



What to expect during each stage of treatment and beyond

Endometrial Cancer

This information sheet tells you what you can ask for before, during and after your endometrial cancer treatment. You can ask your team for more information and support.

Working with your team means you can make sure you are getting the treatment, information and support that are right for you.

1. Your doctor visit

Your doctor should do a check up to see if they can find what is making you feel unwell. They will ask you about any symptoms you might be having (for example you might have bleeding from your vagina or pain in your pelvis or lower stomach area).

You might have one test or a mix of tests:

Pelvic examination

Your doctor will look at your abdomen and vagina to check for growths or lumps.

Pap test or cervical smear

Your doctor will use an instrument called a speculum to separate the walls of your vagina. They will take a sample of cells from your cervix and vagina. These cells are sent to a laboratory to check under a microscope.

Transvaginal ultrasound

Your doctor inserts a small ultrasound tool in to your vagina. Sound waves are used to make a picture of your uterus. This should be done by a doctor with experience in this type of ultrasound.

Your doctor should work with you to make sure you have the information and help you need. You can ask your doctor about:

- What is happening in your body and why it could be happening
- What will or might happen
- How you are feeling and how to stay emotionally healthy
- Who you can talk to about getting the support you need
- Where you can get more information and support

Your test results should be back in four weeks. Your doctor might send you to get more tests with a specialist. Your specialist is a doctor that is trained in working with women with endometrial cancer. Your doctor should give the specialist information on your health in the past, if someone else in your family has had cancer and your test results.

You can bring a family member or friend to your visits. You can ask your doctor for more information and support to make sure you have what you need.

2. Tests

The specialist might do more tests to see if you have endometrial cancer. This is called a diagnosis. If you do have endometrial cancer, the tests will show how the cancer is growing or if it has spread. This is called staging.

You can ask the specialist:

- What tests you are going to have
- What will happen in the tests
- What the tests will tell you

2. Tests cont'd

You might have one test or a mix of tests:

Transvaginal ultrasound

If you haven't already had one.

Blood tests

The specialist will take a sample of your blood. They will test it to check your body is working well.

You might have other tests. These tests should all be done within two weeks.

You can ask your doctor about finding a cancer peer support group. It can help knowing that there are other women who understand what you are going through.

Your friends and family can talk to a support group for carers.

3. Treatment

Your specialist should work with a team. Your team is made up of people that understand endometrial cancer.

Your team will review your test results. They should ask you what you want and need. You should work together to make the best plan for your treatment.

You can ask your team:

- What treatment you are having
- Why you are having that treatment
- What will happen in that treatment
- What the treatment will do
- When the treatment will start and how long it will take
- Risks and benefits of the treatment
- How you might feel during the treatment, side effects and what you can do to feel as well as possible
- What you can expect after the treatment

Your team might suggest you take part in a clinical trial. A clinical trial is used to test a new treatment, or to see if a treatment works better than another. You can ask for more time, or a second opinion before you decide on your treatment.

Complementary therapies include things like massage, acupuncture and meditation as well as other medicines you might take at the same time as your treatment. Some therapies might not work well with your treatment. Therefore, it is very important to talk to your team about any complementary therapies you are using, or would like to use.

You might have one treatment or a mix of treatments:

Surgery is where the cancer is cut out.

It is the most common treatment for endometrial cancer. Your surgery should be done by a specialist who has experience in endometrial cancer surgery.

Radiation therapy or radiotherapy is where radiation from x-rays is used to kill or damage the cancer.

Brachytherapy is a type of radiation therapy where an implant is put inside your body near the tumour. The implant will give the radiation therapy.

Radiation therapy might be used alone or with surgery.

Chemotherapy or drug therapy is where drugs are used to stop the cancer growing.

It might be used alone or with radiation therapy.

Hormone treatment is where you take drugs to stop your body making certain hormones, or block the way the hormones work in your body. This stops the cancer cells from growing.

It might be used if you are a young woman and you want to have a baby in the future. It can also help with your symptoms.

For more information about treatment and side effects you can ask your doctor or **visit** www.cancer.org.au/about-cancer/treatment

3. Treatment cont'd

Your team should talk to you about your needs before, during and after your treatment. You can ask for information and support at any time to make sure you have everything you need.

Your team can connect you with other services and health professionals to make sure you stay physically and emotionally healthy.

4. After your treatment

You can talk to your team about any changes to your hormones you have after your treatment. Some treatments might mean you go in to early menopause or that your period stops. This might mean that you have side effects. For example you might have night sweats, hot flushes, or not be interested in sex.

There are a lot of ways to make sure you feel healthy and manage your side effects after your treatment. You can work with your team to make sure you can get back to doing what you like as soon as you are ready.

After your treatment is finished, your team should give you a treatment summary. Your treatment summary has all of the information on the treatment you received:

- Tests you had to diagnose your endometrial cancer, and the results of these tests
- Treatment you had, and when you had it
- Support services and other treatment plans you received

- Your team should work with you to make a plan now that your treatment is finished. You and your doctor will have a follow-up plan that includes:
- The follow-up that is best for you
- Plans for managing any side effects of treatment
- How to get help quickly if you think your cancer has come back or got worse

Your doctor should work with you and talk about:

- Finding more information and support to keep physically and emotionally well, and get what you need
- Signs and symptoms to look for that might mean the cancer is coming back
- Prevention and healthy living

Sometimes endometrial cancer can come back after treatment. It is usually found at a follow-up visit, or if you notice any symptoms come back. It is important to have regular check-ups. If you notice anything different go to your doctor. You can ask your doctor for a check-up and for information and support.

5. Living with cancer

Side effects

Some people get side effects during and after their treatment. Side effects are your body responding to the treatment you are having. They are normal, but can make you feel unwell. You might have side effects straight away, not at all, or months after your treatment.

You can talk to your doctor about your side effects or **visit** www.cancervic.org.au/about-cancer/survivors/long-term-side-effects

Advance care plan

Your team might work with you to make an

advance care plan. An advance care plan is a way of setting out your wishes and making sure everyone knows what you want in future medical care.

You can talk to your doctor about making an advance care plan together or **visit** www.advancecareplanning.org.au

Palliative care

Palliative care is used at different stages of your treatment to help you feel well. Palliative care can help with pain relief, to reduce your symptoms and to improve your quality of life.

5. Living with cancer cont'd

You can talk to your doctor about the type of palliative care that is best for you or **visit** www.palliativecare.org.au

Cost

There are costs at every stage of your cancer including treatment, accommodation and travel. You might have costs if you are having treatment in a private health service even if you have private health insurance.

You can talk to your team and your private health insurer if you have questions about the cost of each treatment you might have. You can also talk to the social worker at your hospital.


You can talk to your doctor about the cost of your treatment or **visit** www.canceraustralia.gov.au/affected-cancer/living-cancer/dealing-practical-aspects-cancer/costs-treatment

You can talk to your doctor about the cost of accommodation and travel or **visit** www.cancercouncil.com.au/get-support/practical-support-services

There are a lot of things to think about when you have endometrial cancer. There is also a lot of information and support. It is important that you do what is right for you. You can work with your team to make sure you have the best care.

Information and support

Cancer Council

- You can talk to a cancer nurse: **13 11 20**
-  If you need an interpreter: **13 14 50**

Carers Australia

- Information and support for carers: **1800 242 636**

For more information visit
www.cancerpathways.org.au



Australian Government
Cancer Australia

