

Information on
**Uterine/Endometrial Cancer
for Women of African Descent**



DEDICATED EXPERIENCED SUPPORT

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ABOUT UTERINE CANCER

Uterine cancer includes two main types of cancer:

- **Endometrial Cancer** is cancer that arises in the lining of the uterus (or endometrium). More than 90% of all uterine cancer cases are endometrial cancer. Due to this high percentage, the names “uterine cancer” and “endometrial cancer” are often used interchangeably.
- **Uterine Sarcoma**, a much rarer form of uterine cancer, is cancer that forms in the muscles of the uterus or other tissues that support the uterus. Uterine sarcoma is more aggressive and harder to treat than endometrial cancer.

DID YOU KNOW?

- Uterine cancer is the most common type of gynecologic cancer and the fourth most common cancer for women in the United States.
- Women of African descent are more often diagnosed with advanced uterine cancer which may affect their chance of survival.

UTERINE CANCER SYMPTOMS



- Vaginal bleeding, spotting, or brownish discharge *after menopause*
- Irregular or heavy bleeding *in younger women*
- Pelvic pain or pressure



- **Symptoms common in later stages:**
 - Feeling a mass in the pelvis
 - Losing weight without trying



- **Less common symptoms:**
 - Difficult or painful urination
 - Pain during intercourse

Although these symptoms can be caused by factors other than cancer, it's important to be evaluated by a gynecologist who may recommend additional testing. The diagnosis of uterine cancer often relies on obtaining a tissue sample through a surgical procedure called a biopsy.

CANCER MYTHS

Myth: *Endometriosis is a risk factor for endometrial/uterine cancer.*

FACT: Endometriosis does not carry an increased risk for endometrial cancer, despite the similar names.

Myth: *A Pap test will detect uterine cancer.*

FACT: The Pap test only detects cervical cancer and not any other gynecologic cancers.

RISK FACTORS

OBESITY: Obesity can increase uterine cancer risk; uterine cancer is 3 times more common among obese women than those at a healthier weight.

AGE: Uterine cancer risk increases with age.

FAMILY HISTORY: If several family members have/had uterine cancer, your healthcare professional may recommend genetic testing.

GENETICS: Lynch syndrome is a hereditary cancer syndrome that is linked to an increase in uterine cancer. The lifetime risk of developing uterine cancer for women with Lynch syndrome is 40% to 60%.

NUTRITION & DIET: Diets high in fat can increase risk.

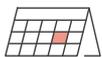
MENSTRUAL HISTORY: Women who begin menstruation before age 12 or reach menopause after age 55 have a higher risk.

REPRODUCTIVE HISTORY: Women who have never been pregnant, or those who cannot get pregnant, are at higher risk.

HORMONE REPLACEMENT THERAPY (HRT): Taking estrogen alone, without progestin, can increase risk.

TAMOXIFEN USE: Tamoxifen, which is often used to treat breast cancer, can slightly increase the risk of developing uterine cancer.

HOW TO BE YOUR OWN BEST ADVOCATE



Visit your gynecologist every year for a check-up



Learn about your family's health history



Maintain a healthy weight and exercise regularly



Know your body, document symptoms as they happen



Call your doctor if you experience postmenopausal bleeding

CALL SHARE
FOR MORE INFORMATION AND RESOURCES

844.ASK.SHARE (844.275.7427)

Uterine Helpline: 844.582.6005

HELPFUL RESOURCES

SHARE Cancer Support

Supporting, educating and empowering women affected by breast, ovarian, and uterine cancer and their caregivers.

sharecancersupport.org

Helpline: 844.ASK.SHARE (844.275.7427)

Uterine Helpline: 844.582.6005

ECANA

**Endometrial Cancer Action
Network for African Americans**

ecanawomen.org

Foundation for Women's Cancer

foundationforwomenscancer.org

Department of Health & Human Services

(public assistance and food stamps)

www.hhs.gov

Medicare and Medicaid

cms.hhs.gov | 877.267.2323

Social Security Disability

ssa.gov/disability | 800.772.1213

Patient Advocate Foundation

patientadvocate.org | 800.532.5274

Meals On Wheels

mowaa.org | 888.998.6325

Cook For Your Life

cookforyourlife.org

Moving For Life

movingforlife.org | 212.222.1351

Cancer + Careers

cancerandcareers.org | 646.929.8032

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