

## What is it?

Endometrial cancer is cancer that starts in the uterus. Most women who get this type of cancer are aged over 50. This cancer is the most common type of cancer that affects the reproductive system.

In people with endometrial cancer, cells that are not normal grow out of control in the uterine lining. These cells form tumours and can also spread to other parts of the body. Bleeding after menopause and between periods are common signs of this type of cancer. Treatment includes surgery to remove the uterus, chemotherapy and radiation. You may need one or more types of treatment.

## What will my GP do now?

Your GP may help you to learn more about cancer. They may also refer you to a specialist for tests and treatment. Treatment depends on the stage of cancer, its size and if it has spread. Your GP will play a key role in your care and health check-ups.

Your GP may suggest screening tests for breast or [bowel cancer](#) also. These types of cancers are more common in women who have had other types of cancer. Your GP may also help you manage your mental health. They may suggest supports if you are feeling scared or anxious.

## What will my GP do in the future?

Your GP may request to see you often to check your health. They may stay up to date with your progress – during and after any treatment you may have. Your GP may work with your healthcare team to manage your health in the long term.

After your treatment, your GP may check in with you to make sure you are feeling well. They may talk to you about future planning, such as [advance care planning](#).

## What can I do?

There are no steps that can prevent this type of cancer. But living a healthy lifestyle helps you to reduce your risk factors. Be sure to:

- Eat a healthy diet
- Keep your blood pressure within the normal range
- Limit drinking and quit smoking
- Maintain a healthy weight
- Get eight hours of sleep each night
- Reduce stress
- Have check-ups with your GP

If you notice any strange bleeding, see your GP. Learn about your cancer so you can make choices about your care. Keep in touch with the people who are close with you, and find someone to talk to. Ask your GP about local support groups. Make plans for the unknown and discuss advance care planning with your GP.

## What questions could I ask my doctor?

- Who can I speak to for support?*
- Who do I call for help?*
- What are the treatment options?*
- What tests will I need?*
- What if my symptoms get worse?*
- How much exercise should I do every day?*



# Endometrial Cancer

## What supports are available?

If your GP refers you to an oncologist you can visit one of these local cancer centres. The staff at the centres provide caring and best support during your treatment.

- **Liverpool Hospital Cancer Services:** Phone **8738 5211**
- **Campbelltown Hospital Cancer Services:** Phone **4634 3000**
- **Bankstown Lidcombe Hospital Cancer Services:** Phone **9722 8606**
- **Bowral and District Hospital Medical Oncology Clinic:** Phone **4861 0200**
- **Southern Highlands Private Hospital Cancer and Day Infusion Centre:** Phone **4862 9470**
- **Macarthur Cancer Therapy Centre:** Phone **4634 4300**

Private specialists are also an option. Ask your GP about a referral.

## Where can I learn more?

If you would like to learn more, the websites below can help.

### Cancer Australia:

- Gynaecological Cancer Factsheet: [canceraustralia.gov.au](http://canceraustralia.gov.au)
- Intimacy and Sexuality – Starting a Conversation: [canceraustralia.gov.au](http://canceraustralia.gov.au)
- What are the Risk Factors for Endometrial Cancer? [canceraustralia.gov.au](http://canceraustralia.gov.au)

### Other resources:

- **Cancer Council Australia** – Uterine Cancer: [cancer.org.au](http://cancer.org.au)
- **Cancer Council NSW** – Cancer of the Uterus: [cancercouncil.com.au](http://cancercouncil.com.au)
- **National Cancer Institute** – Uterine Cancer: [cancer.gov](http://cancer.gov)
- **Patient.info** – Endometrial Cancer: [patient.info](http://patient.info)

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs

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