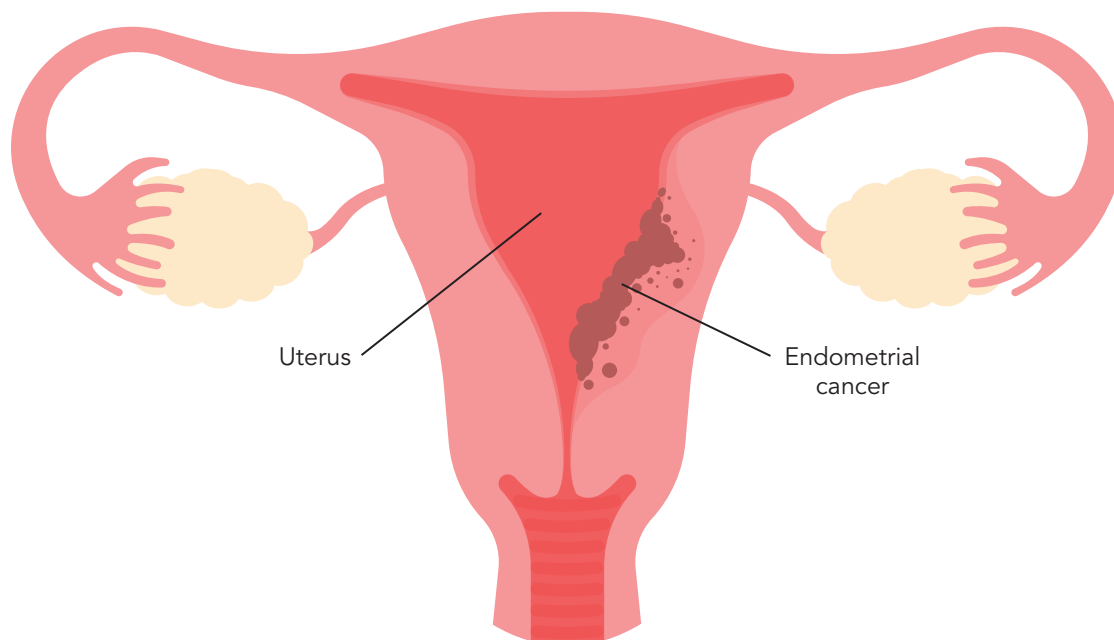


# What is Endometrial (Uterine) Cancer?



## OVERVIEW

Endometrial cancer is a type of cancer that begins as a growth of cells in the uterus. Endometrial cancer is sometimes called uterine cancer.

## SYMPTOMS

- Abnormal vaginal bleeding, including significant changes in menstrual cycle or bleeding between menstrual periods.
- Pain in the pelvic area.
- Any vaginal bleeding or spotting after menopause.

## RISK FACTORS

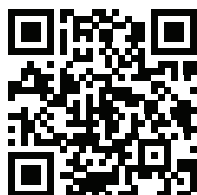
- Age: Risk increases as you get older.
- Obesity: Raises estrogen levels and cancer risk.
- Early periods/late menopause: Results in more lifetime exposure to estrogen.
- Genetics: Family history of endometrial cancer or Lynch syndrome.
- Hormonal imbalance: Conditions like polycystic ovary syndrome (PCOS), obesity or diabetes may disrupt hormones and increase risk.
- Breast cancer treatment: Tamoxifen increases risk (discuss with your doctor).

## STATISTICS

- Endometrial cancer ranks as the fourth most common cancer among women in the U.S.
- Roughly 69% of uterine cancers are caught early, often because of abnormal vaginal bleeding – especially after menopause. Anyone experiencing this should speak with their doctor.
- This cancer primarily affects postmenopausal women, with the average age at diagnosis being 60.

## What Can You Do?

- Maintain a healthy weight.
  - If you need to lose weight, increase your physical activity and reduce the number of calories you eat each day.
  - Ask your primary care physician for possible weight loss medications and/or referral to a weight loss clinic.
- Seek early evaluation with your gynecologist if abnormal vaginal bleeding or any bleeding after menopause occurs.



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