



Uterine Cancer ...

Also called **Cancer of the Uterus**

What Women Need to Know

What Should I Look For?

Know what is normal for your body. If you notice changes in your body and tell the doctor, the disease may be found earlier. Finding cancer of the uterus early makes it easier to treat. You should report any of the following signs to your doctor right away:

- Bleeding that is not your normal period;
- Discharge from the vagina, especially after you have stopped having periods (menopause);
- Bloating or cramping in your pelvis;
- Unintentional weight loss or gain;
- A lump in your pelvis.

Women who take estrogen replacement therapy should report any of the following to their doctor immediately:

- Bleeding or spotting after sex;
- Bleeding that lasts longer than 7 days;
- Periods that come every 21 days or less;
- Bleeding or staining after six months or more of no bleeding at all (menopause).

What Adds to My Risk?

Estrogen is a hormone that is important for a woman's body, but too much of it over a long time can cause cancer of the uterus. Women may get too much estrogen from:

- Using estrogen replacement therapy;
- Having your first period early (before the age of 12);

- Having late menopause (after age 50);
- Inability to get pregnant;
- Never having been pregnant and given birth;
- Being highly overweight.

Risks that add to your chance of getting cancer of the uterus include:

- Being over the age of 50;
- Having cancer of the breast or ovaries, now or in the past;
- Having family members who have had cancer of the colon or uterus;
- Having diabetes;
- Having a diet high in animal fat;
- Having high blood pressure;
- Having ovarian diseases.

How Can I Help Find Cancer of the Uterus Early?

- Women who are having sex or who are over 18 years old should have a pelvic exam every year.
- During a pelvic exam, the doctor will feel the female organs, checking their size and shape. The pelvic exam can help find diseases of the female organs. The Pap test can find cancer of the cervix early. It usually cannot find cancer of the uterus early.
- The doctor may want to do a biopsy (take a tissue sample) from a woman at high risk of cancer of the uterus.



Continued on back

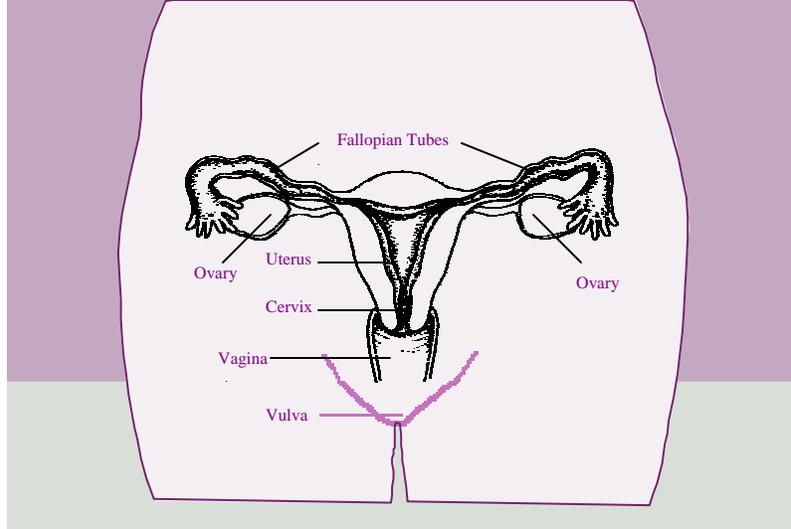
How to Treat Cancer of the Uterus?

Doctors treat cancer of the uterus in many ways. It depends on how far the cancer has spread in the body. Treatment may include one or more of the following:

- Surgery;
- Radiation;
- Chemotherapy;
- Hormones.



All women who are having sex or who are over 18 years old should have a pelvic exam every year.



What are My Chances of Living After Getting Cancer of the Uterus?

- Most women (95%) will live five years or more if the cancer is found early.
- Nearly three out of five women (60%) will live five years or more if the cancer has not spread outside the pelvic area.

Tell your doctor if you have any symptoms. Talk to your doctor if you have questions about your health or your treatment. Your doctor can give you more information about cancer of the uterus.

*Source: California Cancer Registry (CDHS/CSS)
American Cancer Society Facts and Figures 2004.*

This Fact Sheet may be downloaded at the California Department of Health Services Office of Women's Health web site:
www.dhs.ca.gov/director/owh.

Arnold Schwarzenegger, Governor
State of California

S. Kimberly Belshé, Secretary
Health and Human Services Agency

Sandra Shewry, Director
Department of Health Services

Revised 11/04