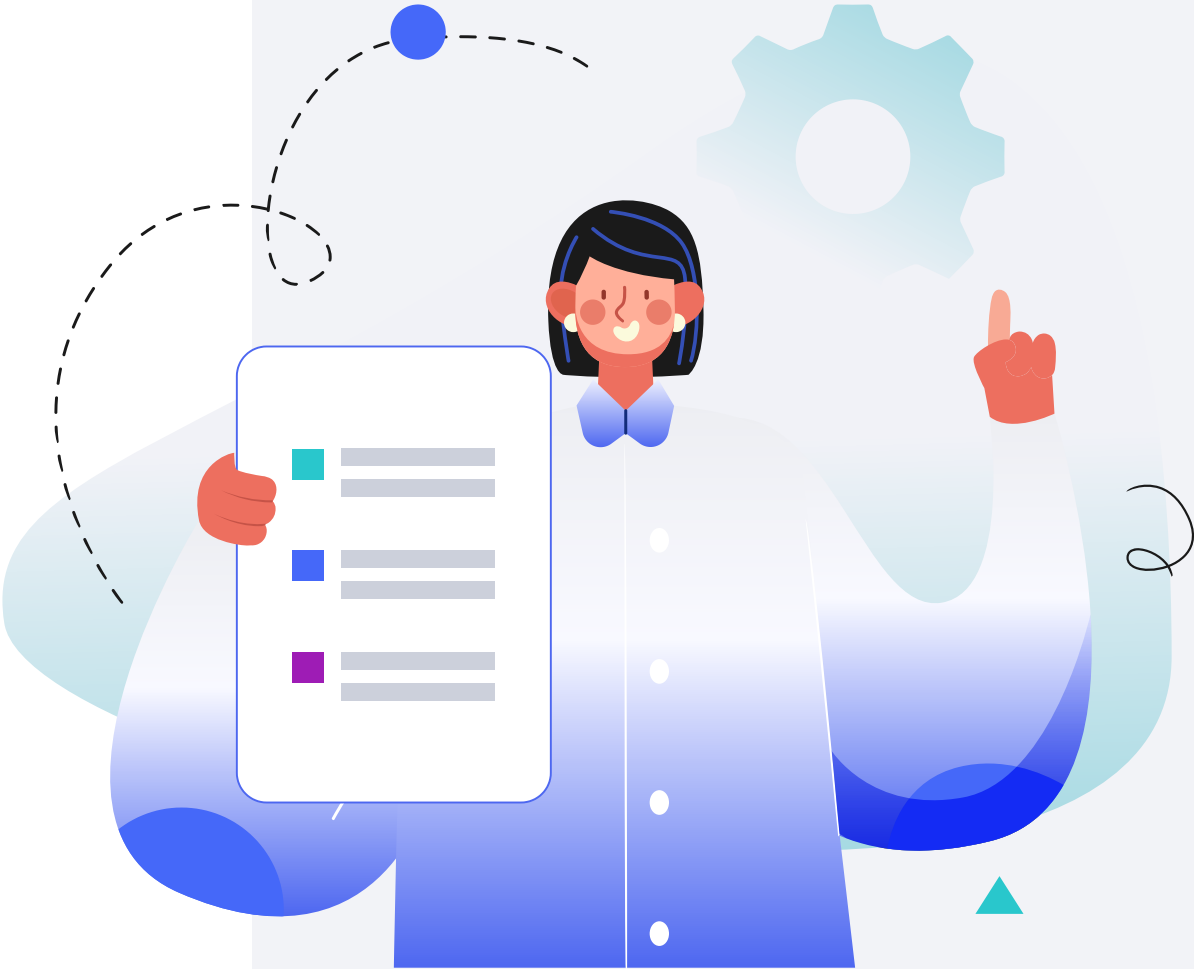
Male

HEIGHT

5ft 5" 165cm

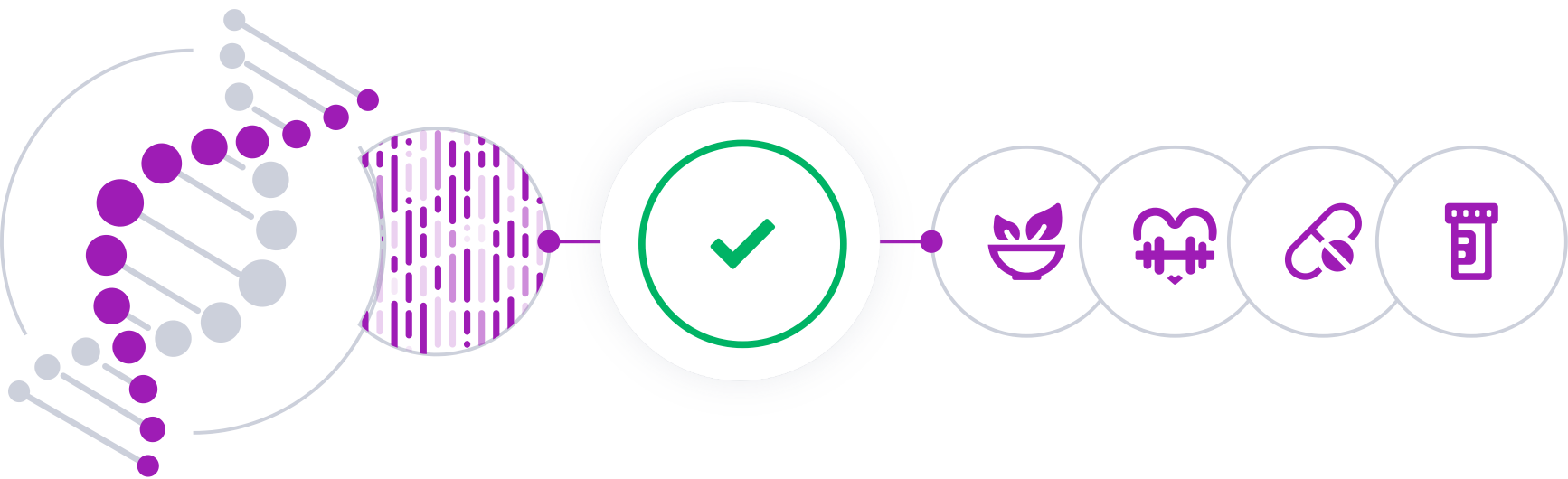
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

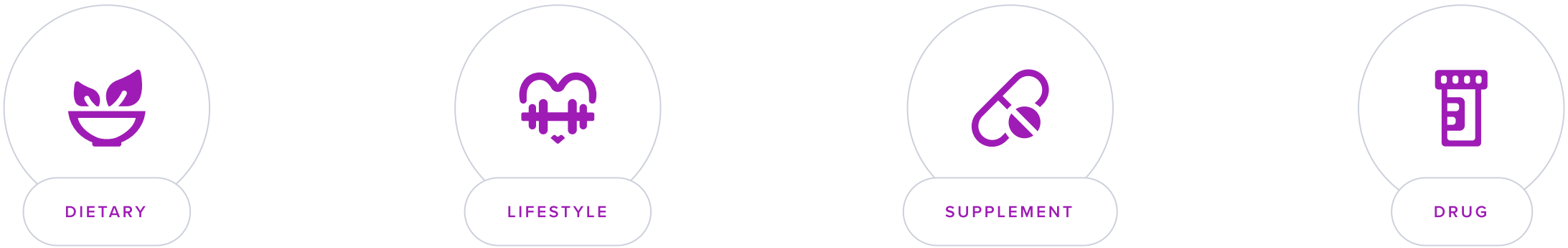
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs. The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Stomach cancer, also known as gastric cancer, is a type of cancer that begins in the lining of the stomach. It often develops slowly over many years and can be difficult to detect in its early stages because symptoms might be vague or mistaken for common digestive issues [\[R\]](#).

When symptoms do appear, they may include [\[R\]](#):

- Persistent indigestion or heartburn
- Feeling bloated after eating
- Nausea and vomiting
- Loss of appetite or feeling full after eating small amounts of food
- Unexplained weight loss
- Fatigue
- Stomach pain or discomfort

Due to the nonspecific nature of these symptoms, they are frequently mistaken for less serious conditions, contributing to the challenge of early detection.

Risk Factors and Treatment

Risk factors for stomach cancer include [\[R\]](#):

- *Helicobacter pylori* infection: This bacterium is a major risk factor for stomach cancer.
- Diet: A diet high in red meat, processed meats, and salty foods may increase the risk of stomach cancer.
- Smoking
- Family history
- Other factors: Certain medical conditions, such as anemia and pernicious anemia, may also increase the risk of stomach cancer.

Treatment depends on the stage of the cancer and the patient's overall health [\[R\]](#):

- Surgery: removing part or all of the stomach, sometimes along with nearby lymph nodes.
- Chemotherapy: uses drugs to kill cancer cells or stop them from growing.
- Radiation therapy: uses high-energy rays to target and kill cancer cells.
- Targeted therapy: drugs that specifically target cancer cells without affecting normal cells.
- Immunotherapy: boosts the body’s immune system to fight cancer cells.

The prognosis for stomach cancer depends on several factors, including the stage at diagnosis, the patient’s overall health, and how well the cancer responds to treatment. Early detection improves the chances of successful treatment.

Please note: This report is not diagnostic and can't be used to make any medical decisions. Most cancers are uncommon and have a strong environmental component. Even if your genetic predisposition is high, you will most likely not develop the disease. This report doesn’t test for hereditary cancer syndromes or ‘cancer genes’. These are usually caused by rare mutations that can’t be analyzed by our test. If you're concerned about your risk of hereditary cancer, consider getting a specialized test at a reference laboratory.



TYPICAL LIKELIHOOD

Typical likelihood of stomach cancer based on 16,655 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
LMNA	rs138554234	GG
OR10C1	rs77454196	CC
VPS35L	rs117430025	GG
THBS3	rs7366775	AG
KIAA2026	rs343471	TT
LYPD2	rs10105842	CC
HLA-A	rs28749114	AA
CLPTM1L	rs2853669	AA
ZSCAN26	rs2799081	TT
SMARCA2	rs10491697	AA
KCNU1	rs11775036	CT
BRMS1L	rs11851309	CT
ANKEF1	rs6039695	AG
SNX13	rs11560253	GA
IRF2	rs793885	TC
MICA	rs3128983	TC
IRAK2	rs2544001	TT
NOC3L	rs10509670	AA
PRKAA1	rs10074991	AA
SPRY2	rs61291112	CC
CCDC32	rs999197	CC
C7	rs2675982	CC
PTGER4	rs114080964	GG
H2BC12	rs9461366	GG
ZSCAN9	rs16893741	TT
ANKRD50	rs11937064	AA
LRIG3	rs11172733	TT
UNC5CL	rs9381024	GG
ZFP36L2	rs12471190	TT
TUBB	rs2267637	CC
/	rs10202299	CC
ZNF248	rs2475206	AA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Tomato	2	Garlic
3	Tea	4	Avoid Chili Peppers
5	Mediterranean Diet	6	Avoid Asbestos
7	Spinach	8	Methylfolate400 mcg
9	Dietary Selenium	10	Cabbage
11	Cruciferous Vegetables	12	Vitamin C2000 mg
13	Avoid Beta-Carotene Supplements	14	Papaya500 mg
15	Turkey Tail Mushroom1000 mg	16	Scallions
17	Mung Bean10 g	18	Vitamin B12100 mcg
19	Dietary Riboflavin (Vitamin B2)	20	Riboflavin (Vitamin B2)25 mg
21	Grapes	22	Exercise At Least One Hour a Day1 hour
23	Avoid Aflatoxins	24	Turmeric
25	Maintain Optimal Vitamin D Levels1000 iu	26	Probiotic Yogurt
27	Green Tea Extract250 mg	28	Broccoli
29	Fruits	30	Vegetables
31	Sulforaphane30 mg	32	Good Oral Hygiene2 minutes

33	Whole Grains	
34	Curcumin	500 mg
35	Anti-Inflammatory Diet	
36	Green Tea	400 mg
37	Broccoli Sprouts	2 tbsp

1



Tomato

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Incorporate fresh or cooked tomatoes into your daily diet. This can be achieved by adding them to salads, sandwiches, pastas, and sauces or simply eating them on their own. Aim for at least one serving (approximately 1 medium-sized tomato or 1/2 cup of chopped or cooked tomatoes) per day.

Description

Tomatoes are a fruit grown widely in numerous varieties, and are rich in vitamins C and K, as well as the antioxidant lycopene, which may contribute to heart health and protect against certain chronic diseases when incorporated into a balanced diet.

Tomato (*Solanum lycopersicum*) is a fruit originally from the Andes in South America. It is usually consumed as a vegetable in juices, sauces, or fresh. Tomato is an important source of [R]:

- [Vitamin C](#)
- Potassium
- Antioxidants (e.g., [lycopene](#))
- Vitamin B9 ([folate](#))

Tomato is traditionally used for [R, R]:

- High cholesterol
- High blood pressure

How it helps

High tomato product consumption was linked to reduced gastric cancer risk (OR 0.73, 95% CI 0.60-0.90) in a pooled analysis of 21 studies [R].

Tomato and lycopene intake are linked to a lower risk of various health issues, including mortality, cancer, and heart disease. Evidence quality is generally low, but they seem safe and beneficial [R].

2



Garlic

IMPACT

3 / 5

EVIDENCE

4 / 5

How to implement

Incorporate 1-2 cloves of raw garlic into your meals daily. This can be achieved by finely chopping or crushing the garlic and letting it sit for a few minutes before adding it to your dishes to maximize its health benefits.

Description

Garlic is a popular herb known for its potential cardiovascular benefits, including lowering blood pressure and cholesterol levels. It also possesses antimicrobial properties and may support immune function.

[Garlic](#) is a vegetable often used to flavor food. It’s been a part of traditional medicine for thousands of years [\[R\]](#).

Today, people take garlic to help control their blood pressure and cholesterol [\[R\]](#).

How it helps

People with a high garlic intake may have a halved risk of stomach cancer, while a moderate intake may reduce the risk by 30%. The risk may decrease by 9% for every 20-g/day increment in garlic intake [\[R, R, R, R, R\]](#).

Garlic may help by inhibiting the growth of cancer cells, inducing apoptosis (cell death) in gastric cancer cells, and providing a protective effect against the development of gastric cancer.

3



Tea

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Drink 1-3 cups of tea daily, choosing from green, black, or herbal varieties according to preference. It's beneficial to consume tea throughout the day, either hot or cold, for ongoing hydration and health benefits.

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to polyphenols and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R, R\]](#).

Tea contains many active compounds. These include antioxidants like EGCG and amino acids like [L-theanine](#). Active components of tea help support [\[R, R, R, R, R, R\]](#):

- Heart health
- Cognition
- Immunity
- Relaxation

How it helps

An [umbrella review of 64 studies](#) identified stomach cancer among those whose **risk is reduced by tea intake** [\[R\]](#).

A [meta-analysis of 22 studies](#) found regular intake of **at least 3 cups/day reduces the risk of stomach cancer by 9%. Stronger effects were found in China and Japan (where they drink green tea), people with H. pylori infection, and for gastric cardia cancer** [\[R\]](#).

Green tea **reduces the risk of stomach cancer by ~15%** according to a [meta-analysis of 13 studies](#). The effects are **stronger in people drinking more than 6 cups/day or drinking it for over 25 years, but drinking it very hot greatly increases the risk** [\[R\]](#).

4



Avoid Chili Peppers

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Eliminate chili peppers and any foods containing chili peppers from your diet. This includes avoiding both fresh, dried, and powdered forms of chili in cooking and prepared foods. Check ingredient labels on packaged foods to ensure they do not contain chili.

Description

While chili peppers can add flavor and heat to dishes, avoiding excessive consumption can help prevent digestive discomfort and heartburn. Moderation in consumption may allow individuals to enjoy their culinary benefits without experiencing negative side effects.

How it helps

A high dietary intake of chili or its component capsaicin may increase the risk of stomach cancer by 50-100%. Studies carried out in Latin America found a more negative impact [\[R\]](#), [\[R\]](#), [\[R\]](#).

5



Mediterranean Diet

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

High adherence to a Mediterranean diet may reduce the risk of stomach cancer, especially in men [\[R, R, R, R\]](#).

This diet is rich in anti-inflammatory and antioxidant components that can help protect against cancer development.

6



Avoid Asbestos

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Check for the presence of asbestos in materials in old buildings, especially those built before the 1980s, before doing any renovations or demolitions. Avoid disturbing materials that might contain asbestos, such as insulation, tiles, and roofing. If asbestos needs to be removed, hire professionals who specialize in asbestos abatement.

Description

Avoiding asbestos exposure is critical to prevent the development of asbestos-related diseases such as mesothelioma and lung cancer. Asbestos is a known carcinogen found in some construction materials and should be handled with extreme care or avoided altogether.

How it helps

A meta-analysis of 32 studies found a 1.19-fold increased risk of stomach cancer mortality in workers exposed to crocidolite, particularly among male miners in Europe and Oceania [R].

This study analyzed 40 mortality cohort studies from 37 papers and 15 cancer incidence cohorts from 14 papers. It found a 1.15 meta-SMR for stomach cancer, with significant variations across regions and occupations. The findings confirm asbestos exposure's moderate association with stomach cancer, aligning with IARC's conclusion [R].

7



Spinach

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Incorporate one cup of fresh spinach or half a cup of cooked spinach into your daily diet. You can add spinach to salads, smoothies, omelets, or pastas to easily increase your intake.

Description

Spinach is a leafy green vegetable packed with essential nutrients, including vitamins A and K, iron, and folate. Incorporating spinach into the diet supports eye health, bone health, and overall nutrition.

Spinach is a good source of molybdenum, folate, calcium, and iron, as well as vitamins A, C, and K1. A ½ cup serving provides 8 mcg of molybdenum or 18%DV.

How it helps

In Korea, stomach cancer is notably prevalent, with certain dietary habits linked to increased or decreased risk. Frequent consumption of broiled meats, fish, and salty foods, including salted side dishes and soybean paste stews, is associated with a higher risk. Conversely, foods like mung bean pancakes, tofu, cabbage, spinach, sesame oil, green vegetables, and soybean products, as well as ginseng intake, are linked to a reduced risk. Cooking methods also influence risk levels, with pan frying associated with a lower risk than stewing or broiling [R].

8



Methylfolate

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Take an L-methyl folate supplement (400-800 micrograms daily), ideally with a meal, to improve absorption. This dosage is recommended for adults, including pregnant women, to support overall health, especially to reduce the risk of neural tube defects in developing fetuses. Continue daily use as part of your regular supplement routine.

TYPICAL STARTING DOSE

400 mcg

Description

Folate, a B-vitamin, is crucial for DNA synthesis, cell growth, and the formation of red blood cells. Adequate folate intake supports overall health and reduces the risk of neural tube defects during pregnancy.

Vitamin B9 (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

SelfDecode recommends L-methylfolate as the preferred folate supplement for those who need one. It is superior to folic acid because it doesn't require activation, but the research is still ongoing [\[R\]](#), [\[R\]](#).

How it helps

Higher dietary folate intake was associated with reduced risks of esophageal squamous cell carcinoma, esophageal adenocarcinoma, and pancreatic cancer. MTHFR 677TT genotype increased the risks of several cancers. Folate may influence esophagus, stomach, and pancreas carcinogenesis, but results for gastric cancer were inconsistent [\[R\]](#).

9



Dietary Selenium

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Incorporate selenium-rich foods into your daily diet, such as Brazil nuts, seafood, and organ meats. Eating 1-2 Brazil nuts a day can meet the daily selenium requirement for most adults.

Description

Selenium is a trace mineral found in various foods, including nuts, seeds, and seafood. It is an essential nutrient that plays a crucial role in maintaining the body's antioxidant defenses and supporting thyroid function.

[Selenium](#) supports [\[R\]](#):

- Reproduction
- Thyroid function
- DNA production
- Immune response

Adults should be getting **55 micrograms** of selenium per day. Good sources of selenium include [\[R\]](#):

- Brazil nuts
- Fish
- Meat
- Eggs
- Rice
- Oatmeal

How it helps

A meta-analysis analyzed 69 studies and found that high selenium exposure seemed to protect against cancer overall, and esophageal cancer in particular. Selenium in blood and toenails was associated with cancer prevention, but supplements didn't show the same effect [\[R\]](#).

10



Cabbage

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate fresh cabbage into your diet by adding it to salads, soups, stews, or as a side dish steamed or lightly sautéed. Aim for at least 2-3 servings of cabbage per week, where one serving is approximately one cup chopped or two leaves.

Description

Cabbage is a cruciferous vegetable rich in vitamins, fiber, and antioxidants. It's known for its potential to support digestive health, provide essential nutrients, and contribute to a balanced diet.

Cabbage is a great source of vitamins C and K, with decent amounts of other vitamins and minerals like folate and manganese. A ½ cup serving provides 16 mg of vitamin C or 18%DV.

How it helps

Two meta-analyses (the largest one with 76 studies) associated the intake of cabbage and other cruciferous vegetables with a decreased risk of stomach cancer, particularly for non-cardia gastric cancer [\[R\]](#), [\[R\]](#).

11



Cruciferous Vegetables

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate a serving of cruciferous vegetables, such as broccoli, cauliflower, Brussels sprouts, kale, or cabbage, into at least one meal each day. A serving size is about a half cup cooked or one cup raw. Try to maintain this habit consistently over time for the best health outcomes.

Description

Cruciferous vegetables like broccoli, cauliflower, and kale are rich in vitamins, fiber, and antioxidants. Including them in your diet can promote overall health and may offer cancer-protective properties.

Cruciferous vegetables are a group of vegetables that belong to the Brassicaceae family. They are rich in fiber, vitamins, minerals, and other nutrients.

Some common cruciferous vegetables include broccoli, cauliflower, cabbage, kale, and brussels sprouts.

How it helps

Two meta-analyses (the largest one with 76 studies) associated the intake of cruciferous vegetables with a decreased risk of stomach cancer, particularly for non-cardia gastric cancer [\[R\]](#), [\[R\]](#).

12



Vitamin C

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

A study found that higher plasma vitamin C levels were associated with a 14% lower risk of gastric adenocarcinoma (GA), but no association with esophageal squamous cell carcinoma (ESCC). Meta-analysis supported reduced GA risk with higher vitamin C levels [\[R\]](#).

A meta-analysis showed that overall vitamin intake was linked to a lower risk of gastric cancer, especially with doses below the tolerable upper intake limit (UL). Dose-response analysis revealed significant risk reduction with vitamin A, C, and E intake [\[R\]](#).

An analysis of 40 articles found that higher dietary intake of vitamin C, vitamin E, β -carotene, and α -carotene was inversely associated with gastric cancer risk. Dose-response analysis showed risk reduction with increased intake of vitamins C, E, and β -carotene [\[R\]](#).

A study with 76 cohort studies involving over 6 million participants found that total fruit and white vegetable consumption were inversely associated with gastric cancer risk. High-salt foods and alcohol, especially beer and liquor, were positively linked to gastric cancer risk. Fruit consumption showed protective effects [\[R\]](#).

Please note: *Supplementing with vitamin C is linked to a slightly higher risk of kidney stones in men. Talk to your doctor before taking vitamin C* [\[R\]](#), [\[R\]](#).

13



Avoid Beta-Carotene Supplements

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Do not purchase or consume supplements that list beta-carotene as an ingredient. This includes checking the labels of multivitamins and other health supplements to ensure they are free of beta-carotene.

Description

Avoiding high-dose beta-carotene supplements is advisable, as excessive intake may increase the risk of certain health issues, including lung cancer in smokers. Getting beta-carotene from dietary sources like fruits and vegetables is a safer way to support overall health.

How it helps

Genetically higher beta-carotene levels may have impacts on stomach cancer incidence [\[R, R\]](#).

However, supplementation with high doses (20-30 mg/day) may increase the risk of stomach cancer in smokers and asbestos workers [\[R\]](#).

14



Papaya

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 500 mg of papaya extract daily for at least one month to observe potential health benefits. If using powdered form, it can be mixed with water or juice for easier consumption.

TYPICAL STARTING DOSE

500 mg

Description

Papaya is a tropical fruit native to Central America and Mexico that is rich in vitamins A and C, folate, and dietary fiber. It has a long history in traditional medicines as a digestive aid and promoting skin health. Papaya's extract, papain, is used as a dietary supplement for digestive support.

Papaya is a tropical orange fruit. It originates from Central America, but today it's most widely grown in India.

People enjoy the great taste of papaya. It's also rich in healthy nutrients that may support the immune system.

How it helps

In a non-placebo-controlled trial of 60 patients with atrophic gastritis and intestinal metaplasia, supplementation with a fermented papaya preparation (6 g/day for 6 months) reduced oxidative stress, possibly helping prevent stomach cancer [\[R\]](#).

15



Turkey Tail Mushroom

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a turkey tail mushroom supplement in capsule or powder form, usually ranging between 1,000 to 3,000 mg per day. Divide this dosage into two to three separate doses to be taken with meals throughout the day. Continue this regimen daily for immune support or as directed by a healthcare provider.

TYPICAL STARTING DOSE
1000 mg

Description

Turkey tail mushrooms (*Trametes versicolor*) are a type of mushroom that grows on decaying wood in various parts of the world. They are valued for their potential health benefits due to the presence of compounds like polysaccharopeptide (PSP) and polysaccharide-K (PSK), which have been studied for their immune-boosting properties and potential use in supporting cancer treatment.

How it helps

A systematic review and meta-analysis of 13 clinical trials found Yun Zhi to significantly improve survival in cancer patients compared to standard treatment alone, particularly in breast, gastric, and colorectal carcinomas [\[R\]](#).

A retrospective analysis had shown continuous UFT chemotherapy effective for poorly differentiated gastric cancer. A prospective study confirmed that 12 mg/kg UFT dose postoperatively improved outcomes without added toxicity, benefiting patients [\[R\]](#).

16



Scallions

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Scallions are a good source of vitamins A, C, and K, as well as folate and potassium. They also contain sulfur compounds that have been shown to have anti-inflammatory and antioxidant properties. Scallions may help to boost the immune system, protect against cancer, and improve heart health.

How it helps

A meta-analysis of studies from 1966 to 2010 on Allium vegetable consumption, involving over half a million subjects, found that high intake significantly reduced the risk of gastric cancer. The protective effect was consistent across various Allium types, though more research is needed to confirm these findings due to potential confounders [\[R\]](#).

17



Mung Bean

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume 10 to 15 grams of mung bean powder daily, mixed into water, smoothies, or soups. Continue this supplementation for at least 2 to 3 weeks to potentially see benefits.

TYPICAL STARTING DOSE

10 g

Description

Mung bean is an Indian legume commonly used in cooking. They are a source of plant-based protein and fiber and can be part of a nutritious diet.

How it helps

A case-control study identified mung beans among the foods whose consumption reduces the risk of stomach cancer [\[R\]](#).

18



Vitamin B12

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a 50 mcg vitamin B12 supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

100 mcg

Description

Vitamin B12 is a water-soluble vitamin primarily found in animal-based foods like meat, fish, and dairy products. It plays a crucial role in maintaining healthy nerve cells, DNA synthesis, and red blood cell formation. Vitamin B12 deficiency can lead to anemia, neurological issues, and fatigue.

[Vitamin B12](#) is important for [\[R\]](#), [\[R\]](#):

- Building DNA
- Nervous system function
- Energy production

You can get vitamin B12 from [\[R\]](#):

- Animal products (meat, fish, eggs, and dairy)
- Fortified foods
- Supplements

Adults should be getting **2.4 micrograms** of vitamin B12 every day [\[R\]](#).

How it helps

High vitamin B12 intake may increase survival more in stomach cancer patients with certain gene variants [\[R\]](#).

 PERSONALIZED TO YOUR GENES

High vitamin B12 intake may increase survival more in stomach cancer patients with your [MTHFR](#) gene variant [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
MTHFR	rs1801133	AA	

19



Dietary Riboflavin (Vitamin B2)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Include riboflavin-rich foods in your daily diet, such as milk, cheese, eggs, lean meats, green leafy vegetables (like spinach), almonds, and fortified cereals. Aim for an intake of 1.1 to 1.3 mg of riboflavin per day for adults, as recommended by dietary guidelines.

Description

Riboflavin, also known as vitamin B2, is important for energy metabolism and maintaining healthy skin and eyes. It plays a role in various enzymatic processes in the body.

Vitamin B2 helps our cells create energy. It’s also known as *riboflavin* [R, R].

This vitamin is important for [R, R]:

- Brain, liver, and gut health
- Building red blood cells

Riboflavin deficiency is rare in the US. People with gut, eating, or hormonal disorders may be at a higher risk. Alcohol abuse and certain medications can also deplete this vitamin [R, R].

How it helps

Low riboflavin intake may increase the risk of stomach cancer more in people with your *MTRR* gene variant [R].

 PERSONALIZED TO YOUR GENES

Low riboflavin intake may increase the risk of stomach cancer more in people with your *MTRR* gene variant [R].

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
MTRR	rs1532268	CT	

20

Riboflavin (Vitamin B2)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a riboflavin (vitamin B2) supplement daily, with a dose ranging from 5mg to 400mg, depending on the specific health concern or advice from a healthcare provider. Swallow the supplement with water, preferably with a meal to enhance absorption. This regimen can be continued long-term or as directed by a healthcare professional.

TYPICAL STARTING DOSE

25 mg

Description

Riboflavin is a water-soluble B vitamin found in various foods like dairy products, leafy greens, and lean meats. It plays a crucial role in energy production, metabolism, building red blood cells, and maintaining healthy skin and eyes.

[Vitamin B2](#) helps our cells create energy. It's also known as riboflavin [\[R\]](#), [\[R\]](#).

This vitamin is important for [\[R\]](#), [\[R\]](#):

- Brain, liver, and gut health
- Building red blood cells

Riboflavin deficiency is rare in the US. People with gut, eating, or hormonal disorders may be at a higher risk. Alcohol abuse and certain medications can also deplete this vitamin [\[R\]](#), [\[R\]](#).

Good sources of riboflavin include [\[R\]](#), [\[R\]](#):

- Eggs
- Dairy
- Lean and organ meats
- Green vegetables
- Fortified cereals

How it helps

Low riboflavin intake may increase the risk of stomach cancer more in people with your [MTRR](#) gene variant [\[R\]](#).

PERSONALIZED TO YOUR GENES

Low riboflavin intake may increase the risk of stomach cancer more in people with your [MTRR](#) gene variant [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
MTRR	rs1532268	CT	

21



Grapes

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a serving of grapes, which is about 32 seedless grapes or approximately 1 cup, into your daily diet. You can eat them as a snack, add them to salads, or blend them into smoothies. Do this consistently for a period of at least 3 months to observe potential health benefits.

Description

Grapes are a nutrient-dense fruit rich in vitamins, fiber, and antioxidants like resveratrol. Regular consumption of grapes is associated with potential benefits for heart health, skin health, and overall well-being.

How it helps

A randomized controlled trial with 40 subjects found that daily grape consumption for 21 days altered circulating miRNA levels in healthy individuals. Notably, 18 miRNAs were down-regulated, and 2 were up-regulated, potentially influencing cancer-related pathways [\[R\]](#).

22



Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular physical activity helps maintain a healthy weight and can reduce inflammation in the body. Exercise has been shown to lower the risk of developing several types of cancer, including stomach cancer, by improving overall health and immune function.

23



Avoid Aflatoxins

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Store grains and nuts in a dry, cool place to prevent mold growth. Check for moldy smells or discoloration in foods before eating, especially in peanuts, corn, and grains. Avoid purchasing damaged or discolored grains and nuts.

Description

Aflatoxins are toxic substances produced by molds that can contaminate various food products, particularly nuts and grains. Avoiding foods contaminated with aflatoxins is crucial to prevent potential health risks, including liver damage and cancer.

How it helps

Aflatoxins are toxic substances produced by certain molds found on agricultural crops. Long-term exposure to high levels of aflatoxins can damage the liver and may lead to cancer, including stomach cancer. Avoiding foods contaminated with aflatoxins can reduce the risk.

24



Turmeric

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 500-1000 mg of turmeric into your daily diet, either by adding ground turmeric spice to your food, such as in curries, soups, and smoothies, or by taking a dietary turmeric supplement. This should be done daily for at least 8 weeks to observe potential health benefits.

Description

Turmeric is a bright yellow spice derived from the root of the *Curcuma longa* plant. It contains curcumin, a potent antioxidant and anti-inflammatory compound. Turmeric is used for various health conditions, including reducing inflammation, alleviating joint pain, and supporting digestive health.

How it helps

Turmeric contains curcumin, a compound that has anti-inflammatory and anticancer properties. Some studies suggest that it may help prevent the development of gastric cancer by fighting inflammation and protecting against the damage that leads to cancer.

25



Maintain Optimal Vitamin D Levels

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R, R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Vitamin D is important for immune function and cell growth regulation. Research has shown that higher levels of vitamin D may be linked to a lower risk of developing stomach cancer and can help in modulating the immune response against cancer cells.

26



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt contains beneficial bacteria that can improve gut health and immune function, which may help in reducing the risk of stomach cancer.

27



Green Tea Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help prevent [oxidative stress](#) [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [\[R\]](#).

How it helps

Green tea extract contains polyphenols like EGCG, which can inhibit cancer cell growth and induce apoptosis (cell death) in cancer cells.

28



Broccoli

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least one cup of chopped broccoli, either steamed or raw, into your daily diet. This can be as part of a meal or snack. Continue this practice daily for ongoing health benefits.

Description

Broccoli and broccoli sprouts are nutrient-dense vegetables packed with vitamins, minerals, and antioxidants. They are known for their potential to support a healthy immune system, protect against chronic diseases, and promote overall nutritional wellness.

Broccoli is high in vitamin K and C, as well as a number of other vitamins and minerals, and antioxidants like quercetin. A ½ cup serving provides 110 mcg of vitamin K or 92%DV.

How it helps

Broccoli contains sulforaphane, a compound known for its anti-cancer properties. Studies suggest that sulforaphane can inhibit the growth of gastric cancer cells and may also protect against the development of stomach cancer by targeting and killing cancerous cells without harming normal cells.

29



Fruits

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least two servings of fresh, frozen, or canned fruits into your daily diet, aiming for a variety of colors and types to ensure a broad intake of vitamins, minerals, and antioxidants. One serving is equivalent to one medium-sized fruit, such as an apple or banana, or one-half cup of chopped fruit.

Description

Fruits are rich in vitamins, minerals, fiber, and antioxidants, making them essential for a balanced diet. Regular fruit consumption is associated with various health benefits, including better heart health, improved digestion, and reduced risk of chronic diseases.

Fruits are tasty and healthy foods high in vitamins, minerals, and antioxidants. They help reduce inflammation and support health in different ways.

Common examples include:

- Apples
- Oranges
- Bananas
- Grapes
- Watermelons

How it helps

Fruits are rich in vitamins, minerals, and antioxidants, which can help protect against stomach cancer. Regular consumption of fruits may lower the risk of developing this type of cancer by reducing inflammation and preventing DNA damage in stomach cells.

30



Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 2-3 cups of various vegetables into your daily diet, ensuring a mix of colors like greens, reds, and yellows to maximize nutrient intake. Aim to include vegetables in most meals, either as a side, part of the main dish, or snacks.

Description

Vegetables are edible parts of plants that offer various health benefits due to their rich nutrient content, including vitamins, minerals, fiber, and antioxidants. They are essential components of a balanced diet and contribute to overall health, supporting various bodily functions.

How it helps

Eating a variety of vegetables provides essential nutrients and antioxidants that can reduce the risk of stomach cancer. These foods are high in vitamins, minerals, and fiber which support overall digestive health and may help protect against cancer development.

31



Sulforaphane

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a sulforaphane supplement, typically available in capsule form, with a dosage ranging from 30 to 60 milligrams per day. It is generally taken once daily, with or without food, according to the product's label instructions or a healthcare provider's advice. Continue this regimen daily for as long as you seek its benefits, but consult a healthcare provider for long-term use guidance.

TYPICAL STARTING DOSE

30 mg

Description

Sulforaphane is a natural compound found in cruciferous vegetables like broccoli and cauliflower. It is known for its potent antioxidant and anti-inflammatory properties, potentially offering protective effects against chronic diseases and promoting overall health.

How it helps

Sulforaphane is a compound found in cruciferous vegetables like broccoli. Research indicates that it can inhibit the growth of cancer cells and induce apoptosis (programmed cell death) in stomach cancer cells due to its antioxidant and anti-inflammatory properties.

32



Good Oral Hygiene

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Brush your teeth at least twice a day for two minutes each time using fluoride toothpaste. Floss daily to remove plaque from places your toothbrush can't reach and consider using mouthwash. Visit your dentist at least twice a year for professional cleanings and checkups.

TYPICAL STARTING DOSE

2 minutes

Description

Good oral hygiene, which includes regular brushing, flossing, and dental check-ups, is crucial for preventing tooth decay, gum disease, and maintaining overall oral health. A healthy mouth contributes to overall well-being and can prevent dental issues that may impact systemic health.

Oral hygiene refers to practices that keep the mouth healthy. Good habits include [R](#), [R](#):

- Gently brushing the teeth and tongue for two minutes, at least twice a day
- Flossing daily
- Using a toothpaste with fluoride and a soft toothbrush
- Replacing a worn toothbrush at least every 3 months

To help maintain good oral hygiene, it is also important to regularly see dental professionals. They can help prevent and address issues with your teeth and gums.

How it helps

Certain bacteria that thrive in the mouth due to poor oral hygiene can migrate to the stomach, leading to infections and inflammation associated with an increased risk of gastric cancer. Keeping good oral hygiene reduces the presence of these harmful bacteria.

33



Whole Grains

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don't tend to spike blood sugar like refined grains do.

How it helps

Whole grains are a good source of fiber, which has been associated with a reduced risk of gastric cancer. Fiber helps in digestive health and may contribute to the removal of carcinogens from the gastrointestinal tract.

34



Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE
500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Curcumin, a component of turmeric, has strong anti-inflammatory and antioxidant properties. It has been shown in some studies to inhibit the growth of cancer cells, including those in the stomach, and may enhance the effectiveness of chemotherapy.

35



Anti-Inflammatory Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in omega-3 fatty acids, such as salmon and flaxseeds, fruits, vegetables, nuts, and whole grains into your daily meals. Avoid processed foods, red meats, and refined sugars. Aim for a balanced diet consisting mostly of plant-based foods and lean protein sources, adjusting portions sizes to meet your individual nutritional needs and health goals.

Description

An anti-inflammatory diet focuses on reducing inflammation in the body by emphasizing foods rich in anti-inflammatory compounds, such as fruits, vegetables, fatty fish, nuts, and seeds, while minimizing processed foods and those high in added sugars and trans fats.

Anti-inflammatory diets use healthy foods to reduce inflammation. These diets are generally high in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Colorful fruits and vegetables
- Nuts and seeds
- Fish
- Olive oil
- Tea

They also tend to restrict [\[R\]](#), [\[R\]](#):

- Processed food
- Sugar and refined carbs
- Red meat

The [Mediterranean diet](#) and the DASH diet are good examples of anti-inflammatory diets [\[R\]](#), [\[R\]](#).

How it helps

An anti-inflammatory diet includes foods rich in antioxidants and nutrients that can help reduce chronic inflammation, which is linked to cancer development. This diet emphasizes vegetables, fruits, whole grains, and lean proteins.

36



Green Tea

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R, R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R, R, R, R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

Green tea is rich in polyphenols, especially epigallocatechin gallate (EGCG), which have been shown to have anti-cancer effects. Research indicates that the antioxidant properties of EGCG can help prevent the development of gastric cancer by reducing inflammation and preventing the growth of cancer cells.

37



Broccoli Sprouts

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 2-4 tablespoons of fresh broccoli sprouts daily. They can be added to salads, sandwiches, or smoothies to make them easier to consume. Continue this practice daily for at least 3 months to potentially see benefits.

TYPICAL STARTING DOSE

2 tbsp

Description

Broccoli and broccoli sprouts are nutrient-dense vegetables packed with vitamins, minerals, and antioxidants. They are known for their potential to support a healthy immune system, protect against chronic diseases, and promote overall nutritional wellness.

How it helps

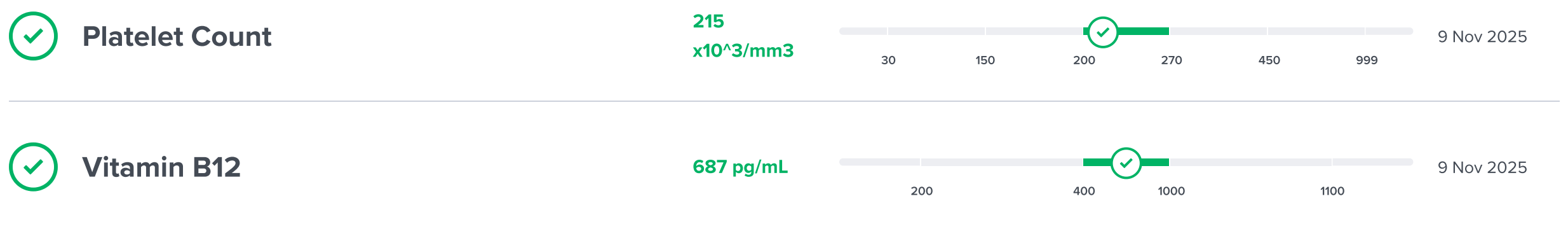
Broccoli sprouts contain sulforaphane, a compound that has been shown to inhibit the growth of cancer cells and enhance detoxification mechanisms. Sulforaphane is known for its potential anti-cancer properties.

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.



Your Lifestyle Assessments

Ever heard of the term Nature vs. Nurture?

The thing is, both DNA and environment play a role in determining your health risks. The following assessments shows how much of an impact your lifestyle, environment and medical history are having on your health risks.

LIFESTYLE

You have a **slightly reduced risk** of stomach cancer based on the answers you provided.

Your Lifestyle Risk

Low

Decreased

Average

Increased

High

Factors impacting your risk:

Do you ever add salt to your meal after it has been prepared and seasoned?	Increasing Risk	!
Almost always		
Have you ever been diagnosed with H. pylori infection?	Increasing Risk	!
Yes, but it has not been fully treated		
Do you smoke tobacco?	Decreasing Risk	✓
No, never		
How much alcohol do you drink on a typical day? Calculate your alcohol consumption in units here	Decreasing Risk	✓
0 units		
Do you regularly eat 5 or more servings of fruit or vegetables a day?	Decreasing Risk	✓
Yes		
What is your blood type?	Decreasing Risk	✓
AB		
Do you have a parent or sibling who has ever been diagnosed with stomach cancer?	Decreasing Risk	✓
No		
Your BMI:	Decreasing Risk	✓
22.77		
What is your height?	No impact	−
165 cm		
What is your current weight?	No impact	−
62.0 kg		