



## OMENECTOMY

### *Information for cancer survivors living without an omentum*

Definition: Omentectomy - the removal of the omentum.

Why is it removed? The Omentum is part of the lymphatic system and the immune system. As part of the immune system it can collect cancer cells; it is often removed as part of cancer staging surgery. Some studies demonstrate an increased survival rate when the omentum is removed.

FYI: Many individuals experience no ramifications living without an omentum. Some individuals experience post-surgery symptoms that might be at least partially related to the removal of their omentum.

Symptoms to watch for:

- Uncomfortable sense of fullness several hours after eating
- Abdominal pain
- Bloating (gaseous)
- Abdominal distension ("4-months pregnant look")
- Passing excessive gas
- Diarrhea and/or loose stools
- Three or more bowel movements per day
- Urgent need to have a bowel movement
- Sensation of not completely emptying the bowels

If you experience any of the symptoms listed, above, consider making an appointment with one or more medical professionals:

- Primary Care Physician and/or Functional Medicine Practitioner
- Certified Lymphedema Specialist
- Pelvic Floor Therapist

Resources available from The Omentum Project

1. Closed Facebook Group: "Living Without an Omentum"
2. Blog posts on The Omentum Project web page: <https://www.theomentumproject.org/>
3. Online tutorial with video presentations about the omentum, the lymphatic system, and strategies that might help improve symptoms: <https://www.theomentumproject.org/tutorial>
4. Articles about the omentum: <https://www.theomentumproject.org/articles>



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