

Soundbite Script – A punch in the gut

Katie Nagel, oncology nurse navigator, OSF HealthCare

“Unfortunately, with stomach cancer, you don't see symptoms when it's early. But as it starts to progress, you might see some symptoms that include nausea, vomiting, you feel full quicker than you usually do, fatigue. You might notice blood in your stool. It's important to know that most of the time those don't mean cancer, but it's important to let your doctor know if those persist.” (:24)

Katie Nagel, oncology nurse navigator, OSF HealthCare

“A lot of risk factors are ones that we can control. That includes smoking tobacco, heavy alcohol consumption, which is three or more drinks every day. And then a diet high in sodium and a diet high in processed meats. Obesity in general, puts you at higher risk.” (:18)

Katie Nagel, oncology nurse navigator, OSF HealthCare

“Just pay attention to your body. Don't talk yourself out of letting your doctor know if you've noticed a lingering symptom or even anything that might seem small, but that might be the very early start of something that's going to get bigger. Everything is more treatable the earlier we catch it, so just listen to your body, and talk to your doctor.” (:20)

Katie Nagel, oncology nurse navigator, OSF HealthCare

“That is also drawing awareness to the issue, and I think makes people feel less alone. I'm not the only person in the world that has this, other people are going through something similar and makes you feel a little bit better, a little less alone.” (:17)